

CAM Therapies: An Introduction

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Overview

- Terminology
- Risks, benefits, and balance of CAM
- Specific CAM therapies
- Finding a good practitioner
- Summary
- The Center for Integrative Medicine

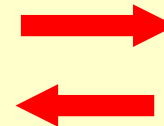


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Terminology

- **CAM**
 - Complementary / Alternative Medicine
 - Therapies not usually associated with hospitals or medical schools
 - Acupuncture, Massage Therapy, Chiropractic
- **Integrative Medicine**
 - CAM therapies *coordinated* with conventional medical treatments



Potential Risks of CAM

- Treatment with direct harm to your health
- Treatment indirectly harmful
 - Reducing efficacy of conventional treatment
 - *Replacing* curative conventional care
- Cost



Potential Benefits of CAM

- Symptom control, wellness promotion
 - Reducing use of medications with side effects
 - Better tolerance of curative conventional care
 - Improvement in QOL
- Less cost (avoid surgery, procedures, meds)
- Less risk (avoid surgery, procedures, meds)



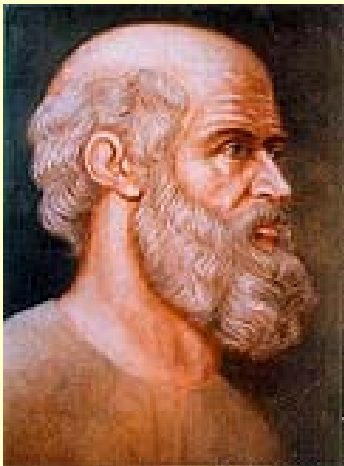
Balancing Risks and Benefits

- Be informed about specific risks and benefits
 - Consider consultation with health care provider knowledgeable in CAM AND conventional care
 - Attend a conference like this!
- Discuss CAM with your health care providers
 - Avoid interactions, misconceptions



Considering CAM?

- Discuss conventional approach with your docs
 - What are expected risks and benefits?
- Consider CAM therapies: what are your goals?
 - Avoid harmful practices
 - Consider non-harmful / plausible modalities
 - Use interventions with proven benefit



Hippocrates :
“First, do no harm”

Harmful CAM therapies

- Colonic enemas
- Chelation therapy
- IV therapies
- Restrictive diets
- Megavitamins
- Some herbs and supplements
 - Direct toxicity
 - Indirect toxicity by interfering with drugs
 - Promote tumor growth, stimulate the immune system



Therapies to Discuss

- Mind / body techniques
- Exercise / Diet
- Herbs and supplements
- Acupuncture
- Massage



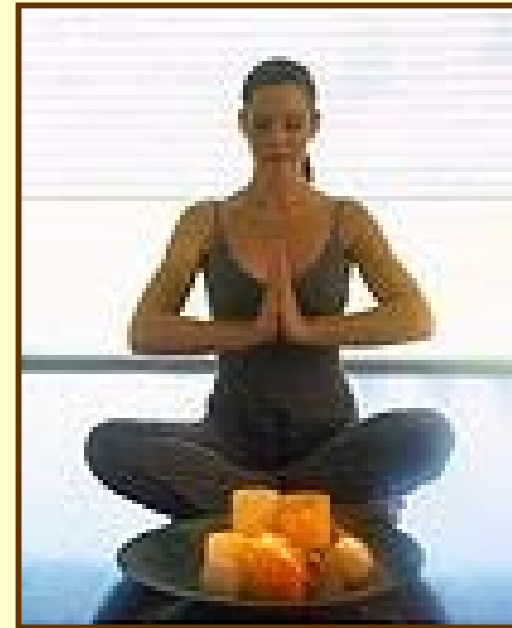
Mind-body Therapies

- Examples
 - Hypnosis
 - Relaxation techniques
 - Breathing techniques
 - Behavioral counseling
 - Biofeedback
 - Art, music, pet therapy
 - Meditation
 - Imagery / visualization
 - Yoga and tai chi



General Advice: Mind-body

- Stress / anxiety worsen all symptoms, suppress immunity, increase insomnia...
- Identity issues may keep patients from healing
 - “Giving up” vs “acceptance”
- Mind-body therapies are generally safe
 - Caution in unstable mental illness
 - Caution with “blame the victim”
- Practitioner training, costs vary



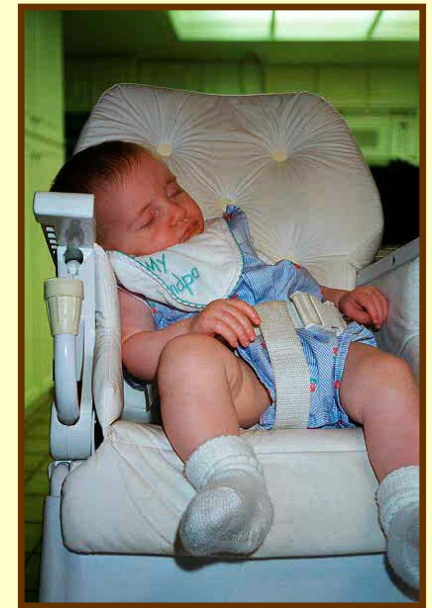
Mind-body: Uses

- Stress reduction
- Anxiety, depression, insomnia
- Acute and chronic pain control
- Gastrointestinal problems
 - May co-exist with PSC, symptoms may overlap
 - Chronic abdominal pain, nausea and vomiting may be addressed with mind-body therapies



Get Some Sleep!

