



## ATCM 18<sup>th</sup> September 2022 CPD

**Topic:** Integrative medicine in breast cancer: the role of TCM

**Speaker:** Dr Nina Fuller-Shavel

**Date & Time:** 3pm, 18<sup>th</sup> of Sept. 2022

**Platform:** ZOOM

**Language:** English

**Fees:**

- Free to all ATCM members (booking is not required for ATCM members)
- £40 to non-members (non-members please contact ATCM office by email to [info@atcm.co.uk](mailto:info@atcm.co.uk) to book your space)

### **Integrative medicine in breast cancer: the role of TCM**

Dr Nina Fuller-Shavel

#### **Brief Introduction/Abstract**

Breast cancer is the most common type of cancer in the UK with 1 in 7 UK women diagnosed during their lifetime and 150 new diagnoses a day. While survival rates have improved significantly with nearly 80% 10-year survival, more women are now dealing with side effects of chemotherapy, radiotherapy and new targeted therapies, as well as long-term effects of treatment, including hormone blocking drugs like tamoxifen and aromatase inhibitors. In this talk, Dr Nina Fuller-Shavel will explore the evidence around the use of TCM, including both acupuncture and herbal medicine, in breast cancer support and highlight opportunities, challenges and important practical ground rules of integration with oncology care in the UK. We will also explore how an integrative oncology clinic model can work to deliver excellent outcomes, using Dr Fuller-Shavel's practice at Synthesis Clinic as an example.

#### **Speaker profile**

- INTEGRATIVE MEDICINE DOCTOR
- NUTRITIONIST, HERBALIST AND YOGA TEACHER
- SPECIAL INTEREST IN PRECISION HEALTH AND INTEGRATIVE MEDICINE IN WOMEN'S HEALTH AND INTEGRATIVE CANCER CARE

Dr Fuller-Shavel is an Oxbridge-trained medical doctor and scientist with over a decade's experience in integrative healthcare and in-depth additional training in integrative medicine, nutrition, herbal medicine, yoga, mindfulness, and other therapeutic approaches. She integrates and draw upon this extensive knowledge and clinical toolkit every day in her practice. As the clinic Director, she is hugely passionate about the role of Integrative Medicine and Precision Health in regaining and maintaining our health and wellbeing.

Her passion lies in combining my scientific and medical understanding with a whole person approach and a broad range of therapeutic interventions that are aimed at tackling root causes, not just plastering over symptoms.

Alongside clinical work, she also teaches medical and nutrition professionals in integrative medicine and integrative cancer care and engage in academic work and research focusing on precision cancer medicine and precision nutrition, including her current MSc in Precision Cancer Medicine at the University of Oxford.