

### Research Saves Lives

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

Complementary and integrative Therapies (CIT) 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 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/2cyIMbY>

### Our Research Investment 1982–2019

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

### What We’re Investigating



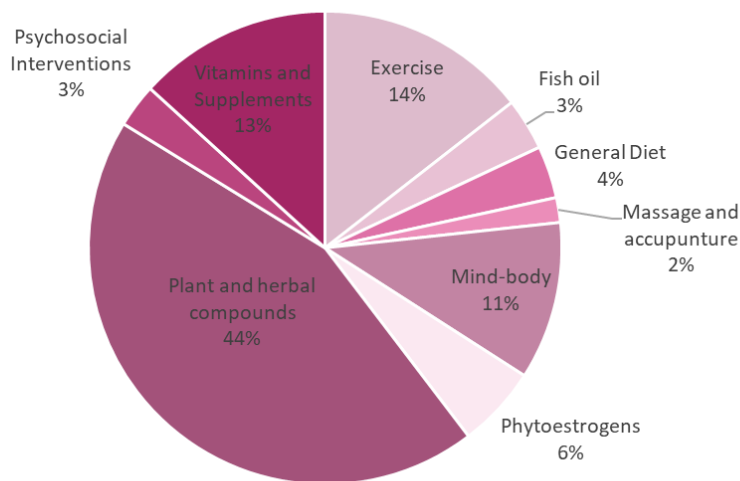
Conducting a clinical trial—the *Breast cancer Weight Loss (BWEL)* study—to test whether a weight loss program can reduce the risk of recurrence in overweight or obese women with stage II-III breast cancer



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



Topic Area of Total Investment



Komen Promise Grantees at the University of Kansas and the University of North Carolina tested flaxseed 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.



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



Learn more about breast cancer



More Komen-funded Research Stories



Get Involved & Support Komen Research