

Integrative Approaches to Treating Patients with Lung Cancer and Side Effects of Traditional Treatment in Lung Cancer

Type: Review Article

Received: August 05, 2024

Published: August 16, 2024

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Citation:

Christina Rahm. "Integrative Approaches to Treating Patients with Lung Cancer and Side Effects of Traditional Treatment in Lung Cancer". PriMera Scientific Surgical Research and Practice 4.3 (2024): 09-18.

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Abstract

Cancer treatment is a difficult task. Mental and bodily exhaustion are possible outcomes of the practice. Alternative therapy options for cancer may be enhanced via integrative cancer care. Combining traditional medicine with complementary and alternative medicine, nutritional medicine, and lifestyle interventions to cure and prevent disease and optimize health is an integrated approach to treating illnesses like lung cancer. The case study has also explored some challenges patients face in this lung cancer treatment journey. The patient, after being diagnosed with Stage IV non-small cell lung cancer NSCLC adenocarcinoma, undergoes a set of combination of carboplatin-pemetrexed-pembrolizumab chemotherapy, which exposes her to a significant number of side effects like extreme weakness, elevated inflammatory markers, and nausea. Throughout this paper, we will discuss the integrative approaches to treating patients with lung cancer and the side effects of traditional treatment in lung cancer.

Introduction

When it comes to cancer, lung cancer is by far the most lethal. Even though it is more common among smokers, lung cancer may develop in nonsmokers as well. The signs and symptoms do not show at the earliest stages but later after the disease has spread and advanced. Some of the symptoms of lung cancer include Breathing difficulty, Problems with the chest, Pitiful sounds as well as massive loss of weight. There are two types of lung cancer, namely small cell lung cancer and non-small cell lung cancer. Lung cancer can lead to various effects on an individual's body, such as breathing difficulties. When lung cancer spreads to the lungs, it may cause an individual to experience difficulty breathing. Another effect of lung cancer on an individual is coughing up blood; Severe bleeding does occur sometimes.

Lung cancer can also lead to the patient experiencing Pain. Cancer may be very painful when it has progressed to the lungs or elsewhere in the body, including the bones. Cancer can also lead to shortness of breath in an individual, whereby the patient experiences difficulties in breathing. The mentioned above are some of the complications which are brought about by cancer. To be able to treat patients with cancer, various integrative approaches are used and vital in undertaking the treatment journey. There integrative approaches to treating lung cancer patients are discussed in the article.

Therapy and Counselling

Individual physical well-being might be affected by cancer therapy. Unfortunately, not everyone understands how cancer treatment might affect the patient's mental health. Integrative cancer treatment programs often include mental health services as a result. Lung cancer has a huge impact on the mental health of the patient. Once an individual realizes that he is diagnosed with cancer, they begin to struggle with mental cancer. Many patients struggle with mental health after the diagnosis, others during the treatment (Kitts, 2019). Lung cancer has a huge effect on the mental health of the patient in various ways; there are cases of anger, frustration, sadness, isolation, and even feeling mentally weak and unworthy. Living with cancer may lead to emotional and psychological issues. Some of the issues include anxiety, depression as well as disassociation from the society. A cancer diagnosis can affect people who have mental illness by worsening the situation. Having in mind the various effects lung cancer has on the mental health of the patient, the integrative approach offers mental health services to the patients. In administering mental health services there are various methods which are used. The various methods include therapy as well as counseling. Anxiety, sadness, sleeplessness, exhaustion, and Pain are some of the adverse effects of cancer therapy that these mental health treatments aim to be able to address.