- Regular, restorative sleep can improve pain, fatigue, and depression
- Behavioral approaches:
 - Establish consistent sleep times
 - Get out of bed if not tired; use the bed only for sleep
 - Don't eat, drink, or exercise just before bedtime
 - Avoid late day caffeine and too much alcohol
 - Get consistent exercise earlier in the day
 - Pay attention to room environment
 - Don't nap
- Medications / supplements



General Advice: Exercise

- Aerobic exercise
 - Begin at 40% of your target heart rate
 - Gradually increase to 75% of your target heart rate for 45 minutes 5 days a week
- Strength training
 - Exercise the major muscle groups once a week
 - The appropriate amount of weight will let you do 10 reps with muscle fatigue at the 10th rep
- Exercise early in the day



Exercise: Uses



- Improvement in sleep, depression, anxiety may translate to improved health overall
- Weight, cholesterol, blood pressure, diabetes...
- Decreased pain in arthritis
- Improvement in bone density
- Primary prevention of Alzheimer's disease, cancer

Special diets: General Advice

- Can't go wrong with solid, well-balanced diet that supports the body's own defenses
- Begin by reaching a healthy weight, *then* tinker if interested
- Beware of anything too restrictive



Special Diets: Uses

- Weight control, diabetes, high cholesterol, heart disease
- Arthritis (“anti-inflammatory” diets)
- Irritable bowel syndrome
- Migraines
- Cancer prevention
- Wound healing
- Fatigue
- Anecdotal evidence for about everything else
 - Food / symptom diary or elimination diet for an “N of 1” clinical trial may be reasonable



Herbs and Supplements

- Three types of medicines:
 - Prescription (Rx)
 - Over-the-counter (OTC)
 - Dietary Supplements
- Unlike Rx and OTC, supplements:
 - Are not required to prove safety or effectiveness
 - Are not required to enforce quality control
 - Vary tremendously in concentration of ingredients

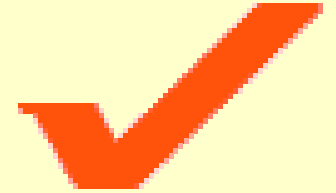


General Advice: Supplements

- Natural \neq safe
 - Some herbs are blood thinners or toxic to the liver
- Use extra caution when taking prescriptions
 - Herb / drug interactions may be dangerous
- Use trustworthy resources for information
- If you choose to take a supplement:
 - Look for a well-labeled brand
 - lot #, expiration, standardized, dosing, ingredients
 - Avoid combination products, MLM sales products
 - Tell your health care providers



Hot Supplements

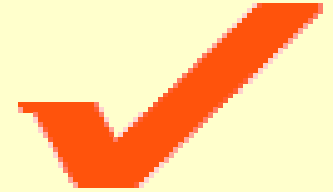


Probiotics

- Beneficial microorganisms
 - Lactobacillus, Bifidus, Saccharomyces
- Functions
 - Suppress growth of bad bacteria
 - Improve “barrier” function of intestine
 - Modulate immune system, antiinflammatory
- Studies with patients
 - Improvement in inflammatory bowel disease, bacterial overgrowth, antibiotic / infectious / irritable bowel associated diarrhea, hepatic encephalopathy
- Safety
 - Appear safe overall
 - Yogurt not best source (lactose may increase symptoms)



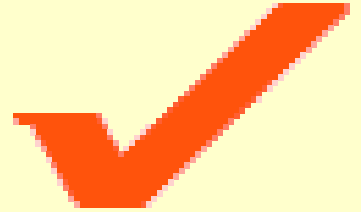
Hot Supplements



Omega 3 Fatty Acids / Fish Oils

- EPA and DHA
- Involved in production of nerve tissue, hormones, and cellular membranes
- EPA is converted into anti-inflammatory PG
- Studies with patients
 - Help high blood pressure, reduce cholesterol, decrease heart disease
 - Helps arthritis
 - Decreases cancer risk
 - Often advised for other inflammatory conditions
- Safety
 - Safe in general ; 2 - 3 grams / day
 - Theoretically increase bleeding risk

