



COMPLEMENTARY AND ALTERNATIVE MEDICINE

AGENDA

- What's in a name?
- Types of Complimentary & Alternative Medicine (CAM) approaches
- Take charge of your health
- Learn more about CAM



WHAT'S IN A NAME?



COMPLEMENTARY VS. ALTERNATIVE

- If a non-mainstream practice is used **together with** conventional medicine, it's considered complementary

If a non-mainstream practice is used **in place of** conventional medicine, it's considered alternative



INTEGRATIVE HEALTH

- Emphasizes a holistic, patient-centered approach to healthcare and wellness
- Treats the whole person rather than focusing on one organ system
- Looks at mental, emotional, spiritual, social, and community aspects
- Aims for coordinated care between different providers and institutions



DEFINING COMPLEMENTARY AND ALTERNATIVE MEDICINE

- Does CAM include vitamin use, nutrition and diets, behavioral medicine, exercise and other treatments?
- Does CAM include prayer, shamanism, or other therapies?
- Are relaxation techniques, herbs, chiropractic, and massage therapy considered CAM?



TYPES OF CAM APPROACHES



FIVE MODALITIES OF CAM

1. Alternative medical systems
2. Mind-body interventions
3. Biologically based treatments
4. Manipulative and body-based treatments
5. Energy therapies



ALTERNATIVE MEDICAL SYSTEM

- Traditional Chinese medicine
- Ayurvedic medicine
- Homeopathy
- Naturopathy



MIND-BODY INTERVENTIONS

- Meditation
- Relaxation and breathing techniques
- Yoga
- Tai chi and qigong
- Hypnosis
- Biofeedback
- Prayer
- Support groups