The difficulties of living with a cancer diagnosis may be better managed with the help of a mental health expert and counseling. Feelings of rage or anxiety in response to a cancer diagnosis may be better managed with counseling. Important life topics are discussed, and the patient can be open and honest about the various issues they are going through. Counseling acts as a safe space for people who have lung cancer to be understood and be able to express their feelings without being misunderstood or even judged. Various therapy sessions, such as music therapy, can also be beneficial to the mental health of the lung cancer patient. Counselling also allows the patients to talk to other patients who went through the same challenges. Finding out what worked for them and what they went through might help give the patient peace of mind. Getting real stories and wisdom from those who have battled cancer and mental health issues can be a motivating factor for the various patients. Fatigue from cancer is frequent among lung cancer patients and may last for years after treatment ends, especially in cases when the illness is in its early stages. There are several treatable causes of cancer tiredness with cancer therapies (Kitts, 2019). Many interventions can reduce exhaustion or improve coping mechanisms if treatable reasons cannot be identified.

Nutritional Support

It is typical for cancer patients to have dietary deficiencies while undergoing therapy. Many symptoms, including nausea and others, might impact a patient's appetite and eating capacity. Lung cancer patients need all the energy they can get to keep up with their therapy. Thus, this leads to problems and affects how one can overcome the disease. The doctors closely monitor a patient's dietary status throughout the patient's cancer treatment, from start to finish. To lessen the likelihood of adverse effects and treatment interruptions, adjustments will be made to their diet.

Nutritional support is a major integrative approach to treating lung cancer patients. Lung cancer patients do experience digestive issues, difficulties in eating, and lack of appetite as well as eating difficulties. During lung cancer, dietary requirements vary from person to person (Bade & Cruz 2020). It takes into account the patient's present height and weight, the adverse effects of the patient's lung cancer therapy, and any other medical conditions the individual could be experiencing, such as diabetes or heart disease. To ensure easy treatment of lung cancer patients with no side effects various factors are put into consideration. The doctors can offer advice and nutritional support to the patients to ensure that the foods they take do not worsen their lung cancer treatment side effects.

Naturopathic Support

Naturopathic basic means the incorporation of natural remedies to help the body heal itself. Naturopathic support embraces various components such as therapy, massages, and exercises. The various tools used in naturopathic support are natural and non-toxic techniques that cannot harm the body but help heal. The techniques reduce the likelihood of treatment delays while managing cancer-related adverse effects. Cancer patients who choose naturopathic remedies consistently have better outcomes, greater strength maintenance, and chemotherapy tolerance. Naturopathic medicine is based on the idea that the body has an innate tendency to heal

itself (Ligibel et al., 2022). When combined, nutritional support and botanical medications may significantly improve lung cancer patients' results and quality of life. Various advantages can be derived from the use of naturopathic. It does enable the patient to be able to improve the survival rates of the patient. It also helps give strength to the patient to be able to tolerate chemotherapy.

Naturopathic reduces pain, gives strength, and improves the patient's appetite. Weight management of the patient can also be improved through naturopathic support. It is possible to enhance outcomes in different forms of lung cancer by maintaining weight and minimizing cancer-related weight loss by taking quality, nutritious food supplements and having prescribed nutrition. Naturopathic support plays a vital role in mitigating the various side effects that arise due to the patient undergoing chemotherapy. Chemotherapy has negative effects on a patient's body since it leads to loss of hair and weight as well. The quality of life is reduced as a result of the negative effects of chemotherapy (Kitts, 2019). A naturopathic doctor may address common side effects, including diarrhea, headaches and other side effects of chemotherapy. It is important to note the importance of naturopathic doctors and their role in lung cancer treatment (Singel et al., 2019).

Oncology Rehabilitation

Oncology rehabilitation can be defined as care that entails the maximization of a person's physical health as well as his emotions. Cancer rehabilitation is a recent setup, in contrast to the long-established norm for patients recovering from more common medical conditions. The need for rehabilitation services is supposed to increase in the next years due to the rising number of cancer survivors and the fact that many lung cancer patients are still dealing with the various chemotherapy effects. Oncology rehabilitation aims to help patients reach their full physical, mental, and social potential as they undertake their treatments (Nailo et al., 2019). Oncology rehabilitation is used for people with lung cancer and is beneficial throughout the various stages of cancer, from the earliest stages to the last stages of lung cancer.

