

希望之城程氏家族综合肿瘤学中心

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摘要：希望之城程氏家族综合肿瘤学中心是美国首屈一指且历史已逾百年的综合性癌症中心，该机构每年为超过 10 万名患者提供治疗服务，并在其多校区网络中领导着众多临床试验。该中心旨在推动整合肿瘤学领域的发展，通过基于证据、科学严谨的方法将西方医学和东方传统医学相结合，并始终致力于推动临床护理、教育、研究等方面的发展。根据健康学术联盟的定义，整合医学是一种整体的、基于证据的医疗方法，其优先考虑个性化的患者护理。整合医学在肿瘤学领域的应用，不仅要求医院和服务中心提供先进的癌症治疗，还包括通过姑息治疗、营养支持、心理辅导和基于证据的整合疗法在内的综合服务来支持患者的身心健康和社会福祉。程氏家族综合肿瘤学中心以患者为中心的模式将个人置于护理的核心，由家庭、文化因素以及多学科团队提供支持，主要治疗手段包括针灸、按摩疗法、冥想、瑜伽、气功、太极、音乐疗法和营养咨询——通过个体和团体的形式提供，以提高可及性和参与度。越来越多的证据表明这些干预措施在管理癌症相关症状方面的有效性：针灸和按摩在缓解疼痛方面显示出益处；正念练习、太极和瑜伽与焦虑和抑郁的改善有关；综合方法在应对疲劳、失眠、潮热、神经病变和恶心方面显示出前景。程氏家族综合肿瘤学中心的研究围绕三个战略支柱展开：症状管理、天然产品和卫生服务研究。当前的研究调查了大麻、冥想、芳香疗法、针灸和植物制剂（包括药用蘑菇和传统中药配方）的作用，其他研究领域还包括营养科学、肠道微生物组、运动肿瘤学和精准医疗。在教育方面，该中心提供获得认证的整合肿瘤学研究项目、定期的学术讨论会、社区外展计划以及互动式烹饪演示——旨在赋予患者力量，并培养整合肿瘤学领域的未来领导者。总而言之，程氏家族综合肿瘤学中心致力于通过融合东西方医学中最有效的原则和实践来提高癌症护理的标准，这些原则和实践以科学证据、以患者为中心的价值观以及对创新和教育的奉献精神为基础。

关键词：希望之城；肿瘤；个性化护理；太极

The Cherng Family Center for Integrative Oncology at City of Hope

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Abstract: The Cherng Family Center for Integrative Oncology at City of Hope is a premier U.S. comprehensive cancer center with a legacy exceeding one century. The institution provides care to over 100,000 patients annually and serves as a leader in numerous clinical trials across its multi-campus network. Established to advance the field of integrative oncology, the Cherng Family Center integrates Western and Eastern medical traditions through evidence-based, scientifically rigorous methodologies. Made possible by a transformative philanthropic gift, the Center's mission encompasses excellence in clinical care, education, and research. Integrative medicine, as defined by the Academic Consortium for Integrative Medicine and Health, is a holistic, evidence-informed approach that prioritizes individualized patient care. In the context of oncology, this involves not only delivering advanced cancer therapies but also supporting patients' physical, emotional, and social well-being through comprehensive services including palliative care, nutritional support, psychological counseling, and evidence-based integrative modalities. The Center's patient-centered model positions the individual at the core of care, supported by family, cultural considerations, and a multidisciplinary team. Key therapeutic offerings include acupuncture, massage therapy, meditation, yoga, qigong, taijiquan, music therapy, and nutritional counseling—delivered through both individual and group formats to enhance accessibility and engagement. A growing body of evidence supports the efficacy of these interventions in managing cancer-related symptoms: acupuncture and massage have demonstrated benefits in pain reduction; mindfulness practices, taijiquan, and yoga are associated with improvements in anxiety and depression; and integrative approaches show promise in addressing fatigue, insomnia, hot flashes, neuropathy, and nausea. Research at the Cherng Family Center is structured around three strategic pillars: symptom management, natural products, and health services research. Current studies investigate the role of cannabis, meditation, aromatherapy, acupuncture, and botanical agents—including medicinal mushrooms and traditional Chinese herbal formulations. Additional areas of inquiry include nutritional science, the gut microbiome, exercise oncology, and precision medicine. In education, the Center offers an accredited Integrative Oncology

Fellowship, regular grand rounds, community outreach programs, and interactive cooking demonstrations —aimed at empowering patients and cultivating future leaders in integrative oncology. In summary, the Cherng Family Center for Integrative Oncology is committed to advancing the standard of cancer care by integrating the most effective principles and practices from both Eastern and Western medicine, grounded in scientific evidence, patient-centered values, and a dedication to innovation and education.

Keywords: City of Hope; Oncology; Individualized care; Taijiquan