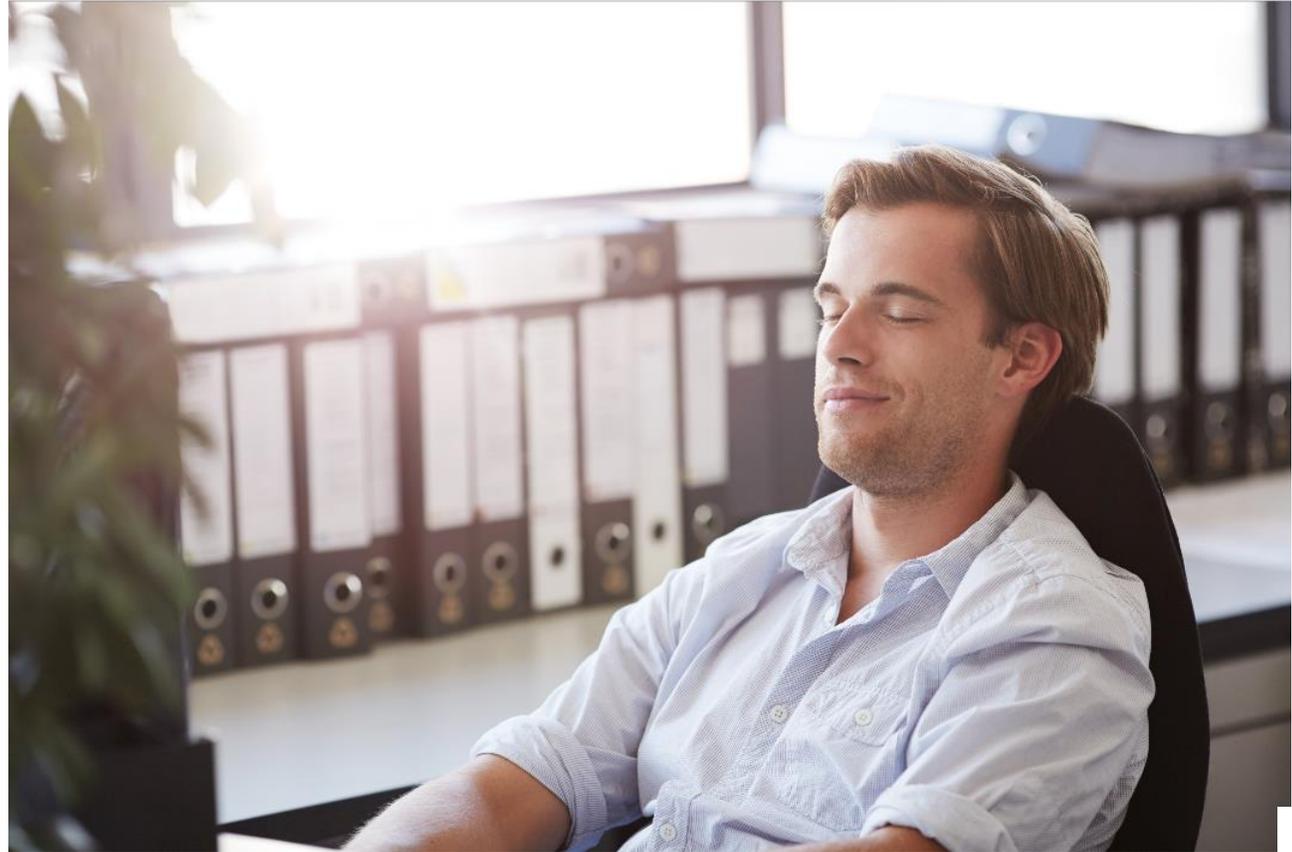
BIOLOGICALLY BASED TREATMENTS

- Specialized diets
- Herbal products
- Natural products
- Functional foods



MANIPULATIVE AND BODY-BASED METHODS

- Chiropractic
- Massage therapy

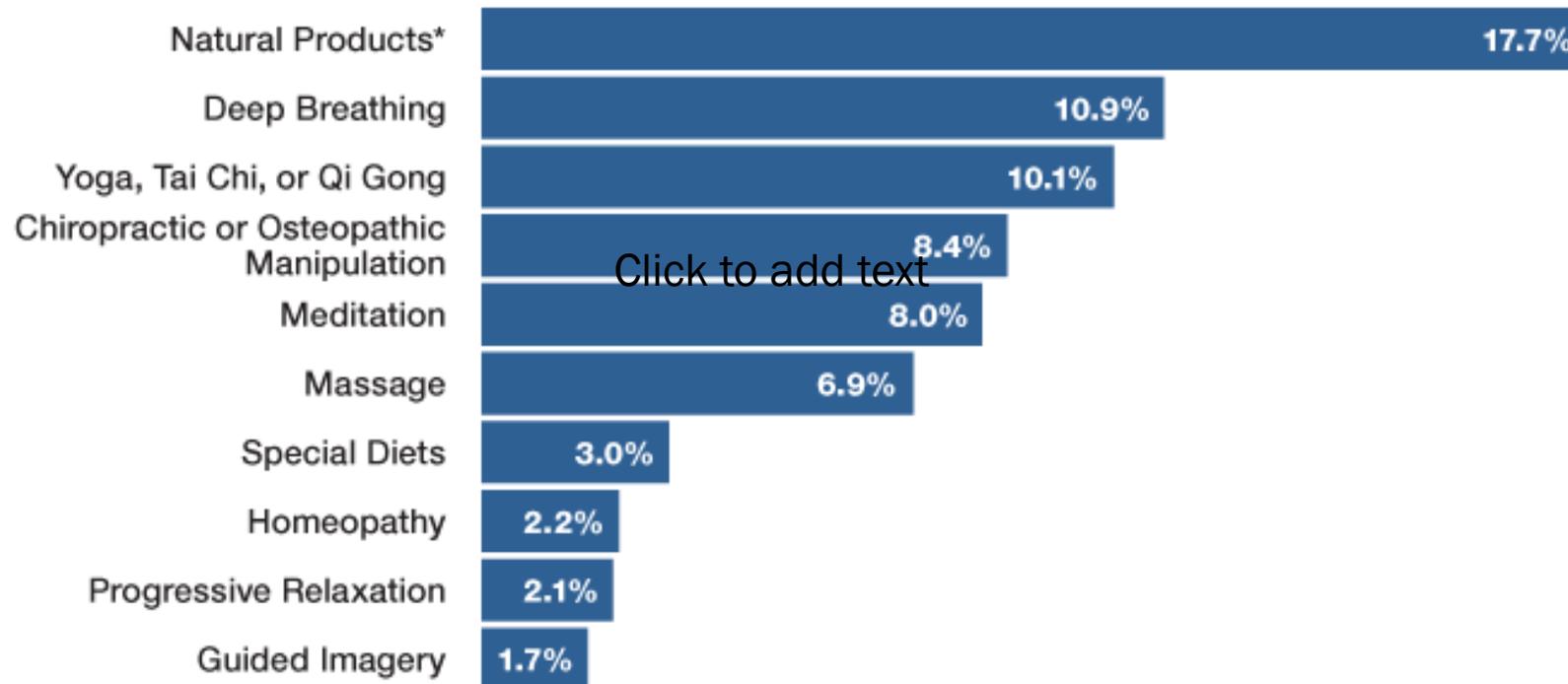


ENERGY THERAPIES

- Qigong
- Reiki
- Therapeutic touch



10 most common complementary health approaches among adults—2012



*Dietary supplements other than vitamins and minerals.

Source: Clarke TC, Black LI, Stussman BJ, Barnes PM, Nahin RL. Trends in the use of complementary health approaches among adults: United States, 2002-2012. National health statistics reports; no 79. Hyattsville, MD: National Center for Health Statistics. 2015.



TAKE CHARGE OF YOUR HEALTH

Millions of Americans use CAM approaches. Like any decision concerning your health, decisions about whether to use CAM approaches are important.



TAKE CHARGE OF YOUR HEALTH

- Be an informed consumer.
- Discuss the information and your interests with your healthcare providers before deciding.
- Choose a complementary health practitioner as carefully as you would choose a conventional healthcare provider.



TAKE CHARGE OF YOUR HEALTH

- Learn about potential side effects or interactions with medications you may be taking before using any dietary supplement or herbal product.
- Only use treatments for your condition that have been proven safe.
- Tell your healthcare providers—complementary and conventional—about all the health approaches you use.



ARE CAM APPROACHES SAFE?