Oncology rehabilitation is an important part of cancer care. A cancer rehabilitation oncology may include a wide variety of treatments. Treatments for cancer survivors target individual symptoms and aim to improve quality of life through diet and physical activity changes. Patients undergoing lung cancer treatment and rehabilitation benefit from oncology treatments that aim to increase strength, decrease stress, improve endurance, and sustain energy levels. Oncology rehabilitation is one of the vital integrative approaches used in treating lung cancer patients. Oncology rehabilitation helps in the treatment of some of the side effects of lung cancer, such as Pain, stress, weight loss, and many other side effects. Lung cancer patients and those who have overcome the disease often experience severe Pain. Pain may hurt the quality of life and can cause depression. While everyone has different needs, scheduling a consultation is a great way to start making positive changes in the patient's life.

Pain Management

In the treatment of lung cancer patients, various range of techniques, including pharmaceutical ones, are used to manage Pain. Both pharmaceutical and non-pharmacological methods are impactful in dealing with lung cancer patients. Medication is part of pharmacological techniques, whereas treatments like neurological or physiological interventions make up our non-pharmacological approaches (Friedenreich et al., 2021). Redirecting your energy toward reducing cancer-related discomfort can allow you to concentrate on the patient getting well and going about their daily life. Since every patient has a unique way of feeling Pain, these pain management treatments are individualized depending on the stage of the cancer. Most of the lung cancer patients live with Pain, and the Pain keeps on increasing as the lung cancer advances. One of the most typical effects of lung cancer is Pain. Pain treatment requires a multidisciplinary approach to address all the many elements that might contribute to it. Pain pills, opioids, and antidepressants are some of the treatments that may be used to manage Pain caused by lung cancer. The use of the named medicines can play a vital role in lowering the Pain experienced by the patient, radiation burns, headaches as well and numbness.

Meditation

Finding a peaceful spot to sit, letting go of thoughts of past problems and concerns about the future, and concentrating on the here and now is the definition of meditation. Depending on the meditation practiced, one may either train one's mind to be more alert and clearer, or one can train one's mind to be more open and accepting of one's internal experiences. Meditation is one of the integrative approaches in dealing with patients who are going through the lung cancer stages. It is important to offer meditation as an option for cancer patients because of the potential advantages it may have for those battling lung. Some of the potential advantages include alleviation of symptoms such as anxiety, sadness, stress, low energy, and chronic Pain. Encouraging the lungs to use meditation can be an integrative way of helping them ease their Pain. Meditation could greatly help ease the sense of stress in lung cancer patients and help in managing their disease. This advantage may lead to a stronger immune system in addition to the more subjective sense of well-being that comes from lower stress—potentially impacting a patient's response to cancer therapy.

Experiencing Pain is a typical and sometimes distressing symptom for cancer patients. This can be because of cancer, cancer therapies, or a combination of the two. Nearly 90% of patients with lung cancer report experiencing discomfort of some intensity, regardless of the underlying reason (Peddle et al., 2019). There is some evidence that meditation may alleviate this discomfort. In the treatment of patients experiencing lung cancer, it is important to encourage them to try this integrative approach to make it easier for them to exist despite the side effects of lung cancer.

Acupuncture

Acupuncture involves using little, thin needles made of metal put into certain places on the body. It is most often used for pain relief. Acupuncture has several uses for patients dealing with lung cancer. Acupuncture has been shown to aid smoking cessation for certain people. Many individuals find that acupuncture helps with Pain and tightness in their muscles. For others, acupuncture is a way to deal with treatment-related issues, including vomiting, dry mouth, nausea, and exhaustion (Stout et al., 2021). The use of acupuncture for lung cancer can be vital in helping with nausea and Pain. Another importance of using this integrative approach is that it is safe because it does not have side effects reason being is a nondrug therapy. The use of acupuncture is generally if qualified individuals perform it.

