

# Allegheny Health Network

## Cancer Institute

### Integrative Oncology Division

#### Program Summary

The practice of integrative medicine cares for your health at all levels: mental, physical, social and spiritual. Integrative Oncology goes a step further to compliment conventional cancer care. We will provide the additional support to you that specifically bolsters the standard treatments you are prescribed. Our curated series of programs combat disease and treatment-related side effects, and explore together physician recommended complementary therapies to help combat side effects. Our treatment methods focus on four main areas: Health & Fitness, Diet & Nutrition, Image & Appearance and Mind & Body.

#### Complimentary Services Offered



**SERVICES OFFERED AT 8 AHN FACILITIES LOCATED IN WESTERN PENNSYLVANIA AND ONLINE**

#### Wig Program

Since its relaunch in 2020, our free Wig Salon program has provided numerous cancer patients with quality wigs at no cost. We offer personalized fittings to help address the emotional and physical impact of hair loss. Our inventory includes a variety of wigs for all genders, races, ethnicities, and hair textures.

#### Caring For Your Skin & Nails

This class offers comprehensive support for skin and nail health during and up to six months after cancer treatment. Learn best practices for care, understand product ingredients, and experience a specialized oncology-based facial. In-person and virtual programs offered.

#### Reflections

Find peace when you reflect on your cancer journey. We partner with trusted local vendors to offer supportive, relaxing services including massage, acupuncture, manicures, pedicures, facials and a salt cave experience. Services vary by area.

#### Art Therapy

Express yourself with one of our sketching or watercolor kits available at most Cancer Institute locations or call to request a kit.



**OFFERED IN 4 REGIONS IN WESTERN PA**



**ONE OF EACH PER PATIENT**

**Billed to Insurance**



#### Integrative Oncology Clinic

Improve your quality of life during and after treatment with a one-on-one consultation with Dr. Sarah Miller. Discuss side effects and symptoms then create a holistic care plan.

#### Recent Awards & Recognition



- 2025 Pennsylvania Osteopathic Medicine Association Grant Recipient
- 2025 Highmark Celebrating Legacy Nominee - Cook. Eat. Educate Program
- 2025 Highmark Core Behavior Nominee - Cook. Eat. Educate Program
- 2024 Highmark Diversity, Equity, and Inclusion Award Winner (Equity) - Wig Program
- 2024 Featured in Pittsburgh Post-Gazette's "They Care" series

# Allegheny Health Network Cancer Institute Integrative Oncology Program Calendar

**Patients must call in advance to register 412-330-4045**

January 2026							February 2026							March 2026						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
2	3	4	5	6	7	8	8	9	10	11	12	13	14	8	9	10	11	12	13	14
3	4	5	6	7	8	9	9	10	11	12	13	14	15	9	10	11	12	13	14	15
4	5	6	7	8	9	10	10	11	12	13	14	15	16	10	11	12	13	14	15	16
5	6	7	8	9	10	11	11	12	13	14	15	16	17	11	12	13	14	15	16	17
6	7	8	9	10	11	12	12	13	14	15	16	17	18	12	13	14	15	16	17	18
7	8	9	10	11	12	13	13	14	15	16	17	18	19	13	14	15	16	17	18	19
8	9	10	11	12	13	14	14	15	16	17	18	19	20	14	15	16	17	18	19	20
9	10	11	12	13	14	15	15	16	17	18	19	20	21	15	16	17	18	19	20	21
10	11	12	13	14	15	16	16	17	18	19	20	21	22	16	17	18	19	20	21	22
11	12	13	14	15	16	17	17	18	19	20	21	22	23	17	18	19	20	21	22	23
12	13	14	15	16	17	18	18	19	20	21	22	23	24	18	19	20	21	22	23	24
13	14	15	16	17	18	19	19	20	21	22	23	24	25	19	20	21	22	23	24	25
14	15	16	17	18	19	20	20	21	22	23	24	25	26	20	21	22	23	24	25	26
15	16	17	18	19	20	21	21	22	23	24	25	26	27	21	22	23	24	25	26	27
16	17	18	19	20	21	22	22	23	24	25	26	27	28	22	23	24	25	26	27	28
17	18	19	20	21	22	23	23	24	25	26	27	28	29	23	24	25	26	27	28	29
18	19	20	21	22	23	24	24	25	26	27	28	29	30	24	25	26	27	28	29	30
19	20	21	22	23	24	25	25	26	27	28	29	30	31	25	26	27	28	29	30	31
20	21	22	23	24	25	26	26	27	28	29	30	31	26	27	28	29	30	31	26	27
21	22	23	24	25	26	27	27	28	29	30	31	27	28	29	30	31	27	28	29	30
22	23	24	25	26	27	28	28	29	30	31	29	30	31	28	29	30	31	28	29	30
23	24	25	26	27	28	29	29	30	31	29	30	31	30	29	30	31	29	30	31	29
24	25	26	27	28	29	30	30	31	29	30	31	30	31	30	31	29	30	31	29	30
25	26	27	28	29	30	31	31	29	30	31	29	30	31	30	31	29	30	31	29	30
26	27	28	29	30	31	29	29	30	31	29	30	31	30	29	30	31	29	30	31	29
27	28	29	30	31	29	29	29	30	31	29	30	31	30	29	30	31	29	30	31	29
28	29	30	31	29	29	29	29	30	31	29	30	31	30	29	30	31	29	30	31	29
29	30	31	29	29	29	29	29	30	31	29	30	31	30	29	30	31	29	30	31	29
30	31	29	29	29	29	29	29	30	31	29	30	31	30	29	30	31	29	30	31	29
31	29	29	29	29	29	29	29	30	31	29	30	31	30	29	30	31	29	30	31	29