



## Where to Start...Complementary Therapies

Suggestions for resources when you **begin** to look for information about complementary therapies.

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These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your healthcare, please consult your healthcare provider. Inclusion of a resource does not imply endorsement by The Ottawa Hospital. If you would like more information about this topic, please contact the Ninon Bourque Patient Resource Library.

<b>Telephone</b>	<b>Canadian Cancer Society's Cancer Information Service</b> 1-888-939-3333 Provides general information in English and French on cancer treatment and support services.
<b>Books and Other Resources – Ninon Bourque Patient Resource Library</b>	<b>American Cancer Society guide to complementary and alternative cancer methods.</b> ACS. 2002.  <b>Guided relaxation for stress.</b> [DVD]  <b>Herb-drug interactions in oncology.</b> Barrie R Cassileth. 2003.  <b>The Mayo Clinic book of alternative medicine.</b> Mayo Clinic. 2007.  <b>Meditation for beginners : a profound way to rejuvenate from within</b> [videorecording] Gaiam.  <b>Professional's handbook of complementary and alternative medicines.</b> Charles W. Fetrow. 2004.  <b>Unconventional therapies.</b> British Columbia Cancer Agency. 2005. Available on the internet at <a href="http://www.bccancer.bc.ca/PPI/UnconventionalTherapies/default.htm">http://www.bccancer.bc.ca/PPI/UnconventionalTherapies/default.htm</a>  <b>Yoga journal's yoga for relaxation and meditation</b> [DVD] Gaiam.  Search our catalogue: <a href="http://www.ottawahospital.on.ca/library/consumerhealthcatalogue-e.asp">http://www.ottawahospital.on.ca/library/consumerhealthcatalogue-e.asp</a>
<b>Web Sites</b>	<b>American Cancer Society: Complementary and Alternative Therapies (USA)</b> <a href="http://www.cancer.org/docroot/eto/eto_5.asp?sitearea=eto">http://www.cancer.org/docroot/eto/eto_5.asp?sitearea=eto</a>  <b>Canadian Cancer Society</b> <a href="http://www.cancer.ca/ccs/internet/standard/0,3182,3543_429199_429234_langId-en,00.html">http://www.cancer.ca/ccs/internet/standard/0,3182,3543_429199_429234_langId-en,00.html</a>  <b>National Centre for Alternative and Complementary Medicine, National Institute of Health (USA)</b> <a href="http://www.nccam.nih.gov">http://www.nccam.nih.gov</a>  <b>Natural Health Products Directorate</b> <a href="http://www.hc-sc.gc.ca/hpfb-dgpsa/nhpd-dpsn/index_e.html">http://www.hc-sc.gc.ca/hpfb-dgpsa/nhpd-dpsn/index_e.html</a>  <b>MedlinePlus (USA)</b> <a href="http://www.nlm.nih.gov/medlineplus/canceralternativetherapy.html">http://www.nlm.nih.gov/medlineplus/canceralternativetherapy.html</a>

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