It is well acknowledged that insomnia, sometimes known as sleeplessness, is the most common sleep disorder globally. Three times as many people with cancer suffer from insomnia as the general population, with a reported frequency of up to 50% (Avancini et al., 2020). Even though medication can be used in dealing with cancer-related insomnia, but only enhances sleep results in the short term. At the same time, acupuncture has been approved for treating cancer-related insomnia. These integrated can benefit lung cancer patients as they undergo their treatment.

Diet Supplements

Vitamin and trace element deficiencies may occur when a person's diet lacks diversity, especially vegetables. The immune system cannot operate properly without sufficient micronutrients; lacking these nutrients weakens the immune system (Schabath et al., 2019). Dietary supplements can ensure a person is as healthy as possible, whereas dietary sources of vitamins and minerals might be deficient. In cases where an individual's diet may not include enough of certain vitamins and minerals, dietary supplements may fill the gap and keep them healthy. Administering diet supplements is an integrative approach to dealing with lung cancer patients.

Hypnosis

In hypnosis, a person can concentrate deeply on a single idea, memory, feeling, or issue because their awareness is transformed to a level between that of a wakeful person and that of a sleeper. Hypnosis can be applied to lung cancer patients when dealing with various effects that arise from cancer. Many patients find that hypnosis is an effective treatment for helping them make positive behavioral adjustments. Hypnosis for smoking cessation, weight management, and exercise are just a few examples of how some individuals utilize hypnotherapy to enhance their general health and maybe lower their cancer risk (Thandra et al., 2021). Hypnosis may help people with lung cancer quit smoking, deal with worry and stress, and alleviate physical and mental problems, including pain and side effects

from conventional therapies. Radiation therapy, chemotherapy, and surgery are common forms of treatment for lung cancer, but they are not without their risks. Among them are side effects such as nausea, exhaustion, anxiety, and despair. These symptoms may be mitigated by hypnosis treatment.

Exercising

Exercising is one of the integrated approaches to dealing with patients with lung cancer. Exercise may help alleviate symptoms, maintain fitness and quality of life, and lessen treatment-related adverse effects in patients with advanced lung cancer or early stages of the illness who are unable to undergo surgery (Hotta et al., 2020). Various exercise methods apply to lung cancer patients as a whole. Some of the exercises include doing yoga, breathing as well as stretching. Yoga has been found in several studies to alleviate cancer patients' and survivors' self-reported feelings of despair and anxiety, and both current and past distress have been essential to moderately affect mood states, including anxiety, depression, and psychological discomfort. These exercises are important before and even in treating lung cancer patients. Lung cancer patients are always encouraged to do physical exercises to keep their body fit.

Navigating the Challenges: Side Effects of Traditional Treatment in Lung Cancer

Regarding this case study, we have come across a challenging journey of a female who is aged 55 years and was diagnosed with stage IV non-small cell lung cancer (NSCLC) adenocarcinoma. She is faced with a complex health condition, and she decided to opt for traditional treatment options, where carboplatin-pemetrexed pembrolizumab chemotherapy is the primary intervention. The main aim of this combined therapy is to combat the aggressive nature of NSCLC adenocarcinoma stage IV, as this therapy offers one of the comprehensive approaches that helps in hindering cancer cell progression (Lv et al., 2020). Despite the traditional treatment approach being pivotal in addressing this condition, it is associated with several formidable side effects. Some of its side effects include elevated liver enzyme levels, nausea, and patients feeling extreme weakness are some of the side effects associated with this approach. Moreover, as we navigate the presented case, we will look at traditional treatment measures and integrate complementary therapies that help mitigate some of the traditional side effects and enhance the patient's overall well-being (van den Boogaard et al., 2021).

Chemotherapy-Related Side Effects

After analyzing the case study, it is evident that the patient is undergoing carboplatin-pemetrexed-pembrolizumab chemotherapy as required for stage IV NSCLC adenocarcinoma. Thus, the patient has encountered a lot of challenges that are highly associated with the chemotherapy-induced side effects. Some of the evident challenges include debilitating side effects of chemotherapy, persistent struggle with nausea, and common. Some of these relentless waves of nausea that the patient experiences do not only impact her physical comfort but generally affects negatively her quality of life (Tawfik, Ghallab & Moustafa, 2023). Therefore, coping up with persistent nausea commonly can cause a decline in the amount of food one takes, thus contributing to nutritional deficiency, which then exacerbates the existing complex health condition (Lund et al., 2022).

