

Complementary/Alternative and Integrative Medicine

An OLLI Fall Session Course
Richard G. Wendel MD, MBA

Analysis and Views

Syllabus

September 21, 2023: Richard Wendel MD, MBA: will discuss the faculty for the course and provide an overview of CAM.

September 28, 2023: Cathy Rosenbaum, PharmD MBA RPh CHC CDP CFNC
Holistic Clinical Pharmacist, Certified Fitness Nutrition Coach, Founder/CEO Rx
Integrative Solutions **will discuss** Functional Medicine: The Role of the
Healthcare Professional

October 5, 2023: Burns Blaxall PhD, a Pharmacogeneticist who is the head of
Precision Health at the Christ Hospital will discuss the state of Precision Health:
shifting healthcare from reactive to proactive.

October 12, 2023: Chris Ward OT/L, CHT and Rob Mowery PT, DPT with
Beacon Orthopaedics and Sports Medicine will discuss the management of
arthritis through exercise, activity modification and adaptive equipment

October 19, 2023: **Stephen Mueller MD**, a geriatrician and BC in Hospice and Palliative Care Medicine who recently retired from the Christ Hospital will discuss palliative medicine and appropriate end of life care.

October 26, 2023: **Peter Sheng MD**: who specializes in acupuncture will discuss Chinese Medicine and the myriad of herbal medicines and remedies used in these therapies.

November 2, 2023: **Eric Dieffenbauger, D.C.**, a chiropractor with *AIM for Wellbeing* powered by Christ Hospital who will discuss modern day chiropractic and will add a new perspective on allergy.

November 9, 2023: **Heather McGee**, a Licenced Massage Therapist with “That’s The Spot” and the Cincinnati Country Club will discuss and take your questions about Massage Therapy.

Definition of CAM/Integrative Medicine

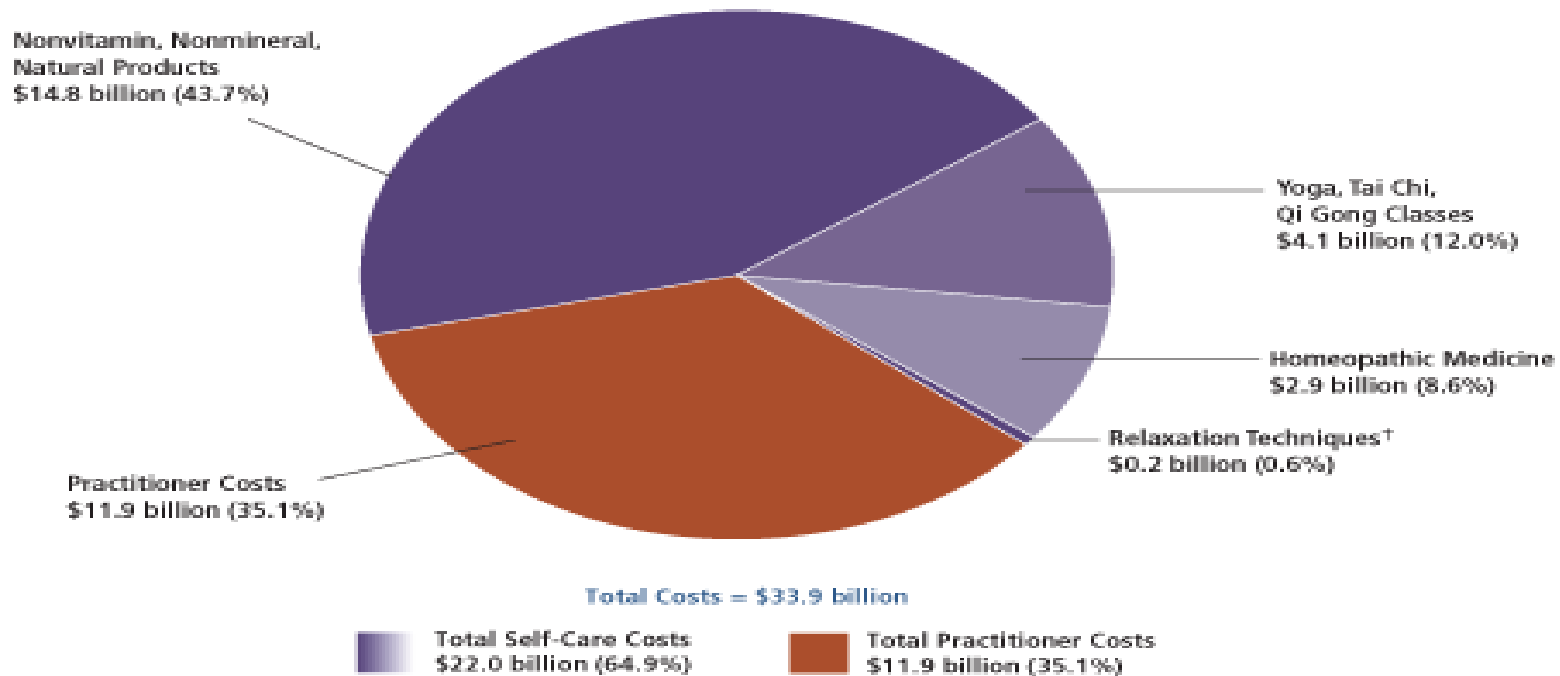
- One definition, CAM are treatment modalities that are not science or evidence based. Many observers feel their primary therapeutic benefit rests mainly on the placebo effect and ability to quiet and allay anxiety.
- Another definition, Integrative Medicine is relationship based care that integrates CAM therapies into mainstream medical practice.

