

Integrative medicine focuses on the whole person, is evidence-based, and makes use of all appropriate therapeutic and lifestyle approaches and healthcare disciplines to achieve optimal health and healing.



I am here consists of nearly 4,000 handmade paper flowers with an intention, prayer or personal wish handwritten into each stem. Created by artist Noel Sardalla and the Smilow community, this garden shows the strength of the human spirit and the interconnectivity we all share.

Yale
NewHaven
Health
Smilow Cancer
Hospital

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A Comprehensive Cancer Center Designated
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Integrative Medicine



Integrative Medicine Services
203-200-6129
NP1 - 402

Cingari Family Boutique at Smilow
203-200-CARE (2273)

Patient and Family Resource Center
203-200-4636

Smilow Cancer Hospital
20 York Street
New Haven, CT 06510

smilow.org

Integrative Medicine Services

Smilow Cancer Hospital's approach to integrative medicine provides evidence-based guidance about complementary therapies commonly used by cancer patients and survivors. We work to complement your treatment and address the serious physical and emotional symptoms often experienced by patients before, during and after therapy.

Our services include the following:

Essential Oils

Essential oils are plant-based and can be incorporated into other complementary approaches.

Reiki

Reiki is a complementary health approach in which practitioners place their hands lightly on or just above a person, with the goal of facilitating the person's own healing response. This practice promotes relaxation and produces stress-reduction effects.

Therapeutic Massage

Massage therapy may reduce pain, promote relaxation and assist the immune system.

Meditation

Meditation is a mind and body practice that has a long history of use for increasing calmness and physical relaxation, improving psychological balance, coping with illness and enhancing overall health and well-being.

Monthly Labyrinth Walks

Walking a canvas labyrinth is an experience that allows contemplation as well as a place to retreat, regroup and renew in support of each individual journey. Labyrinths provide a quiet walking meditation and take 5-10 minutes to complete.

Qigong / Tai Chi

Qigong and Tai chi are centuries-old mind and body practices that involve certain postures and gentle movements with mental focus, breathing and relaxation. We explore balance, alignment, flexibility, strength and coordination of body, mind and spirit.

Yoga

Yoga is a mind and body practice combining breathing techniques, physical postures, meditation and relaxation. Bedside yoga is offered to address individual needs and limitations of each patient. Group yoga is gentle and incorporates breathing techniques, physical postures, meditation and relaxation, adapted to patient needs and limitations.

Zumba Gold

A gentler form of Zumba, designed for all populations and all fitness levels. It blends easy to follow dance rhythms with music.

Creative Expression

Expression through music and art offers a variety of creative outlets that provide a unique therapeutic experience. A broad spectrum of engaging classes and workshops, taught by integrative medicine staff and visiting artists, provide the opportunity to learn various techniques and to participate in collaborative projects.

Personal Story Writing

Patients are invited to work with an experienced mentor on writing an essay. Individuals have the option to contribute to an annual anthology of written works.

To sign up for group classes, register online at ynhh.org/events or call 888-700-6543.

Additional Resources

Smilow Healing Garden

Visit the rooftop garden on the seventh floor of Smilow Cancer Hospital.

Smilow Reflection Room

A quiet, serene place for reflection, located on NP4-102. 20-minute Mindful Meditation is offered on Tuesdays at 12:30 pm and Thursdays at 1 pm.

Patient and Family Resource Center

The Patient and Family Resource Center, located on the first floor of Smilow Cancer Hospital includes:

- Brochures, books and an array of written information
- Information on Smilow Cancer Hospital support services and calendar of events
- Information on local community resources

Cingari Family Boutique at Smilow

The Cingari Family Boutique, located adjacent to the Smilow lobby, offers services and support to meet the special needs of people with cancer and help with the side effects of healing.