Additionally, when the patient is facing the challenge of persistent nausea, the condition is followed up by chemotherapy-induced diarrhea, which then further worsens the quality of life. This is because diarrhea will not only cause practical problems but it increases the chances of dehydration, which is a critical consideration in cancer treatment. So, when gastrointestinal side effects gang up nausea, it causes a substantial burden on the ability of the patient to maintain the required hydration levels and nutritional content (Lund et al., 2022). The interconnected intensity of these two symptoms causes an intensified and collective impact on a patient's emotional and physical well-being (Naidoo et al., 2019).

Furthermore, chemotherapy is commonly characterized by extreme weakness, which is one of the pervasive and profound impacts of its regimen. Due to that impact, the patient's energy continues to deplete to a point where she cannot perform basic tasks, as due to the impact of this therapy, she cannot perform or engage in an activity for a semblance of normalcy. The heightened weakness, together with the challenges from diarrhea and nausea, causes trifecta, which is a debilitating side effect that completely impedes the patient's daily activities and later causes a significant decline in quality of life (Vaddepally et al., 2022).

Immunotherapy-Related Adverse Events

Immunotherapy is one of the promising approaches in cancer treatment, but it comes with unique challenges evident in the case study. Some of its side effects start from activating the immune system and targeting cancer cells, which play a significant role in patient treatment. One evident side effect of this therapy is the observed elevation in white blood cell count, which indicates an activated immune response (Cathcart-Rake et al., 2020). On the other hand increase in white blood cell levels shows immunotherapy's intended impact of bolstering the immune system, which can cause other adverse effects like systemic inflammation.

Furthermore, the case study has evident presence of (gamma-glutamyl transferase-GGTP and liver enzyme levels aspartate aminotransferase-ASAT, alanine aminotransferase-ALAT) as some of the immunotherapy adverse impacts (Ni et al., 2021) as we know that, liver enzyme elevation is one of the side effects of immunotherapy, which, in other words, gives a signal regarding damage to liver cells. If that is the case, the healthcare practitioner is encouraged to closely examine whether the liver functions accordingly because it is one of the critical organs in the patient's body. This is because the liver processes toxins and drugs, especially those used in cancer treatment. Therefore, the elevation of liver enzymes can significantly negatively impact the overall quality of life, leading to symptoms like loss of appetite and high levels of fatigue. Therefore, managing and monitoring these immunotherapy side effects is important to ensure the patient's safety, thus optimizing the therapeutic benefits of treatment (Schirrmacher, 2019).

Combined Side Effects and Interaction

Both immunotherapy and chemotherapy treatment approaches employed in the case study bring up complex challenges significantly associated with managing side effects when several treatment modalities are employed concurrently. The simultaneous employment of immunotherapy and carboplatin-pemetrexed-pembrolizumab chemotherapy causes several adverse side effects that can negatively impact patient well-being. However, the synergistic effect regarding these treatments not only amplifies the potential benefits of cancer treatment but they confluence the side effects, thus creating an elusive balance that should be navigated by healthcare professionals (Bailly, Thuru & Quesnel, 2020).

One of the key challenges that arise in the presence of gastrointestinal symptoms, especially when the combined effect of diarrhea and the impact of chemotherapy-induced nausea interacts with immunotherapy, the heightened immune response, as a result of elevated white blood cell counts as well as inflammatory markers, may then exacerbate the level of gastrointestinal distress which is induced by chemotherapy. However, the manifestation of these side effects demands doctors to have a comprehensive approach to symptom management that will address both the immediate effects of immunotherapy-induced immune activation and chemotherapy. Also, health professionals should ensure that the patient can maintain the required level of hydration and nutrition and focus on the importance of tailored interventions to mitigate these combined side effects and enhance professionals' quality of life (Bailly, Thuru & Quesnel, 2020).

