

Cancer Care: Navigating Good Intentions

StoneTree Naturopathic Clinic, Collingwood, ON

A cancer diagnosis can be the start of a frightening journey, and we often rely on friends and family to help us navigate the decisions and challenging treatments that follow.

In most cases, as many survivors will testify, that help is an invaluable blessing.

But in a world of empowered health consumers, “help” often comes in confusing packages. Patients leaving pre-treatment counseling are often deluged in floods of information. A friend’s friend who took a new supplement. A mother who tried alternative X, a father using alternative Y.

And for patients running out of options in conventional care, the intensity of the advice only increases. No one wants to give up on a loved one.

This flood of alternatives is a challenge for patients. No one with a cancer diagnosis wants to leave a truly helpful stone unturned. But in a world of thousands of stones, how do you choose which to turn over? What’s credible? What’s effective? What can be used in conjunction with conventional therapy? What’s *safe*?

Get Information

There are exceptional alternative therapies that are supported by solid research. They can extend quality or quantity of life, or both. But remember that stories aren’t the same as facts. Look for alternatives with solid research.

Get Help

Interpreting health care research is a skill. And you may not have the time to learn it. Get help. Ask your health care provider about alternatives that you’re considering.

Use Licensed Professionals

Seek help from regulated health professionals. Their training is likely to be more extensive, and they’ll have a regulatory body whose job it is to keep the public safe.

Get Second Opinions

Every profession has its specialty, and every specialist their own experience. If you’re told one thing but your instincts tell you another, then get a second opinion.

*To learn more about cancer care, book a complimentary 15-minute visit with a naturopathic doctor in our Collingwood, ON clinic by calling 705-444-5331, or emailing us at feelbetter@stonetreeclinic.com
www.StoneTreeClinic.com*