The NCCAM

- National Center for Complementary and Alternative Medicine, a division of the NIH. Web site Nccih.nih.gov
- CAM is an expanding field and significant part of GDP as mainstream medicine has recognized its appeal and acceptance. It reflects a genuine need for holistic and mind/body and spiritual medicine. The number of visits to CAM professional is greater than the number of outpatient visits to mainstream clinicians.

CAM spending in 2007

CAM Out-of-Pocket Spending: Self-Care* vs. Practitioner Costs



* Self-Care costs include CAM products, classes, and materials.

† Relaxation techniques include meditation, guided imagery, progressive relaxation, and deep breathing exercises.

10 common CAM disciplines that capture the wide scope of Integrative Medicine

- Natural products/dietary supplements/herbals
- Special diets, exercise programs and sleep strategies
- Plastic and cosmetic surgery, figure contouring, stem cells
- Yoga, Tai Chi, qigong and a wide variety of Meditation techniques including Mindfulness and Guided imagery
- Chiropractic/manipulation
- Palliative and End of Life Care
- Massage Therapy/Stones/Aroma therapy/healing touch/Reike
- Acupuncture
- Naturopathic medicine

Why has CAM become so popular?

- Diminishing time for the physician to listen and treat patients holistically
- Unrelenting pain problems
- Chronic disorders unresponsive to conventional Rx
- Greater expectations for health, longevity, performance and prevention of illness: CAM offers survival benefits!
- 'Claims' marketing of products and services
- Social media, web sites and Internet search
- Increasing need for spirituality, tranquility and inner peace in a rapid pace society

One way to group categories of CAM

- Dietary or Biologically Based
- Mood, physical and spiritual well being
- Manipulative and body based therapies/massage/laser therapy
- Neural or energy stimulation/ laying on of hands
- Whole medical system approach: holistic medicine and naturopathy
- Aesthetic surgical interventions

Dietary/Natural Supplements

- 1000 or more herbal or botanical supplements
- Vitamins and minerals—what's reasonable?
- The most common and incompletely studied dietary supplements that are sold in our pharmacies include St. John's Wort, Echinacea, Ginkgo Biloba, Saw Palmetto, Glucosamine, Ginseng, Kava, Valerian, Green Tea, Prevacid
- Anti-oxidants: selenium, zinc, CoQ 10, fish oil (omega 3 fatty acids), linseed oil, beta carotene, Vitamins E, D, and C.
- Probiotics/ yogurt
- Hormone and vitality replacement preparations--Estrogens, Testosterone, Steroids, Thyroid, Caffeine, amino acids

With limited regulation and few studies documenting efficacy and side effects, how do you insure that these supplements are beneficial, pure or do what they say they do?