The collective effect of immunotherapy and chemotherapy on the patients' physical well-being is beyond the gastrointestinal domain. The combined symptoms of extreme weakness are known common weaknesses of chemotherapy, and fatigue is a common symptom of immunotherapy, which poses a significant challenge in managing patient health conditions. The combination of these side effects can synergistically impact patient functional ability (Luo et al., 2019). Therefore, healthcare providers need to adopt a multidimensional approach to addressing these challenges by integrating improved strategies for nutrition support, psychosocial care, and fatigue management.

Impact on Quality of Life

In consideration of the information in the case study, after analysis of the information regarding the patient in the context who is diagnosed with stage IV NSCLC adenocarcinoma, it sheds light concerning some of the profound effects of cancer and also the impact of the treatment on the quality of life—considering that the patients complain of dyspnea, extreme weakness, diarrhea, and persistent nausea, which collectively create a complex scenario of challenges that affect her general quality of life. These side effect challenges greatly impact the emotional toll and physical health, reshaping her professional contours (Bailly, Thuru & Quesnel, 2020).

Furthermore, in this context, the holistic effect of quality of life significantly underscores the importance of comprehensive care for addressing issues of emotional and physical dimensions in the journey of lung cancer treatment. Therefore, by identifying and responding to these side effects, doctors should now focus on structuring interventions that will alleviate the symptoms and improve patients' overall quality of life. The case study is one example that should enlighten healthcare professionals to develop a patient-centered intervention that acknowledges the multidimensional nature of the problems faced by patients who are contending with advanced-stage malignancies (Rahman et al., 2022).

Strategies for Side Effect Management

It is comprehending and understanding the multidimensional side effects presented in the case study that the patient encountered and their need to establish a comprehensive strategy that will focus on alleviating both the symptoms and the impact of the side effects. This is because establishing these comprehensive strategies after being administered will offer a potential avenue for managing symptoms, thus enhancing the quality of life. For instance, proprietary Blend I, considering its incremental dosage routine, focuses on addressing symptoms like diarrhea, extreme weakness, and nausea. A gradual exchange or dosage adjustment reflects a well-tailored approach that acknowledges the changing nature of side effects and thus presents a nuanced strategy that will promote patient general comfort (Li et al., 2020).

Moreover, Proprietary Blend III tends to introduce a sachet treatment, which involves a gradual progression to several sachets, which aims at the complex problems brought by immunotherapy-related adverse effects and the associated elevated inflammatory markers. Therefore, by incorporating these blends, doctors aim to facilitate both immediate symptoms and modulate the immune response, which in return strikes a balance that enhances the optimization of the treatment benefits and minimizes the impact of the side effects. This integrative approach aligns well with the core principle of personalized medication, knowing the uniqueness of each patient's response to a certain treatment approach and tailoring the appropriate intervention accordingly (Gao et al., 2022).

The case study has also underscored the importance of ethical monitoring via laboratory tests. Also, regular white blood cell counts, liver enzymes, and C-reactive protein levels assessment help track each patient's response to different treatments and detect emerging complications. The elevation and significantly reducing of these markers for three years will impact not only the dynamic of the patient's health condition but also the responsiveness of the healthcare providers in adjusting the patient's treatment plan. This approach ensures that the intervention includes the administration of the proprietary blends, which align with the evolving needs of the patient, thus enhancing the efficacy and precision of the treatment strategy (Gao et al., 2022).

Psychosocial Aspect

Concerning the matters of the psychological aspect of the case study, the analysis of the patient's emotional state indicates that there are several psychological challenges she is facing in the journey of treatment of stage IV NSCLC adenocarcinoma. Considering that the diagnosis of lung cancer can induce a lot of spectrum emotional responses such as anxiety, uncertainty, and fear concerns one's future. Therefore, coping up with the persistent side effects of immunotherapy and chemotherapy, the state level of the patient's emotions is affected and overall quality of life. Coping with profound and persistent gastrointestinal distress, dyspnea, and extreme weakness easily intensifies the emotional burden, which then affects the patient's sense of emotional resilience, sense of control, and identity (Tuominen et al., 2021).

