

The web sites in this database are not maintained by the Cancer Society of New Zealand Manawatu Branch. We cannot guarantee that the information on the suggested web sites is correct, up-to-date or evidenced-based medical information. We have classified the web sites based on our evaluation of them. We encourage you to discuss any information you find with your cancer care health professionals.

Key:



Evidence-based, medically sound, well referenced



Some evidence provided, medically questionable, little referencing



Evidence-based, open to medical debate, adequately referenced



Little or no evidence, medically unsound, few or no references

General	Source		Summary	Classification
National Centre for Complementary And Alternative Medicine (NCCAM)	http://nccam.nih.gov/health/	US	Excellent website for both patients and medical professionals with vast amount of information presented very well. RSS feeds, newsletters and e-bulletins available to subscribe to	1
National Cancer Institute	http://www.cancer.gov/cancertopics/thinking-about-CAM	US	A guide for those with cancer who are considering CAM. Very thorough overview. Balanced view.	1
Office of Cancer Complementary and Alternative Medicine (OCCAM)	http://www.cancer.gov/cam/	US	Seems to be designed with the medical practitioner in mind rather than patient. However links to patient information are found on the site. Very comprehensive site with links to research and external organisations in the area	1
Medline Plus	http://www.nlm.nih.gov/medlineplus/complementaryandalternativemedicine.html	US	Directs users to information to help answer health questions and brings together authoritative information from the National Institutes of Health, and other government agencies and health-related organizations. Pre-formulated MEDLINE searches are included in Medline Plus and give easy access to medical journal articles. Medline Plus also has extensive information about drugs, an illustrated medical encyclopaedia, interactive patient tutorials, and latest health news.	1
PDQ® Cancer Information Summaries: Complementary and Alternative Medicine	http://www.cancer.gov/cancertopics/pdq/cam	US	US Physician Data Query is National Cancer Institute's comprehensive cancer database. It contains peer reviewed summaries on cancer treatment, screening, prevention, genetics, supportive care, and complementary and alternative medicine; a registry of approximately 2,000 open and 13,500 closed cancer clinical trials from around the world. This site has versions for both health professionals as well as patients. Very comprehensive with detailed references of studies.	1
Cancer Council Australia	http://www.cancer.org.au/	AUS	Similar to the NZ Cancer Society. Contains a fact sheet on CAM - very top line- this is available as a PDF for downloading	1
Cancer help UK	http://www.cancerhelp.org.uk	UK	Award winning website. Extremely thorough, very balanced. Links to vast array of agencies.	1
Complementary and Alternative Medicine	http://www.cam.org.nz/	NZ	This website aims to provide clear, precise and up-to-date evidence-based information to the public about Complementary and Alternative Medicine (CAM). Has an e-news to subscribe to and adheres to the NZ guidelines group. Not as useful as NCCAM or Cancer help UK sites but in absence of any other NZ site is worthwhile.	1
CAMEOL - Complementary and Alternative Medicine Evidence Online database	www.rccm.org.uk	UK	Complementary and Alternative Medicine Evidence Online (CAMEOL) database, which provides reviews of research evidence of effectiveness of a number of CAM therapies within areas of NHS priority, including: cancer.	1
Bandolier Library of Complementary and Alternative Therapies	http://www.jr2.ox.ac.uk/bandolier/booth/booths/altmed.html	UK	This site is intended to gather the best evidence available about CAM for sufferers and professionals. Contains articles on massage, homeopathy, herbal medicines along with warnings about bogus therapies. Evidence based and appropriately referenced	1
Internet Health Library	http://www.internethealthlibrary.com/index.htm	UK	The Internet Health Library is the UK's largest alternative medicine, complementary therapy and natural healthcare resource. Information appears to be gleaned from other sources. Not really well presented but covers a wide range of topics	2

