



**Important:** In observance of HIPAA and the sacred trust between care giver and patient, absolutely no patient names or identifying information is to be disclosed. Patient privacy is to be preserved. If you attach any medical records, pathology, surgical or laboratory reports, all names are to be removed.

<b>Date</b>	12/13/18
<b>Clinician Name &amp; Credentials</b>	Monica Sood, MD
<b>Email</b>	monicasoodmd@gmail.com

**Describe Your Patient** (Please SUMMARIZE and use economy of words. You will have 15 minutes to present)

<b>Age, Gender &amp; Ethnicity</b>	44 yo Indian American
<b>Body Type</b>	Slender 142 lbs
<b>Values</b> <i>What is most important to this patient? (Quality of Life, Decision Making, Side Effects?)</i>	Preventing breast cancer recurrence Good quality of life Managing side effects of letrozole
<b>Stress Resilience</b>	Difficult: history of anxiety & depression since 25
<b>Other</b>	
<b>Primary Diagnosis &amp; Date</b> <i>(ex. Breast Cancer L, T3 N1 M0, BRCA1 positive, grade 3, Ki67 &gt; 45%)</i>	5/17: L DCIS Gr 3, central necrosis, BRCA (-), clear margins, clean lymph nodes, Paget's disease of the nipple, ER and PR (-), L mastectomy, no other treatment
<b>Secondary Diagnosis</b> <i>(ex. Diabetes Type 2, Obesity)</i>	6/18: metastatic breast cancer to L femur causing fracture with prophylactic fixation of L femur with rod. ER 94%+, PR 47%+, HER2/neu+

**Patient Status**

<input type="checkbox"/> New Diagnosis <input type="checkbox"/> Recurrence <input type="checkbox"/> In Treatment <input type="checkbox"/> In Recovery <input checked="" type="checkbox"/> In Remission <input type="checkbox"/> At Risk	
<b>Concomitant and/or Complicating Factors</b> <i>(ex: poorly controlled diabetes, insomnia, poor support system)</i>	Early insulin resistance Young kids and demanding work
<b>Adverse Effects of Cancer or Cancer Treatments</b> <i>(ex. anxiety-depression, diarrhea, peripheral neuropathy)</i>	Peripheral neuropathy in fingers and left toe improved with Accupuncture, pain in elbows
<b>Relevant Laboratory, Pathology &amp; Medical Reports</b> <i>(attach a PDF with patient identifying information removed or summarize)</i>	



## Brief Summary of Recent History

11/10/18 bilateral salpingo-oophorectomy  
11/01/18 normal PET scan  
Daily lexapro 10 mg QHS on and off for 10 years  
Daily letrozole pill since 11/18 which patient is taking every other day due to SE joint pain  
Monthly injections of Xgeva since 7/18  
Every 3 week injections of Trastuzumab & Pertuzumab since 7/18

## Brief Summary of Additional Relevant Health, Medical, Psycho-Social and/or Family History

### Other Relevant Information

Such as Chinese or Ayurvedic diagnosis, Naturopathic/Homeopathic Information, etc. (ex. *Liver Qi Stagnation, Dysbiosis*)

CEA 1.9, CA 27-29 34.1, c reactive protein 5.17, insulin 13.9, vitamin D 60, osteopenia in R femoral neck

## Brief Summary of Relevant Past Oncology or Medical Treatments

(ex. *surgery, radiotherapy, chemotherapy, immunotherapy, hormone therapy, drug therapy*)

5/17: L breast mastectomy  
7/18 - 8/10: 12 weeks (once per week) chemo with Paclitaxel  
6/18: prophylactic fixation of L femur with rod  
6/18: 15 cycles of radiation to L femur

## Summary of Recent and Current Treatments

Medical Oncology Care (*surgery, radiotherapy, chemotherapy, immunotherapy, hormone therapy, drug therapy*)

Integrative Oncology Care (*nutraceutical, botanical, phytochemical, acupuncture, energy medicine, other*)

Acupuncture every 3 weeks  
Prayer, meditation, sees dietitian

## Your 2 Core Questions (stated clearly and succinctly)

1. How to prevent recurrence of metastatic breast cancer with all available integrative tools while patient is on letrozole?

2. If unable to tolerate letrozole, what is the alternative regimen?

## Attached Medical Records for Reference (with patient identifying information removed)

**PROPOSED TREATMENT PLAN** Your case will not be reviewed without a completed proposed treatment plan

**Nutraceutical, Phytochemical and Botanical Supplements (name of supplement, dosing)**

**Foundation Nutrition Supplements:**

DFH OmegAvail Hi-Pro BID                      DFH B-supreme BID  
Vital Nutrients CoQ10 200 mg QD            D3 5,000 QD  
Beta 1,3D Glucan BID empty stomach    Vital Nutrients melatonin 20 mg QHS

**Targeted Supplements:**

Bosmeric-SR BID  
Broccoprotect QD  
Ashwagandha QD

**Functional Foods and/or Therapeutic Shake**

**Dietary Guidelines**

Low glycemic  
Dairy free  
Minimal gluten  
Vegetarian  
Celery juice

**Lifestyle Guidelines**

Stress management  
7-8 hours sleep at night  
Prayer, meditation, gratitude

**Recommended Diagnostics**

**Referrals to specialists**

**Other Notes** (please do not include additional notes in your email – notate them here within the case study)



**Comments on Monica Sood MD Breast Cancer Case**

**01.09.19**

**Overview: 44 yo Indian American F 142 lbs, insulin resistant, Dx 06/2018 ER+ PR+ her2 neu+ BrCA Metastatic to L femur (post fixation and RT) , post L mastectomy, post CT=Paclitaxel (peripheral neuropathy), post salpingo-oophorectomy, osteopenic R hip, Current tx Letrozole, Trastuzumab, Pertuzumab, Xgeva, lexapro, Current: Normal PET scan, hsCRP 5.17, Vit D 60, normal tumor markers, Acupuncture, meditation, prayer, Sees Dietician**

