

Integrative Health Program



The Integrative Health Program at Sibley brings experts together to support patients during their cancer treatment. Integrative health emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence-based practice and makes use of all appropriate therapies, including massage therapy, nutritional and psychosocial health.

Massage Therapy

During an oncology massage visit, the massage therapist will discuss relevant aspects of your diagnosis, treatment, side effects and goals and work with you to create a tailored session that will support you from diagnosis through recovery. A typical oncology massage session is likely to decrease pain and anxiety and may address more specific concerns like chemotherapy-induced peripheral neuropathy, lymphedema and lymphedema risk, scar tissue mobilization, limited range of motion and other side effects like fatigue and depression.

Nutrition Consults

During a one-on-one consult with the dietitian, your diagnosis, treatment, side effects and goals will be assessed to determine the best, individualized eating plan to optimize your nutrition. Recommendations, strategies and meal plans will be discussed to help manage side effects, increase energy and better tolerate treatment.

Psychosocial Health

Expert assistance is provided for the social, emotional and practical needs of your care for you and your family. With expertise in oncology, our social worker teaches patients and family members how to manage stress and the changes that come with cancer.

Eligibility Criteria

Referral from your medical, radiation, or surgical oncologist at Sibley

Schedule an appointment at 202-660-7775.



**SIBLEY MEMORIAL
HOSPITAL**

JOHNS HOPKINS MEDICINE

Integrative Health Program Team

Medical Director



Smitha Gollamudi, M.D., is an assistant professor of radiation oncology and molecular radiation sciences at Johns Hopkins Medicine; associate medical director of oncology, Johns Hopkins Medicine, National Capital Region; and acting medical director, Integrative Health Program at Sibley Memorial Hospital.

A longtime meditator and yoga practitioner, Dr. Gollamudi became interested in integrative health early in her medical career while on faculty at Memorial Sloan Kettering Cancer Center. She later created a wellness center for cancer patients at a community medical center in New Jersey. She is currently taking courses with ABIHM, the national Board for Integrative Medicine and is certified in Integrative Health Administration. She is also a member of the Association of the American Board of Integrative Health and Medicine.

Oncology Massage Therapists



Lauren Cates, L.M.T., has 11 years of experience in clinical massage therapy with oncology, palliative and critical care patients. She is board certified by the National Certification Board for Massage Therapy & Bodywork Society for Oncology Massage and founding director, preferred provider and recognized education provider for the Society for Oncology Massage (S4OM). Lauren is also a Metta Institute end-of-life care practitioner.



Lucille Eddy, L.M.T., has nine years of experience in clinical massage therapy with oncology, palliative and critical care patients. She is board certified by the National Certification Board for Massage Therapy & Bodywork Society for Oncology Massage and founding director, preferred provider and recognized education provider for the Society for Oncology Massage (S4OM). Lucille is also a STAR Program® certified therapist.

Oncology Dietitian Specialist



Lynda McIntyre R.D., L.D., has been an oncology dietitian specialist with Johns Hopkins Medicine for over 18 years. She has presented lectures nationally and internationally about the importance of nutrition in health and disease prevention. In addition, she has appeared on television, webinars, radio talk shows and quoted in numerous publications promoting nutrition and wellness.

Psychosocial Practitioner



Elisabeth Carrino-Tamasi, M.S.W., LGSW, is a clinical oncology social worker, providing expert assistance with the social, emotional and practical needs of cancer patients and their families. With expertise in the cancer field, she teaches patients and family members how to manage stress and changes that come with cancer. With over eight years in the field of oncology social work, Elisabeth is sought to educate both lay and professional communities related to brain, breast and gynecological cancers.