Alternative Medicine Foundation: with link to HerbMed database	http://www.amfoundation.org	US	The Alternative Medicine Foundation is a non-profit organization, which aims to provide responsible and reliable information about alternative medicine to the public and health professionals. A lot of links to herbal sites/resources included.	2
Ministerial Advisory Committee on Complementary and Alternative Health (MACCAH)	http://www.newhealth.govt.nz/maccah/background.htm	NZ	A government site mostly discussing the committee's purpose however there is a section on CAM with some basic NZ information on training, CAM providers and organisations. Not overly useful but does give a more local perspective than the more comprehensive offshore sites.	2
Cancer Backup UK	http://www.cancerbackup.org.uk/Treatments/Complementarytherapies/Generalinformation/Aboutcomplementarytherapies	UK	A balanced overview of CAM given with brief explanations on the types of therapy available and tips on how to choose a therapist. Very good top line overview for someone who wants to know a little more but is not looking for a lot of detailed information on any one therapy.	1
BC Cancer Agency	http://www.bccancer.bc.ca/HPI/UnconventionalTherapies/default.htm	CAN	This website is prepared for health care professionals delivering cancer care, treatment and support but could be useful for patients also. Well balanced and evidence based complete with references. Comprehensive explanations of a range of therapies, well presented	1
Memorial Sloan-Kettering Cancer Centre	http://www.mskcc.org/mskcc/html/11570.cfm	US	This site provides information for healthcare professionals, including a clinical summary for each therapy and details about constituents, adverse effects, interactions, and potential benefits or problems. Evaluations of alternative or unproved cancer therapies are included. A patient version of each monograph also is available to help deal with the often confusing claims made for over-the-counter products. Well referenced and balance presentation of information. An excellent site for those wanting	1
Cancer Centre University of California	http://cancer.ucsd.edu/Outreach/PublicEducation/CAMs/	US	Gives question and answer information on numerous treatments for cancer and side effects of conventional treatments. Appears to be balanced with mentions of research but no obvious referencing is given.	2
Alternative Health Professionals	http://www.alternativehealthprofessionals.co.nz/?	NZ	No cancer specific information and not many references included. However, does provide links to NZ practitioners of various therapies. Difficult site to navigate	3
Tairāwhiti Complementary and Traditional Therapies Research Trust	http://www.complementary.org.nz/index.asp	NZ	Aims to enable people to make informed choice about complementary and traditional therapies through the development of evidence base effectiveness. Has several articles relating to CAM but not specific to cancer.	2
American Cancer Society	http://www.cancer.org/docroot/ETO/content/ETO_5_1_Introduction.asp	US	Very thorough overview of CAM and some good information of the treatments available. Some good advice given to those searching for a CAM practitioner that would translate well to the NZ setting	1
The Cochrane Collaboration	http://www.cochrane.org/index.htm	UK	The Cochrane Library contains full-text Cochrane reviews, as well as other databases of reviews and controlled trials. It also provides quality-assessed review evidence on diagnostic tests, health technology assessments, economic evaluations, and methods studies from the world's medical literature. Excellent for health professionals but subscription is required. Summaries of studies are included free of charge.	1
Acupuncture				
American Academy of medical acupuncture	http://www.medicalacupuncture.org/acu_info/articles/cancertreatment.html	US	Some info on Cancer, links to medical journals but information provided on the site is not specifically referenced.	3
Acu briefs	http://www.acubriefs.com/	US	Its purpose is to make available the most comprehensive database of references on acupuncture in the English language. Only gives the abstract of the articles and links to the source of them so not great for general public	N/A
Aromatherapy				
NZ Aromatherapy Council	http://www.aromatherapy.org.nz	NZ	NZ site where users can find aroma therapists in their area. Not a great deal of information given but there are some links to research and publications available at request.	3
Art & Music Therapy				
Arts in therapy (Australian Creative Art therapy Association)	http://www.artsintherapy.com/	US	The Arts in Therapy Network is a not-for-profit organization dedicated to providing an online community for Creative Arts Therapists and those who are interested in the Healing Arts. Very unscientific site with no evidence based information. Links to art therapy sites around the world	4
CAIRSS	http://imr.utsa.edu/CAIRSS.htm	US	Online database of journals pertaining to music therapy. Little value to patients but may be of some use to medical practitioners wanting to research the area.	2
American Art Therapy Association	http://www.arttherapy.org	US	A big site not well presented but contains research on art therapy, referenced and some specific to cancer	2

