



## Integrative Medicine at Smilow Cancer Hospital

Our goal in Integrative Medicine at Smilow Cancer Hospital is to help navigate the physical, mental, and spiritual challenges that may arise during and after cancer therapy. We achieve this by complementing your existing treatment plan with evidence based, readily available interventions such as mind-body work, and nutritional interventions. We work closely with our colleagues throughout the Smilow Cancer Hospital network to ensure our patients receive holistic care to support their mind, body, and spirit throughout their cancer journey.

The Smilow Cancer Hospital Integrative Medicine Program has a myriad of resources available to patients that complement conventional medicine therapies. **Services include:**

- Consultations with Integrative Medicine Physician Gary Soffer, MD
- Supplement Clinic (see back for more details)
- Therapeutic Massage with Licensed Oncology Massage Therapists
- Reiki Sessions with Certified Reiki Practitioners
- Consultations available with an Oncology Dietitian to discuss nutrition questions or challenges
- Qigong/Tai Chi and Yoga Classes accessible via Zoom
- Meditation accessible by phone
- Online video archive and YouTube channel

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## Supplement Clinic

Our Supplement Clinic provides an opportunity for patients to have an open discussion with our Oncology Dietitian, Integrative Medicine Physician, and Oncology Pharmacist regarding supplements, vitamins, and herbs they may be taking. The goal of our Supplement Clinic is to guide our patients on making informed decisions regarding supplements and ensure these supplements offer benefits to their health and well-being while avoiding unnecessary risk to their cancer treatment and prognosis.

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Integrative medicine reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic, lifestyle approaches, and healthcare disciplines to achieve optimal health and healing.

Patients can self-refer to the Integrative Medicine team, or they may access the Integrative Medicine team by a referral from clinical teams. The Integrative Medicine team sees patients at Smilow Cancer Hospital in New Haven, in addition to select Smilow locations.

### Contact Information:

To inquire more or if you would like to make an appointment, the Integrative Medicine team may be reached by phone at 203-200-6129. Patients may schedule consultations with Dr. Gary Soffer by calling 203-200-4325 (HEAL).

### Location:

Smilow Cancer Hospital  
35 Park Street, NP1 – 402  
New Haven, CT 06519