**Core Questions:**

**How to Prevent recurrence?**

**If unable to tolerate letrozole (joint pain) what is alternative?**

**Alternatives to Aromatase Inhibitors** have been reviewed in prior Grand Rounds Clinical Pearls calls and similar breast cancer case has been previously reviewed in a prior Grand Rounds Call

Please refer to our AIIORE library

Mild Aromatase inhibitors: Chrysin, Resveratrol, Urtica urens root

**Support for Bone Health:**

Chinese Botanicals

Restore Right Formula (You Gui Tang),  
Psoralea, Paenia alba, Fr. Cornii, Epimedium, Rehmannia root (cooked)

Consider Health Concerns OsteoHerbal 2 bid

Need adequate bone mineral supplementation to get full benefit of Denusomab (Xgeva)

Recommend DFH Osteoben 2 bid. (copper free bone health formula)

Encourage increased weight bearing resistance exercise as tolerated (weights, bands, modified yoga, tai chi, pilates, etc/

**Need more aggressive anti-tumor support**

Early insulin resistance.

Consider Metformin  
and/or adding Berberine 1 g tid with meals

CYTOTOXIC

Alternate every other week for one month (do this quarterly=4x/year)

WEEK ONE



Natura PhytoCyto (if possible add extra Taxus brevifolia and Catharanthus rosea)  
60 drops tid (diluted, with food)

WEEK TWO

ARG Super Artemesinin 2 tid

### **Naturopathic Therapies**

Oral Low Dose Naltrexone 1.5 titrate up 4.5mg hs  
IV C, IV Artesunate, IV Curcumin cytotoxic

IV or SubQ Mistletoe immunotherapy

### **SAMPLE TREATMENT PLAN**

#### **Foundation Nutrients**

ITI ProThrivers Wellness Multi 1/2x/day. (Cu, Fe, Boron Free)  
DFH Vitamin D Supreme 5000iu 2 caps qd  
DFH Omegavail TG1000 2/2x/day. 4 grams  
DFH Buffered Magnesium Chelate (GLYCINATE) 1/2x/day (use up yours)  
KLAIRE Therbiotic Complete (probiotic) 2 caps daily

#### **Targeted Nutrients**

Vital Nutrients or Thorne 500mg Berberine 2 tid.  
DFH. Curcumevail 2/2x/day 4g  
DFH EGCG 2 caps tid 3 g  
DFH Broccoprotect 1/2x/day  
CS Pure Honokiol 2/2x/day  
QOL Labs AHCC 2 bid 3 g  
DFH Q Evail 200 mg

#### **Powders**

Resvenox 98%Pure Resveratrol 5 g level teaspoon-daily dose

CS Pectasol C Modified Citrus Pectin 5 g 2x/day binds to nutrients away from food (Anti-metastatic)

CS Mycoceutics Mushroom Immune Max Powder (also avail in caps) 2 scoops daily

#### **BEDTIME**

VN Melatonin 10-20 mg  
DFH Buffered Magnesium Chelate 2 caps  
CS Pure Honokiol 2 caps



**Sample DAILY Tumor Control Formula with Bone Support Formula and Adaptogens**

2 teaspoons daily mixed with warm water or ginger tea

Take with food or shake

240ml 480 ml

60	120 AntiMastoplasia Formula. (Golden Lotus Herbs)
10	20 Astragalus
10	20 Poria Fu Ling
10	20 Rehmannia
10	20 Epimedium
10	20 Nettle Root extract
15	30 Oldenlandia Heydotis extract
15	30 Scutellaria Huang Qin Extract
15	30 Scutellaria barbata Ban Zhi Lian extract
20	40 Red Sage extract
20	40 Polygonatum
10	20 Ashwanganda Extract
10	20 Green Tea
10	20 Schizandra
5	10 Tangerine Peel

**DIET**

**OutSmart Cancer Diet**-Modified Paleo-Keto

Low Carb, Low Sugar, Low Starch, Anti-Inflammatory  
Healthy Fats and Oils

Rainbow of colors: vegetables that grow above ground,

Limit fruit to 1 cup berries daily

60 grams+ protein daily

PLATE: 1/2 colorful vegetables, 4 oz protein, healthy fats and oils: olive oil, avocado, humus,  
almonds, almond butter, walnuts, pine nuts)

**Bone Broth** 2-4 cups daily (10 grams of protein per cup) Very soothing to lining of digestive tract

Whole Foods or order online from [amazon.com](https://www.amazon.com) or [thrivemarket.com](https://www.thrivemarket.com)

Prefer BonaFideProvisions brand

**Intermittent Fasting** at least 13-16 hours with no calories increases tumor stress and lowers blood sugar and insulin, promotes ketosis, increases immunity



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**READING**

32 Ways to OutSmart Cancer , Nalini Chilkov OMD

Cancer As a Metabolic Disease by Nasha Winters ND

Anti-Cancer A New Way of Life by David Servan Schreiber.

Read chapter on Low Glycemic Low Carb Diet

Radical Remission, Kelly Turner PhD