



Zentrum für
Integrative Onkologie

Hämatologie Onkologie Palliative Care

Orthomolecular Medicine

Improving the tolerability of therapy





Personalized care, holistic approach, and from a single source

Orthomolecular Medicine

In orthomolecular medicine, one of the specialties of our center, preserving your health is as important as treating your disease. Orthomolecular medicine works primarily through a balanced diet. When a regular diet is not enough to provide the body with the necessary micronutrients, antioxidants, and consumables it needs, we devise a plan for supplementation of the missing substances tailored to the needs of the individual patient.

This is particularly applicable during pe-



riods of bodily stress, for example, acute infection, long-term chemotherapy, or radiation therapy.

Concept

The objective of orthomolecular medicine is to balance deficiencies that may arise due to an accelerated metabolism or bodily rebuilding processes during chemo or radiation therapy that have a negative impact on quality of life. Orthomolecular treatment aims to increase physical and mental capacity in such cases.

However, orthomolecular medicine not only focuses on ameliorating symptoms, but also on preventing and remedying the cause of disease. Orthomolecular therapies are therefore generally implemented already at the start of cancer treatment and continue through aftercare to strengthen the preservative and restorative capacities of the body to the greatest extent possible.



Substances

Orthomolecular medicine is based on a few active substances whose levels within the body can be determined via a simple blood draw. Among minerals, in addition to sodium, potassium, and calcium, magnesium plays an especially important role. Among trace elements, orthomolecular medicine pays special attention to selenium and zinc, which are important in cell protection, cell repair, and the body's own defense system.

From the vitamin class, vitamins from the vitamin B group that protect nerve cells from damage are predominantly used, as well as vitamin D. Vitamin D is not only important in maintaining bone density, but also a healthy immune system. Furthermore, low levels of vitamin D can be associated with a poorer prognosis.

Upon patient admission in our center, we measure the blood levels of these substances in the patient and repeat these tests at regular intervals. If there is evidence of a deficit, we provide targeted supplementation of the respective substance and thus restore orthomolecular balance in the patient.

Vitamin C

High doses of vitamin C are especially effective in lessening side effects and thereby improve quality of life during chemo and radiation therapy. When administered in the form of an intravenous, high-dose bolus, it can help reduce the inflammatory processes associated with treatment. Blood plasma contains 100 times the concentration of vitamin C compared to absorbing the substance from tablet form.

Since it cannot be completely ruled out



that high doses of vitamin C may also have an effect on the medication, it is administered no earlier than 48 hours following administration of chemotherapy at our center. After 48 hours, the tumor medication has provided its effect and has already been largely eliminated by the body. Numerous studies document the positive effects high doses of vitamin C infusions can have on cancer patients.

Locations/Contacts

ZIO Zürich

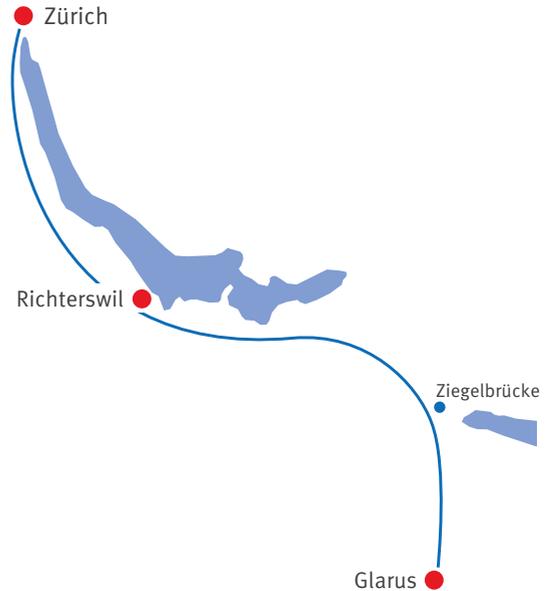
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