



# UPMC Cancer Survivorship and Integrative Oncology

This program goes beyond traditional treatment to support both physical and emotional well-being for cancer patients.

The program is based on four pillars:



**EXERCISE** — the UPMC Moving Through Cancer Program encourages patients to stay active throughout their cancer journey by working individually with a certified exercise oncology therapist.



**LIFESTYLE NUTRITION** — a framework for how food integrates with the prevention and management of medical illness in real life.



**INTEGRATIVE ONCOLOGY** — using an evidence-guided holistic approach to manage symptoms, including acupuncture, yoga, mindfulness, and oncology massage.



**MEDICAL SURVEILLANCE** — at any phase of your cancer journey, our clinical staff will follow best practice to detect recurrence or secondary cancers and provide medical care for cancer and treatment-related symptoms.

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