

### Research Saves Lives

Complementary medicine (CM) - sometimes called integrative medicine—encompasses many different therapies and is used together with conventional therapy to help prevent or treat breast cancer or lessen the side effects of treatment.

CM refers to the use of **natural products** on the skin or in the diet, such as plant-derived compounds, herbals, or special diets; **mind-body medicine** such as paced breathing or meditation; and **body-based practices** such as massage, acupuncture, and exercises like yoga or Tai Chi.

Laboratory and clinical research has provided both “positive” (it may work) and “negative” (it may not work or be safe) evidence on the use of CM. So, like any decision concerning your health, using CM should be discussed with your doctor. Komen has long supported scientifically sound research into the use of CM.



Learn more about Complementary Therapies  
<http://sgk.mn/1wDPDDX>

### Our Research Investment

More than **\$24 million** in over **75 research grants** and **30 clinical trials** focused on Complementary Medicine

### What We're Investigating



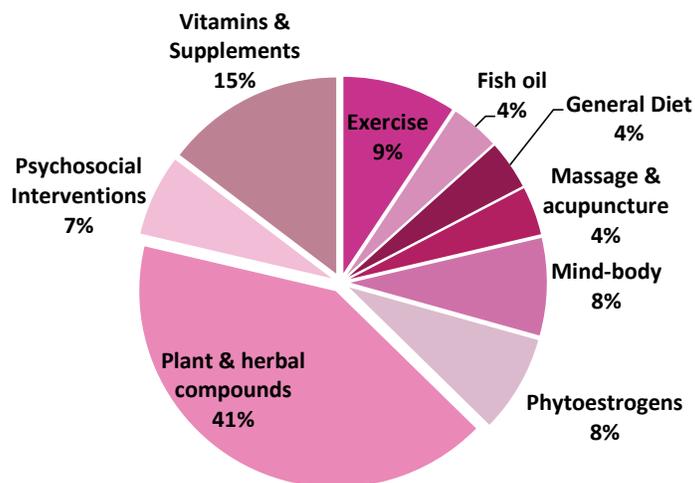
Testing numerous dietary compounds, including vitamin D, green tea, soy and flaxseed, which can be used to prevent breast cancer, improve breast cancer outcomes, or reduce the severity of treatment side effects



Investigating mid-body techniques, such as meditation and yoga, to reduce fatigue, depression and other symptoms



Investigating whether treatments like acupuncture can reduce treatment side effects such as lymphedema and muscle pain



Topic Area of Investment



Komen Promise Grantees at the University of Kansas and the University of North Carolina are testing flaxseeds for the prevention of breast cancer.

### What We've Learned

from Komen-funded research



Mindful meditation helps to relieve both physical and psychological symptoms of breast cancer, such as fatigue, anxiety and depression



An 8-week Yoga of Awareness program may reduce the frequency and severity of hot flashes, joint pain, fatigue and insomnia



Biochanin A, a phytoestrogen present in plant-based foods and herbal products, may help prevent the development of breast cancer, as well as drug resistance



Learn more about breast cancer



More Komen-funded Research Stories



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