Alternative and complementary Medicine

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Objectives

› 1. Understand the economic impact of Complementary and Alternative Medicine (CAM)

› 2. Be aware of the available resources for information regarding the science of CAM
Our Mission
The mission of NCCAM is to define, through rigorous scientific investigation, the usefulness and safety of complementary and alternative medicine interventions and their roles in improving health and health care.

Our Vision
Scientific evidence informs decision making by the public, by health care professionals, and by health policymakers regarding use and integration of complementary and alternative medicine.

http://nccam.nih.gov/
Definition and Consumer Use

› NCCAM defines CAM simply as a group of diverse medical and health care interventions, practices, products, or disciplines that are not generally considered part of conventional (Western) medicine.

› 40 percent of adult Americans reported using some form of CAM. The 2007 survey showed that 12 percent of children are using some form of CAM.

› CAM approaches are most often used to manage symptoms of underlying diseases and conditions, including back or neck pain, arthritic or other musculoskeletal pain, and insomnia, usually in conjunction with conventional medical strategies. Furthermore, evidence suggests that some CAM approaches may be helpful in managing these symptoms.
Other CAM includes, for example, yoga, tai chi, qi gong classes; homeopathic medicine; and relaxation techniques.

# Other conventional care includes dental care, nursing homes, home health care, nondrug medical products, hospital care, and other professional services.
Research Methodology
GOAL 1: Advance the science and practice of symptom management.

GOAL 2: Develop effective, practical, personalized strategies for promoting health and well-being.

GOAL 3: Enable better evidence-based decision making regarding CAM use and its integration into health care and health promotion.
Specific strategies

1. Advance research on mind and body interventions, practices, and disciplines.

2. Advance research on complementary and alternative medicine natural products.

3. Increase understanding of “real world” patterns and outcomes of complementary and alternative medicine use and its integration into health care and health promotion.

4. Improve the capacity of the field to carry out rigorous research.

5. Develop and disseminate objective, evidence-based information on complementary and alternative medicine interventions.
Examples of CAM Mind and Body Interventions

- Breath practices
- Meditation
- Guided imagery
- Progressive relaxation
- Tai chi
- Yoga
- Spinal manipulation
- Massage therapy
- Feldenkrais method
- Alexander technique
- Pilates
- Hypnosis
- Trager psychophysical integration
- Reiki
- Healing touch
- Qi gong
- Craniosacral therapy
- Reflexology
- Acupuncture
CAM Natural Products Research

- Dietary supplements
- Herbal or botanical products
- Traditional medicine formulations
- Folk medicines
- Homeopathic remedies
- Probiotics
- Food-based phytochemicals

STRATEGY 2. ADVANCE RESEARCH ON COMPLEMENTARY AND ALTERNATIVE MEDICINE NATURAL PRODUCTS
STRATEGY 3. INCREASE UNDERSTANDING OF “REAL WORLD” PATTERNS AND OUTCOMES OF COMPLEMENTARY AND ALTERNATIVE MEDICINE USE AND ITS INTEGRATION INTO HEALTH CARE AND HEALTH PROMOTION.
Strategy 3. Increase understanding of “real world” patterns and outcomes of complementary and alternative medicine use and its integration into health care and health promotion.
10 Most Common CAM Therapies Among Children

Strategy 3. Increase understanding of “real world” patterns and outcomes of complementary and alternative medicine use and its integration into health care and health promotion.
Diseases/Conditions for Which CAM Is Most Frequently Used Among Children

Strategy 3. Increase understanding of “real world” patterns and outcomes of complementary and alternative medicine use and its integration into health care and health promotion.
The NCCAM Clinical Digest is a monthly e-newsletter that summarizes the state of the science on complementary health practices and a health condition (diabetes, cancer, sleep disorders, etc.)—clinical guidelines, literature searches, research highlights, and information for patients.

In each issue, you'll find evidence-based information for several complementary health practices used for the highlighted condition.

If a friend or colleague has directed you to this resource, we encourage you to subscribe to NCCAM Clinical Digest.
NCCAM must continue to play a central role in addressing the need for reliable, objective information based on scientific evidence so that consumers and health care providers can make well-informed decisions.......

Roadblocks, Detours, Quicksand, and Hubris

.......My thoughts!!!
First, many people who invest emotionally and financially in CAM do so because of a basic mistrust of science.
Secondly, many clinicians because of a strong scientific mindset won’t accept what cannot be proven.

“Formerly, when religion was strong and science weak, men mistook magic for medicine; now, when science is strong and religion weak, men mistake medicine for magic.”

Thomas Szasz, The Second Sin (1973) "Science and Scientism"
Follow the money!!!!
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