

ASCO Endorses SIO Breast Cancer Guideline Developed by NDs

The American Society of Clinical Oncology (ASCO) has endorsed, with a few added discussion points, the [Society for Integrative Oncology](#) (SIO) evidence-based clinical practice guideline on integrative therapies during and after breast cancer treatment.

On June 11, the ASCO endorsement was announced and published in the *Journal of Clinical Oncology*, "Integrative Therapies During and After Breast Cancer Treatment: ASCO Endorsement of the SIO Clinical Practice Guideline." The ASCO Expert Panel found that the recommendations in the SIO guideline are clear, thorough, and based on the most relevant scientific evidence. In the SIO guideline, the researchers evaluated more than 80 different integrative therapies and developed grades of evidence based on the most current research.

"We are delighted to receive the ASCO endorsement of this important resource," said SIO President Lynda Balneaves, PhD, RN. "This furthers our goal to provide clinicians and patients with practical information and tools to make informed decisions on whether and how to use a specific integrative therapy for a specific clinical application during and after breast cancer treatment." She expressed, on behalf of SIO, appreciation to the many members involved in creating the guideline, from multiple health disciplines, including naturopathic doctors, and international institutions.

Published in 2017 in *CA: A Cancer Journal for Clinicians*, the SIO guideline is based on an analysis of peer-reviewed randomized controlled trials conducted from 1990 through 2013. Studies were required to include more than 50 percent breast cancer patients or separately report results for breast cancer patients; use an integrative therapy as an intervention during standard treatment or address symptoms and side effects resulting from diagnosis and/or treatment of cancer; and address an endpoint of clinical relevance for breast cancer patients and survivors.

Heather Greenlee, ND, PhD, a past president of SIO and co-chair of the SIO guideline task force, stated the ASCO endorsement was a "very important step for the field of integrative oncology." She acknowledged the rigor with which the guideline was written and reviewed. The ASCO panel further critically reviewed and updated the evidence supporting the recommendations presented in the present guideline endorsement. "We looked at all of this with a critical eye," she

said. "We have a very high bar and followed a very rigorous process with both the SIO and ASCO to evaluate these therapies. There were many different disciplinary eyes vetting them."