1. **Supportive Oncology Metabolic Syndrome Clinic Within Integrative Oncology**

**Global Integrative Oncology: Use in Cancer Treatment & Patient Management**

**Background**:More than one-third of U.S. adults have Metabolic Syndrome (MetS) which increases risk for cancer and cancer recurrence, cardiovascular disease, diabetes, stroke, and mortality. There have been no studies, however, addressing metabolic syndrome within an Integrative Oncology clinic. A pilot MetS clinic was implemented within an Integrative Oncology clinic on January 6, 2020 at an academic hybrid, community-based cancer institute with over 10,500 new patients yearly.

**Aim**:The project aim was to determine the feasibility of an integrative medicine MetS intervention through 1) ability to accrue patients; 2) data collection completeness; 3) compliance rates; and 4) metabolic outcomes.

**Methodology**:Ten patients who have finished either breast, GI, endometrial or prostate cancer treatment/or on adjuvant endocrine treatment who meet at least 3 of the 5 NCEP ATP III MetS parameters (obesity, insulin resistance, hyperglycemia, dyslipidemia, and hypertension) will be recruited. Participants will receive a personalized lifestyle intervention for nutrition, sleep, physical function and fitness, psychosocial issues, supplement and medication review, and integrative and complementary modalities. Metabolic values and patient-reported outcomes will be collected before and tracked after the intervention.

**Results**: Design of the MetS intervention including treatment plans, outcomes for improvements in MetS and interprofessional team coordination were achieved. Results of the pilot are pending and will inform future program development and research.

**Analysis:** If feasible, the integrative MetS clinic model will advance evidence-based integrative approaches to complex health problems that may be applied in other healthcare settings. Challenges include health behavior modification barriers (e.g. time, energy, motivation) with an intensive treatment approach.

**Conclusions**: Without official guidelines, the multidisciplinary team innovated an integrative MetS treatment approach to produce sustained lifestyle improvements. Such treatment may prevent cardiovascular disease, recurrence or secondary cancers, other morbidities, and improve cancer survivors’ quality of life.

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