

Integrative Medicine Impact Report

Prepared for the JDJ Foundation: June 2022

Integrative Medicine Overview

At MSK, our patients receive outstanding care informed by innovative science, transformative clinical studies, and best-in-their-class educational programs. Our model includes MSK's **Integrative Medicine Services (IMS)**, where trained experts research and establish protocols for evidence-based integrative treatments that complement conventional medicine. These therapies help cancer patients manage symptoms, reduce pain, alleviate stress and anxiety, and achieve overall well-being. **Jun Mao, MD**, Chief of the MSK Integrative Medicine Service, leads a dedicated team of IMS physicians and other health experts to address the physical, emotional, and spiritual needs of patients, survivors, and their families.

Current Funding

Thanks to the generous support of the JDJ Foundation and their community of supporters, Dr. Mao and his team continue to provide integrative medicine services to lung cancer patients in need. Through the lung clinical trial protocol, Dr. Mao is evaluating how to best help lung cancer patients receiving chemotherapy or immunotherapy with MSK's virtual integrative medicine at home program.

From August 2021 to June 2022, Dr. Mao enrolled 22 lung cancer patients into a pilot trial to evaluate the effect of virtual fitness and mind-body programming on improving the quality of life for patients undergoing active treatment for lung cancer. Dr. Mao expects to reach the target sample size of 40 by the end of 2022. JDJ Foundation's funding is also supporting the evaluation of a virtual fitness pre-rehabilitation for patients undergoing lung cancer surgery. Preliminary analyses found that among 197 patients undergoing lung cancer surgery, 71% were able to participate in at least one virtual class and 98% were extremely satisfied with the class. Patients find the programming, instructors, and fellow patients motivate them to include fitness in their cancer treatment journey.

Dr. Mao and his team are extremely pleased with the results of this program and plan to submit one paper in Fall 2022 and another one in 2023. These results have been made possible by the JDJ Foundation's generosity and we look forward to recognizing the JDJ Foundation's contributions in these publications.

Future Funding Opportunity

Patients enrolled in the program often report that due to work, family commitments, medical appointments, and challenges of the continuing COVID-19 pandemic, they had to miss classes. To address this issue, Dr. Mao and his team would like to expand and create a robust asynchronous program that includes pre-recorded videos for fitness classes (yoga, cardio dance, tai chi). These videos would allow patients who have scheduling challenges to access classes anytime. Philanthropy is essential as it would allow Dr. Mao to:

- Hire additional staff including additional fitness instructors
- Fund a clinical research coordinator who will handle regulatory work and help patients navigate the challenges of enrolling in clinical trials
- Fund an integrative health navigator to help patients who feel overwhelmed and emotionally taxed, feel more secure about beginning the program
- Develop content and an evaluation system to determine the effectiveness of the offerings

Looking Ahead

Today we have an unprecedented opportunity to change the futures of patients everywhere whose lives are impacted by lung cancer. Philanthropy is crucial to driving this momentum, and with your partnership, the integrative medicine service will continue to build and expand upon current offerings and begin a new asynchronous video program. We hope through the incredible JDJ x Nicky Cass 5k Walk and Run taking place in the Fall, you will consider supporting this work with a gift of \$125,000. From Dr. Mao and the entire team at MSK, thank you for your thoughtful consideration.