The Australian & New Zealand Art Therapy Association	http://www.anzata.org	NZ	Gives an overview of art therapy and is specific to NZ/Aus. Therapists are also listed. Not specific to cancer and no research cited	4
Ayurvedic				
The National Institute of Ayurvedic Medicine	http://niam.com/corpweb/index.htm	US	APPEARS A COMMERCIALY INVOLVED SITE - CANNOT BE VIEWED AS IMPARTIAL. A lot of information is housed on this site relating to this treatment but no specifics given. However, there is also a drive to get people to book in for treatment through this organisation. Research and books are detailed on the site although the research does not appear to be referenced.	4
The New Zealand Ayurvedic Association	http://www.ayurveda.org.nz/	NZ	NZ based site, not cancer specific although has articles on cancer and ayurvedic treatments. Gives some evidence but not well referenced. Links to therapists in NZ included	4
Biologically Based Practices				
BMC Complementary and Alternative Medicine Journal	http://www.biomedcentral.com/bm	US	Publishes original research articles in complementary and alternative healthcare interventions, with a specific emphasis on those that elucidate biological mechanisms of action. Subscription required for full text articles	N/A
Herbal Medicine				
Herbmed	http://www.herbmed.org/	US	An interactive, electronic herbal database - provides hyperlinked access to the scientific data underlying the use of herbs for health. It claims to be an impartial, evidence-based information resource. Searching must be done by herb so an idea of what you are looking for is required. Not specific to cancer.	1
Euro Herb	http://www.euroherb.com/	EU	Information on Herbal medicines including Chinese medicine and Ayurveda as well as Tibetan and western herbal medicine. Not specific to cancer and no references given.	4
Herbal tea	http://www.herbaltea.co.nz/	NZ	Herbal treatment available in Richmond. Does claim to treat cancer patients but doesn't say how or what type of treatment, nor expected outcomes. Does have links to recent research - these appear to change on a monthly basis.	2
Australia and NZ therapeutic product authority	http://www.anztpa.org/cm/index.htm	NZ/ AUS	Includes a section on CAM. More for health workers interested in policy. A lot of policy and information housed on this site. Government driven.	1
Medsafe	http://www.medsafe.govt.nz/hot/herbalcontents.asp	NZ	A good site for health professionals interested in keeping up with the news on Herbal, Traditional and Complementary Medicines. Contains news and press releases relating to CAM and in particular warnings about dubious treatments.	1
Homeopathy/ Naturopathy				
Hom-Inform	http://www.hom-inform.org/	UK	A database of literature references to homeopathy, with key terms and some abstracts. Free Access online.	2
New Zealand Council of Homeopaths	http://www.homeopathy.co.nz/	NZ	The official website of the New Zealand Council of Homeopaths. On this site you can find information about homeopathy as well as find practitioners in NZ. Some research links but not well referenced information given on the site. Nothing obviously specific to cancer.	3
The Naturopath	http://www.naturopath.co.nz/articles.asp	NZ	The Naturopaths philosophy is to embrace integrative medicine, the integration of natural and conventional medicine. Some interesting articles on Cancer and Naturopathy housed on this website with references provided.	1
Massage				
Massage therapy	http://www.massagetherapy.com	US	A fairly balanced site with references listed. Information pertaining to benefits of massage to help ease side effects of conventional cancer treatment	1
Traditional Maori Healing				
MOH - Traditional Maori Healing	http://www.maorihealth.govt.nz/moh.nsf/	NZ	Very brief with little useful information. However, does show the recognition by NZ MOH of traditional Maori healing practices and has a short slide show explaining Maori healing.	4

Nga Ringa Whakahaere o te Iwi Maori	http://www.nrw.co.nz/	NZ	Nga Ringa Whakahaere o te Iwi Maori ("NRW") is an independent national network of Maori traditional practitioners or "Whare Oranga" established in 1993 to achieve greater recognition for Maori traditional health and healing practices. Not a great deal of specific information but there are two links to articles on Rongoa. There are also links to local providers.	3
RONGOA MAORI	http://www.aotearoa.co.nz/native.html	NZ	Maintained by a Maori tribe Nga te Wihi, this site gives a brief overview of various Maori herbs. No evidence provided.	4
Nature's bounty	http://www.naturesbounty.co.nz/treatment.html	NZ	A list of traditional NZ herbs used in Rongoa. Some Cancer specific but little explanation on how they help. No evidence or research cited.	4
Hypnotherapy				
Medical Hypotherapy	http://www.medicalhypnotherapy.co.uk	UK	Good site for health professionals interested in hypotherapy and cancer. Research and evidence included.	2
Hypnosis New Zealand	www.hypnosisnewzealand.co.nz	NZ	More of a directory than source of information. VERY brief info on uses of hypnotherapy given. Contacts for Hypnotherapists in the Manawatu are given.	N/A
Meditative Therapies				
Yoga NZ	www.yoga.org.nz	NZ	New Zealand based site housing a lot of information on yoga. Nothing specific to cancer but discusses the physiological and psychological benefits of yoga, some of which related to symptoms of cancer and side effects of conventional treatments.	3
Transcendental Meditation	http://www.tm.org.nz/	NZ	Gives some overall research-based benefits of meditation although not specific to cancer	2
1st holistic	http://1stholistic.com/Meditation/hol_meditation.htm	US	Online review of various alternative therapies including meditation. No references provided	4
Nutrition				
GoJi Juice	www.goji.co.nz	NZ	Commercial website promoting Goji juice. Talks of the potential health benefits. Not specific to cancer but some health properties listed	4
Cancer nutrition	http://www.cancernutrition.com/	US	Website focusing on the links between nutrition and cancer prevention and, to a lesser extent after cancer has been diagnosed. No references provided	3
Cancer nutrition information	www.cancernutritioninfo.com	US	Excellent website which links to evidence-based information about cancer nutrition related topics. Well referenced, balanced and non-commercial	1
Cancer Compass	http://www.cancercompass.com/cancer-nutrition.htm		Well balanced site with references provided. Gleans information from other sites but references these. A variety of nutrition topics covered	1