



Zentrum für  
Integrative Onkologie

Hämatologie Onkologie Palliative Care

# Integrative Oncology

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*Treat disease -  
Strengthen life forces*





*Personalized care, holistic approach, and from a single source*

## CENTER FOR INTEGRATIVE ONCOLOGY

A cancer diagnosis always affects your entire being and social environment. At the Center for Integrative Oncology (CIO), located in Zurich, Richterswil, and Glarus, we provide you with comprehensive and holistic care that is tailored to your individual situation.

We combine various approaches and processes of academic and complementary medicine. Our many years of experience have shown that this combination significantly improves treatment results and quality of life.

### From a single source

Our doctors, nurses, and therapists are trained in both academic as well as complementary medicine. This ensures that you receive the best combination of therapies for your individual situation.

### Treatment continuity

We support you throughout all phases of treatment: from the initial diagnosis and individual therapy steps to aftercare. Today, many cancers can be successfully treated due to major advances in medicine. In situations where this is no longer possible, we provide intensive outpatient and inpatient care within the context of palliative medicine.

### Self-determination

Our goal, in particular, is that you, as a cancer patient, continue to be in a position to remain active. Self-determination and activating our own capabilities and strengths are important elements in this.

### Second opinion

A consultation for a second opinion is of special importance to us. We will gladly advise you on conventional therapies as well as complementary treatment options with respect to your individual situation.



## DIAGNOSTICS

We are equipped with all essential medical and laboratory examination devices and processes that are important in cancer treatment:

- Complete laboratory diagnostics including specialized blood and bone marrow tests
- X-ray diagnostics and ultrasound
- Computer tomography (CT) and magnetic resonance tomography (MRI)
- Echocardiography (heart ultrasound)
- Endoscopy (upper and lower GI tract) and bronchoscopy (endoscopy of lungs)
- PET/CT in collaboration with area institutions





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## Unser Therapieangebot

### Medication-based Tumor Therapy/ Chemotherapy

We provide the entire spectrum of medication-based tumor therapy:

- Chemotherapy with cytostatics, immunotherapeutics, targeted specialty medications such as antibody and signal transduction inhibitors
- Hormone treatments
- Bisphosphonates and other bone stabilizers (in cases of bone metastases)
- Transfusions of blood and platelets (erythrocyte and platelet concentrates)

For radiation therapy, high-dose chemotherapies, and stem cell transplants, we work in collaboration with local area hospitals.



### Mistletoe Therapy

Mistletoe therapy is one of the most important complementary therapy approaches. Mistletoe preparations strengthen the body's own defense mechanisms, reduce side effects of chemo and radiation therapy, and improve quality of life.

For additional information, please go to page «Mistletoe Therapy».





## Hyperthermia

Our center provides moderate whole-body hyperthermia and localized deep tissue hyperthermia. Treatment with hyperthermia involves the targeted temperature elevation of the entire body or individual body parts. Through this process, the immune system is stimulated and cancer cells become more sensitive to chemo or radiation therapy.

For additional information, please go to the page «Hyperthermia»



## Plant-based and Natural Therapies

We implement complementary and supporting medication from the vast arsenal of remedies from the field of homeopathy and anthroposophic medicine.

## Orthomolecular Medicine

Orthomolecular medicine focuses on the targeted strengthening of physical recovery. This is primarily achieved through a balanced diet with additional nutrition depending on requirements, antioxidants, and micronutrients.

For additional information, please go to page «Orthomolecular Medicine».





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## Psycho-oncology and Psycho-oncological Consultation

Any cancer diagnosis has a profound impact on one's life. To support you in processing and conquering the disease as well as its effects on your soul and psyche, we provide psychotherapeutic sessions on an individual or group basis. We also offer biographical work.

Often, the following questions play a major role:

- What opportunities and personal resources do I have that could have a positive effect on the course of my disease?
- What self-supporting measures could I take during and after my treatment?
- What does this disease mean in the context of my entire life?

For additional information, go to the page «Psycho oncology».



## Anthroposophic Therapy Processes

External applications, rhythmic massage, healing eurhythm, music therapy, painting and plastic arts therapy are also included in our available treatment services.

### Pain Therapy

Cancer may be accompanied by pain. We therefore pay special attention to personalized and needs-based pain therapy. We use various pain medication in tablet or patch form or, if necessary, pain medication pumps or catheters..

### Nutrition

During cancer treatment, a balanced diet based on patient requirements is very important to ensure a positive course of treatment. We provide consulting on all areas of nutrition and support you in the event your eating habits need to be modified.



## Locations/Contacts

### ZIO Zürich

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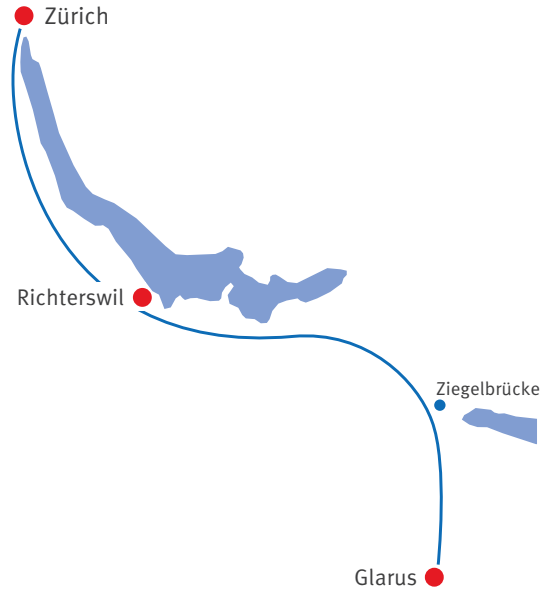
### ZIO Paracelsus-Spital Richterswil

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### ZIO Glarus

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