My name is Kathleen Cavanaugh and I am honored to join the Foundation as an integrative oncology consultant.

I have over 20 years of medical experience caring for people with cancer. I am a Nurse Practitioner at the UCSF Helen Diller Comprehensive Cancer Center where I have worked in various settings including the Osher Center for Integrative Health. I am a member of the Society of Integrative Oncology as well as the American Holistic Nursing Association.

I was raised outside of Philadelphia and moved to San Francisco in 2001. I completed my undergraduate nursing degree at Widener University and then attended UCSF where I completed the nurse practitioner program with a focus in integrative medicine. I then completed a 2-year Fellowship through the Andrew Weil Center for Integrative Medicine at the University of Arizona.

I have a private practice where I work with people who have been diagnosed with cancer to help them optimize diet, exercise, sleep, and incorporate the use of mind/body modalities in order to reduce stress and promote resiliency throughout treatment. I help people sort through all the conflicting information that can be found in books and on the internet, assuring safe and evidence-informed use of herbs, vitamins and dietary supplements that will not interfere with cancer treatments.

I am also a cancer survivor. Facing many of the same uncertainties and fears as my patients, I used my knowledge of conventional and western medicine in conjunction with other modalities to optimize my own treatment outcomes, limit their side effects, manage stress and its symptoms, and ultimately move into a life beyond cancer. The experience changed me forever, giving me a unique understanding of what people with cancer need to become the best possible participants in their care.