



Zentrum für  
Integrative Onkologie

Hämatologie Onkologie Palliative Care

# *MEDICATION-BASED TUMOR THERAPY/CHEMOTHERAPY*

*– Cytostatic Drug Therapy*





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

## MEDICATION-BASED TUMOR THERAPY/CHEMOTHERAPY

### Cytostatic Drug Therapy

Medication-based tumor therapy/chemotherapy includes various groups of substances which aim to stop the propagation of tumor cells throughout the body and to destroy them to the extent possible. Modern processes designed specifically to target certain properties of tumor cells are applied (monoclonal antibody therapy, signal transduction inhibitors, anti-hormonal functioning substances, anti-tumor defense substances). Furthermore, cytostatic substances are still employed in many cases today to destroy tumor cells directly.

#### Medication Selection and Effectiveness

Selection of substances to be implemented generally follows research-supported oncological experience (guideline therapy). Of course, generally-applicable guidelines are modified to meet the needs of the individual patient, meaning that therapy adjustments and patient expectations are addressed in discussions with your physician. With the selection of substances to be applied, at least a basic estimation of their effectiveness and potential side effects can be made. What is important in determining the effectiveness of any given medication is how long and how often a high dose of the medication can work on the cancer cells. There are many factors that can influence the effectiveness of a medication: the sensitivity of the respective cancer cells, achievable availability at the intended site, speed of degeneration or elimination, antagonistic drug interactions, sensitivity or prior damage of individual organs and, ultimately, the overall tolerability of the administered medication.

Cytostatic therapy, generally referred to as «chemotherapy», can act quickly on fast-growing tumors such as leukemia, lymphomas, or testicular cancer. In other cases, two or more cycles must be administered before any effects can be determined. Follow-up exams are therefore often not carried out until two or three tre-



atments have been executed. These exams generally include blood counts, ultrasound exams, and radiological exams such as CT scans or MRIs. To avoid a negative impact on chances for success, it is important to adhere to the planned process and duration of the treatment. Your treating physician can provide you information regarding your individual process and success of chemotherapy.

## Side Effects

Since healthy cells are not remarkably different from cancer cells, side effects of chemotherapy are often unavoidable. Side effects depend on the selected therapy substance, dosage, its targeted or less targeted function, distribution within the body, and also on each individual patient. Age and prior illnesses play a significant role, but the sensitivity of each individual is also important. Some patients experience little to no side effects, while others have a strong reaction to the treatments. It is impossible to determine how strongly a patient will be affected prior to treatment. What types of side effects may arise also depends on the medications administered. In many cases, the effects are not of long duration, and start improving during or shortly after treatment.

Should your treatment plan call for chemotherapy, a separate chemotherapy information sheet will provide you with information on how to best manage side effects.



## What is the role of chemotherapy in holistic therapy?

We value comprehensive evaluation and patient education of the disease and all associated therapy options. This facilitates the decision making process, even if that decision is in favor of a therapy option that involves greater risk of side effects, by enabling you to take an active role in the process.

We value comprehensive medical and follow-up care as well as personal support.

From our side, we offer intensive individual psycho-oncological support anytime during and after tumor therapy, and continue this therapy for as long as you need it.

We provide regular assessments and treatments with the goal of reducing side effects.

We value physiotherapeutic support consisting of breathing exercises, mild stamina training, lymph drainages, and balanced treatments with the goal of reducing recovery time.

We value explicit incorporation of natural healing processes in the course of therapy. Consequently, we employ carefully selected support measures that aid the body's own defenses against tumors and reduce the negative impacts of cancer therapy on the patient's healthy cells and immune system.





## Locations/Contacts

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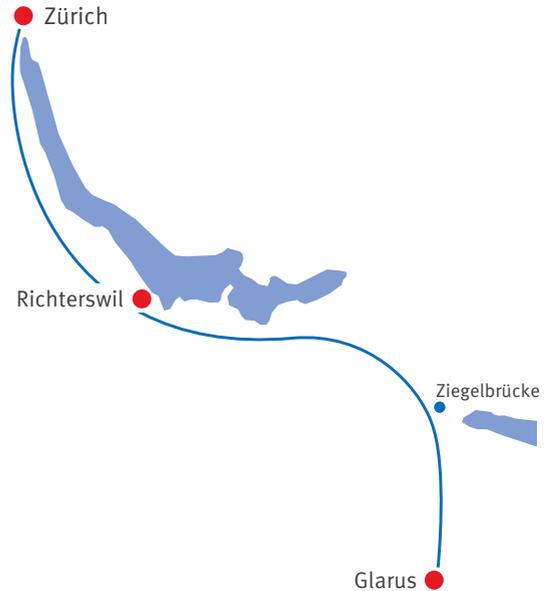
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