Integrated Cancer Care

“Feel yourself being quietly drawn by the deeper pull of what you truly love.”
Rumi

InspireHealth
INTEGRATED CANCER CARE
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Interesting Facts
+ More than 19,000 new cancer diagnoses are made in British Columbia per year.
+ Currently, InspireHealth is only able to see 500 new patients per year due to funding limitations.
+ Your support will allow InspireHealth to provide its unique and innovative services to more British Columbians living with cancer.

In Gratitude
InspireHealth is funded by provincial health insurance, private foundations, corporate and personal donations. Donations can be made by phone at 604-734-7125, online at www.inspirehealth.ca or by mail to the address above. Our Charity Registration number is 108 103 920 RR0001.

Call us for other opportunities where you can make a difference!
Innovative

InspireHealth integrates the concepts of health into cancer treatment and recovery. A growing body of international research is confirming that this integrative approach is the future of cancer care. By engaging in your own health - through nutrition, exercise, emotional and spiritual support, supplements and other ways to support optimal immune system function - while undergoing cancer treatment, you improve the quality of your life, decrease your risk of cancer recurrence and increase your chance of survival. InspireHealth’s innovative program ensures optimal cancer care.

2. Life Enhancing Seminar
This unique two-day program explores the Foundations of Health and Healing and how they can benefit individuals living with cancer (see next page for details). With this information the patient begins to develop an individualized Life Enhancing Health Plan.

3. Individual Medical Consultation
Our one and a half hour private consultation reviews personal and medical history, diagnosis, medications and supplements and lifestyle. From this review our medical doctors support safe and optimal choices for the patient’s individualized Life Enhancing Health Plan.

4. In-depth Doctor Led Group Sessions
Four two-hour sessions that deepen the education and experience introduced in our Life Enhancing Seminar.

5. Informative Research Resources
Access to our website, extensive library, and research information database of integrative cancer care medical journal articles help to answer questions and ensure our patients have up to date information.

6. Inspirational Core Health Classes
Our Core Health Classes are included free of charge to our patients. They include Cooking Classes, Relaxation Classes, Meditation, Yoga Classes and Support Groups.

7. In-house Services
For a fee, consultations are available from a Naturopathic Doctor, Registered Acupuncturist and Massage Practitioner. Visits with our Registered Nutritional Consultant and Transition Support Services are free of charge.

8. In-review Medical Follow-ups
Individual: To answer questions and support the patient’s ongoing Life Enhancing Program.

Group: In a doctor facilitated small group setting questions and themes of the cancer patient experience are explored.

Integrated Cancer Care Program

Eight Components

1. Informal Fireside Chat
An informal gathering in our library with a medical doctor every Monday from 3 to 4pm gives patients, newcomers and support people an opportunity to ask questions, share thoughts and learn more about our program. This introductory session is free and open to all. No appointment required.
Life Enhancing Seminar

This innovative, two day educational and experiential program is facilitated by InspireHealth medical doctors and staff. The seminar teaches approaches for integrating mind, body and spirit into cancer care to promote optimal health and healing. Our Foundations of Health and Healing explore fitness, rest, relaxation, healthy nutrition and stress reduction. Patients and their families engage in an integrated whole person approach to cancer care empowering them to make choices that inspire new levels of self-care and greatly improve quality of life.

The Seminar runs every two weeks on Wednesdays and Thursdays. Please call for more information and to register.

In Our Patients Words...

"These two days have marked a turning point in my life. I feel I have turned a corner, where the sun is shining. Thank you for helping me find out about my power, my choices, my future."

Individual Medical Care

DR. HAL GUNN, MD, CEO
DR. TERESA CLARKE, MD
DR. JANICE WRIGHT, M.SC., MD, C.C.F.P.
DR. RON PUHKY, MD

Initial Visit

Visits with InspireHealth medical physicians are provided free of charge to persons covered under provincial health insurance. In private consultation with one of our physicians participants create an individualized Life Enhancing Health Plan.

Investigates Many Aspects of Life

This plan takes into account all aspects of the life of the participant and their family and is founded not on the Tumour-based Model, which includes options of surgery, chemotherapy and radiation, but on a Person-based Model which may include all of the above, plus exercise, vitamins, healthy diet, immune enhancement, emotional support, prayer, and meditation.

Includes Family

Visits are structured so that participants have adequate opportunity to discuss their life, illness and treatments with their physician. This approach of caring for the whole person – and the time required to achieve it – are an essential part of InspireHealth’s program. Participants are encouraged to bring family members or other support persons with them to these consultations.
Our Founders

Dr. Rogers
Dr. Roger Rogers, MD, in 1991, founded the Centre for Integrated Therapy, from which the Centre for Integrated Healing evolved. In 2001 Dr. Rogers was appointed to the Order of British Columbia, the province's highest honour, for his pioneering work in integrated cancer care. Dr. Rogers retired in February 2006.

Dr. Gunn
Dr. Hal Gunn, MD, CEO, co-founded the Centre for Integrated Healing in 1997 and has led its expansion as a national model for integrated cancer care. Dr. Gunn is active in promoting an integrated model of cancer care, and the concepts of self-care and healing in our health care system.

Stay In Touch

DR. HAL GUNN, MD
Chief Executive Officer

JUSTINE GREENE
Director of Operations

CAROL THATCHER
Director of Healing Environment and Programs

LIONEL WILSON
Director of Communications

STEPHANIE KLAUS
Development Manager

MEGAN WIEBE
Clinical Librarian

NADINE IJAZ, RNCP
Nutritional Consultant

INGELA BRUKE
Community Healing Services and Transition Support

Associate Practitioners

Associate Practitioners at the Centre are available to our patients and the general public on a fee-for-service basis.

INGELA BRUKE
Massage Practitioner

DR. WALTER LEMMO, ND
Naturopathic Physician

GERARD TAN, R.Ac
Registered Acupuncturist

JOANNE MORGAN
Exercise Therapist

DENISE DRISDELL
Lymphatic Drainage Massage

□ YES, I want InspireHealth to help more patients!

Name (please print): ____________________________
Address: ______________________________________
City: __________________________________________
Province/Postal Code: __________________________
Phone: __________________________ Fax: __________________________
Email: __________________________

Donation
$35 □ $50 □ $100 □ $200 □ Other ________________
Only donations over $10 will be receipted, unless otherwise requested.

Please make cheques made payable to InspireHealth
(for address see reverse)

VISA _______________ MasterCard _______________
Card #: _______________ Exp Date: _______________
Cardholder's Name: ____________________________
Cardholder's Signature: ________________________

Please make my donation (please print):
In memory of ____________________________
In honour of (a special person or occasion) ________________

Monthly Giving
□ I want to contribute $________ each month via credit card (see above) or chequing account (please enclose ‘VOID’ cheque).

Planned Giving
□ I am interested in making a gift through my will, securities, life insurance or trusts that will offer me tax savings and help InspireHealth continue to grow and serve more people. Please send me information at the address given above.

We respect your privacy. Your personal information is being collected so we can send you charitable receipt for income tax purposes. We may also contact you to verify your donation information, and periodically to inform you about our services and promotions. If you do not wish to receive these benefits please contact us.