Therefore, understanding the importance of addressing these psychosocial impacts, we will incorporate meditation, breathing techniques, and exercise to be key components of the patient treatment plan in the case study. These components serve dual purposes as they offer a tangible tool for managing physical symptoms such as dyspnea and nurturing a patient's mental health (Tuominen et al., 2021). The exercise will help the patient to improve and maintain physical capabilities and also can help in mitigating the issue of extreme weakness, thus fostering the aspect of empowerment. On the other hand, breathing and meditation help provide an avenue for stress reduction and emotional expression, thus cultivating positive mental health despite the challenges patient faces in the treatment of lung cancer.

Patient Education and Empowerment

There is a lot of significance in empowering patients and educating them because it is one of the cornerstone aspects of the health-care sector. This is because, through that, we will emphasize the aspect of informed decision-making, especially in this journey of treatment of stage IV NSCLC adenocarcinoma.(Tuominen et al., 2021). This helps develop a tailored treatment plan that aligns with patient preferences, individual circumstances, and values. This corporative approach fosters a sense of agency and ensures patients' unique needs are well-centred during decision-making.

Moreover, integral to patient education is another important opportunity to impart knowledge on both the traditional and integrative treatment approaches. The comprehensive education helps empower the patient to make informed decisions concerning her care, allowing her to navigate the complexities of different treatment approaches. Additionally, understanding the rationale behind administering proprietary blends, immunotherapy, and chemotherapy helps the patient understand potential challenges and associated benefits (Xie, Fu & Jin, 2021). Educating the patient about integrative approaches like breathing techniques, exercise, and meditation gives the patient important tools to manage her health's emotional and physical aspects. Furthermore, by fostering an empowered and informed patient, doctors will enhance the patient's quality of life and also contribute to a patient sense of control regarding her health, which in the long run helps in promoting a patient-centric and collaborative approach to managing advanced lung cancer (Tuominen et al., 2021).

Future Directions

After reflecting on the patient's three three-month progress, as evident in the case study, their emergence of multifaceted perspective encapsulates the different dynamics between the integrative approach and traditional treatment. As the continuous chemotherapy approach, the laboratory test results indicate a fluctuation of white blood cell counts, liver enzyme markers, and C-reactive protein levels. However, despite the persistent levels reported at the beginning, subsequent reductions showcase a positive response to the integrative approaches implemented and also the resilience of the patient to navigate through the challenges of advanced lung cancer. The alleviation of some of the specific complaints, like diarrhea, dyspnea, the cessation of nausea, and improvement in fatigue, gives a clear indication of success in the management of the key side effects, thus enhancing patient overall well-being (Tuominen et al., 2021).

Looking to the future, the consideration of potential adjustment for an integrative approach arises in the context of the patients under chemotherapy. The observed improvement has been due to the introduction of meditation, breathing techniques, exercise, and cyclic adjustment to the proprietary blends. There is a need for imperative measures regarding periodic reassessment and ongoing monitoring to ensure appropriateness and continued efficacy in an integrative approach (Tuominen et al., 2021).

Conclusion

One of the recommended efficient and appropriate approaches to treating lung cancer is using alternative and conventional medicine, an effective integrated method. This approach provides the patient with the required tools throughout this treatment journey, thus improving the quality of life in general. Even these tools from the combination of alternative and conventional medicine approaches also help the patient prevent lung cancer because conventional treatment aims at treating indicators and early symptoms regarding lung disease. Generally, this improves the patient's quality of life by assisting in controlling the variables of the disease, which are at their control, such as eating accordingly, avoiding lack of physical activities, stress, and deficiency in Vitamin D.

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