



MIOG is a team of experienced practitioners working collaboratively to facilitate a cohesive and integrated planning process that is unique in oncology healthcare.

The role of the MIOG practitioner is to create a fully personalised, integrative oncology plan that involves a comprehensive analysis of pathology, imaging and surgery reports to assess the safety of applicable complementary therapies (CAMs), including diet and exercise recommendations, herbal and nutritional supplementation, and additional evidence-based support and services.

INTEGRATIVE ONCOLOGY

Integrative Oncology is the selective use of scientifically researched and validated Complementary Therapies to support patients who have been diagnosed with cancer.

At MIOG, we work alongside Medical Oncologists to form a cohesive and multi-modality healthcare team, to ensure the patient responds well to medical treatment, to reduce side effects, and to reduce the risk of recurrence.

Not all Natural Medicines are backed by scientific research, and at MIOG we only offer those selected therapies that have been shown to be beneficial in Integrative Oncology Care.

NUTRITION

Optimal nutrition is vital during cancer treatment, and for the prevention of recurrence and overall health and wellbeing. We know that two of the biggest factors that lead to an increased risk of cancer incidence and recurrence are obesity and a sedentary lifestyle.

We provide education, practical tips, and personalised meal plans. We also give evidence-based advice regarding current diet trends such as the Ketogenic diet and Intermittent Fasting, as these have limited amounts of evidence and application. Furthermore, there are plenty of studies about the use of functional foods in cancer, and they may be very useful for modulating inflammation and oxidation.

PSYCHOLOGY

Receiving a cancer diagnosis is one of the most stressful events a person can go through.

Psycho-oncology is a specialist area of psychology that focuses on the psychological, social and behavioural aspects of cancer. It addresses the emotional responses that patients with cancer and their families may experience at all stages of the disease, as well as the psychological, behavioural and social factors that may influence the disease process. Evidence supports psychological intervention to assist with stress, anxiety, sleep disturbance, anger, low mood or depression, loss of confidence, and fear.

ONCOLOGY MASSAGE

OM is a therapeutic, gentle touch massage that is relaxing and non-invasive, and can reduce the side effects of cancer treatment as well as the symptoms of the disease itself. Studies show that even a single treatment resulted in a significant improvement of pain, fatigue, anxiety, well-being and sleep for both patients and caregivers alike.

A clinical trial that included an OM program onsite in Chemotherapy Day Clinics for patients with breast cancer also found a significant and immediate improvement of anxiety, nausea, pain and fatigue.

ACUPUNCTURE

For many years, acupuncture has been studied and accepted as an effective and safe modality for symptom control for patients with cancer. It has been found to

- Help control pain (and with fewer side effects than pharmacologic therapies)
- Relieve chemotherapy-induced nausea and vomiting
- Improve radiotherapy-induced xerostomia (dry mouth)
- Improve neuropathy, the pain and numbness in the limbs caused by nerve damage during cancer treatment
- Relieve fatigue, hot flushes, anxiety, depression, constipation and diarrhoea
- Can soften tissue and relieve pain from scarring and surgery
- Enhance a patients' sense of well-being and relaxation

LYMPHOEDEMA MANAGEMENT

Lymphoedema treatment is a specialist form of physiotherapy that is targeted at the prevention and/or management of lymphoedema due to cancer treatment. Unfortunately a significant number of patients experience issues with lymphatic flow and swelling, particularly due to the surgical removal of lymph nodes. Treatment may involve manual lymphatic drainage, scar tissue massage, self-massage and exercise education, and joint mobilization to encourage improved movement in restricted joints and muscles.

For a full list of services or more information, please contact us. Zoom and phone consultations are available.



CONSULTATION RATES

Integrative Oncology

Initial Consultation (60min) - \$220

Follow Up Consultation (60min) - \$180

Standard Consultation (45min) - \$140

Standard Consultation (30min) - \$110

Personalised Integrative Oncology Plans - \$600

Additional pathology or genetic testing analyses charged at an hourly rate - \$180 p/h

Naturopathy (non Oncology)

Initial Consultation (60min) - \$170

Follow Up Consultation (60min) - \$170

Standard Consultation (45min) - \$130

Standard Consultation (30min) - \$100

Nutrition*

Nutritional Consultation (60mins) - \$150

Nutritional Consultation (30mins) - \$90

Personalised Meal Plans starting from \$150

Acupuncture Treatments*

Initial Treatment (60min) - \$120

Follow Up Treatment (30min) - \$70

Remedial and Oncology Massage*

Initial Treatment (60min) - \$125

90 Minute Massage - \$160

60 Minute Massage - \$125

45 Minute Massage - \$90

30 Minute Massage or Foot Reflexology - \$70

Lymphoedema Physiotherapy* ^

Initial Telehealth (30min) - \$104

Follow Up Telehealth (30min) - \$79

Initial In Clinic Treatment (60min) - \$130

Follow Up In Clinic Treatment (30min) - \$98

Psychology* ^

1 hour session - \$175

*private health insurance rebates may be available depending on your level of extras cover

^Medicare rebates may be available through a Medicare Plan from your GP