Complementary and integrative Therapies (CIT) refers to the use of natural products on the skin or in the diet, such as plant-derived compounds, herbs, 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 CIT. So, like any decision concerning your health, using CIT should be discussed with your doctor. Komen has long supported scientifically sound research into the use of CIT.

Learn more about Complementary and Integrative Therapies [http://sgk.mn/2cyI MbY]

Our Research Investment

More than $26 million in over 75 research grants and more than 30 clinical trials focused on CIT

What We’re Investigating

Conducting a clinical trial—the Breast cancer Weight Loss (BWEL) study—to test whether a weight loss program can reduce the risk of recurrence in overweight or obese women with stage I-II breast cancer

Testing whether short-term exercise and caloric restriction at specific times during chemotherapy treatment can prevent side effects, such as heart and muscle damage

Testing whether an exercise technique called low intensity, off loaded-compressive therapy (LOFT) can improve muscle strength, sleep quality and fatigue in breast cancer survivors

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.

Omega-3 fatty acid supplements can significantly reduce the joint pain that is a common side effect of aromatase inhibitors (AIs) in obese women with breast cancer

Komen Promise Grantees at the University of Kansas and the University of North Carolina tested flaxseed for the prevention of breast cancer.

Learn more about breast cancer

More Komen-funded Research Stories

Get Involved & Support Komen Research

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