Behavioral, Mind Altering, Mood and Listening Therapies

- Cognitive Behavioral Therapy (CBT)/psychotherapy
- Meditation
- Yoga, Tai Chi, Qigong, Reiki
- Mindfulness/Guided Imagery
- Counseling
- Mentoring
- Aromatherapy
- Hypnotherapy
- Biofeedback
- Psychotropic and hallucinogenic drugs

Laying on of Hands

- Massage therapy(80 types-Shiatsu and Acupressure)
- Therapeutic and healing touch (RNs)
- The Doctor's physical 'laying on of hands'
- Hot stones
- Reiki and some other forms of Meditation
- Laser therapy
- Manipulation
- In Chinese medicine evaluation of the pulse and tongue are important indicators of general health

Neural Stimulation (gating of pain)

- Acupuncture and cupping
- Acupressure and reflexology
- Tens units
- Frontal lobe electromagnetic therapy
- Electrical brain stimulation

The Placebo Effect

- How do you measure the effectiveness with any of these therapies?
- Most of Complimentary and Alternative therapies meet human needs and you cannot argue with positive results if they make you feel good and confident and mitigate anxiety and pain.
- Alternative medicine is a growth industry in the US as its acceptance is growing
- In other industrialized societies it is more widely practiced.

The Metabolic Syndrome and Survival Benefits

The Epidemic Complex of

- a. Obesity
- b. Hypertension
- c. Hypercholesterolemia
- d. Hyperlipidemia
- e. Adult Onset of Diabetes Mellitus (Hgb A₁C >6 or 6.5.)

Integrative/Holistic/Preventative Medicine: The Interface between treatment plus screening and a healthy lifestyle

Diet

Exercise

Smoking (**most** diseases have this and **age** as risk factors)

Microbiome

Cholesterol

Obesity and serum lipids

HPT

Appropriate disease screening

UC Health Integrative Medicine Services

- Integrative consultation
- Mindfulness Groups
- Acupuncture
- Massage Therapy
- Shared medical visits
- Health and Wellness coaching
- Pilates Therapy
- Yoga Therapy
- Tai Chi
- Medical Qigong
- Reflexology

TriHealth Holistic Health

- Acupuncture
- Guided Imagery
- Aroma therapy
- Healing touch
- Reiki
- Stress therapy
- Massage
- Stress and anxiety assessment

St Elizabeth Medical Center

- Behavioral health counseling
- Holistic medicine
- Acupuncture
- Skin lesion removal

Reliable Web sites

Mayoclinic.com

Livestrong.com

Aihm.org (academy of integrative medicine)

Nccam.nih.gov

Nccih.nih.gov

Webmd.com

Medline.com

Acai
Aloe Vera
Asian Ginseng
Astragalus
Bilberry
Bitter Orange
Black Cohosh
Bromelain
Butterbur
Cat's Claw
Chamomile
Chasteberry
Cinnamon
Cranberry
Dandelion
Echinacea

Ephedra
European Elder
European Mistletoe
Evening Primrose Oil
Fenugreek
Feverfew
Flaxseed and Flaxseed Oil
Garlic
Ginger
Ginkgo
Goldenseal
Grape Seed Extract
Green Tea
Hawthorn
Hoodia
Horse Chestnut
Kava
Lavender
Licorice Root
Milk Thistle

Noni
Passionflower
Peppermint Oil
Pomegranate
Red Clover
Rhodiola
Sage
Saw Palmetto
Soy
St. John's Wort
Tea Tree Oil
Thunder God Vine
Turmeric
Valerian
Yohimbe