- Be aware that individuals respond differently to health products and practices, whether conventional or complementary.
- Keep in mind that “natural” does not necessarily mean “safe.”
- Learn about factors that affect safety.



ARE CAM APPROACHES SAFE?

- How can I determine whether statements made about the effectiveness of a complementary health approach are true?
- Is there scientific evidence (not just personal stories) to back up the statements? If so, what is the source?
- Does the federal government have anything to report about the product or practice?
- How does the provider or manufacturer describe the approach?



IS THAT HEALTH WEBSITE TRUSTWORTHY?

- Who
- What
- When
- Where
- Why





LEARN MORE ABOUT CAM



LEARN MORE ABOUT CAM

[Try Holistic Practices](#)

[Tips on Complementary Health Practices](#)



National Center for
Complementary and
Integrative Health



RESOURCES

- Institute of Medicine (US) Committee on the Use of Complementary and Alternative Medicine by the American Public. *Complementary and Alternative Medicine in the United States*. Washington (DC): National Academies Press (US); 2005. 1, Introduction. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK83804/>
- National Center for Complementary and Integrative Health. 2016. Are you considering a complementary health approach? Retrieved from <https://nccih.nih.gov/health/decisions/consideringcam.htm>
- National Center for Complementary and Integrative Health. 2018. *Complementary, alternative, or integrative health: What's in a name?* Retrieved from <https://nccih.nih.gov/health/integrative-health>





THANK YOU