Hot Supplements



Milk Thistle

- How it works
 - Silymarin inhibits TNF, thus blocks inflammation and cytotoxicity TNF causes
 - Antioxidant, free radical scavenger
 - Makes cells resistant to toxins
- Studies with patients
 - Has been used for acute hepatitis (various causes), cirrhosis (various causes), usually successful
 - Some early success with prostate cancer
- Dosing
 - 70 – 80% silymarin, 240 mg twice daily
- Safety
 - Safe in general; allergic reaction possible



Supplements and Cancer

- Antioxidants: fair data for prevention
- Omega 3 fatty acids (fish oils): inhibit blood vessels, increase chemo uptake, inhibit inflammation and thrombosis, directly toxic to tumor cells *in vitro*
- Milk Thistle: appears to be EGF receptor antagonist
- **Avoid** supplements that:
 - May interfere with active chemotherapy or XRT, i.e. antioxidants (controversial)
 - May promote angiogenesis (niacin, iron)
 - May promote inflammation (omega 6 fatty acids)
 - May act as tumor growth factors (phytoestrogens)



Acupuncture

Chinese Medicine Background



- Health = balance of yin and yang
- Qi = energy force created by interaction of yin and yang
- Meridians = channels that carry qi throughout the body; each corresponds with a specific organ
- Excess, deficiency, or stagnant flow of qi results in disease
- Examples of TCM diagnoses:
 - Yin deficiency and yang predominance with reduced kidney qi
 - Stomach qi rebelling

Acupuncture

Western Medicine Background

- Osler: 19th century “best treatment for lumbago”
- James Reston’s appendectomy in China, 1971
- Biological effects: releases
 - “Feel good hormones”
 - Steroid hormones
 - Opiates / pain killers



General Advice: Acupuncture

- Acupuncture is generally safe
 - Adverse events: minor or rare (pain, bleeding, fatigue)
 - Disposable needles, alcohol wipes to avoid infection
- Practitioners in Colorado
 - TCM: must be licensed, can be certified (NCCAOM)
 - MD: Specific training, can be certified (AAMA)
- Costs
 - Initial / follow up: \$80 (MD \$175) / \$55 (MD \$100)
 - Covered by some insurances



Acupuncture: Proven Uses

- Gastrointestinal problems
 - Irritable Bowel Syndrome
 - Nausea and vomiting
- Acute and chronic pain
 - Fibromyalgia
 - Headaches
 - Back and neck pain
 - Arthritis!!!
- Sinusitis, allergies
- Depression and anxiety



Massage Therapy

- Developed by almost all cultures
- Many different forms
- Emphasis on improving circulation, releasing muscle tension, calming and relaxing patient



General Advice: Massage

- Massage is generally safe. Use caution with:
 - Congestive heart failure
 - Infections
 - Blood clots / bleeding disorders
 - Osteoporosis or bone metastases
 - Pregnancy
- A license is NOT required in Colorado
 - Look for a “Certified Massage Therapist” (CMT)
 - Look for involvement in NCBTMB or AMTA
- Costs generally run around \$60 for an hour, and massage is occasionally covered by insurance



Massage Therapy: Proven Uses

- Relaxation, improved quality of life
- Post-operative wound healing
- Lymphedema management
- Pain management
 - Musculoskeletal complaints
 - Tension headaches
 - Fibromyalgia



Finding a good practitioner

- Training and licensure
- Experience with symptom
- Risks
- Costs / reimbursement
- Time frame / progress assessment
- Ability to work with conventional physicians



Summary

- Discuss conventional care
- CAM treatments can be safely integrated into conventional treatments
 - Don't use harmful therapies
 - Try proven therapies
 - Consider safe, plausible therapies
- Find a good practitioner
- Use reliable information resources



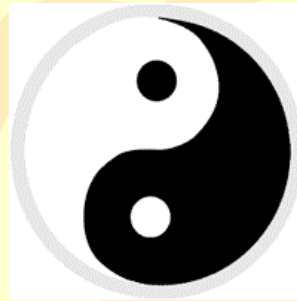
The Center for Integrative Medicine

University of Colorado Hospital
(Fitzsimons campus)

General hours: M-F, 8:30 - 6:30

720-848-1090

www.uch.edu/integrativemed



The Center for Integrative Medicine

TCFIM Services



General Assessment / Oversight

- Lisa Corbin, MD

Traditional Chinese Medicine

- Daisy Dong, L.Ac
- Mel Drisko, L.Ac

Massage therapy

- Jeanne Ratchford, CMT
- Rose Patch, CMT
- Molly Monahan, CMT
- Ann Mathews, CMT

Nutritional Counseling

- Colleen Gill, RD

Pharmaceutical / Herbal Consults

- Susan Paulsen, Pharm D

Chiropractic

- Brian Enebo, DC

Behavioral Medicine / Biofeedback

- Bennett Leslie, PsyD
- Melinda McMahon, PhD

How does it work?

- Patient referred
 - Self referred
 - UCH physician or provider referred
 - Outside physician or provider referred
- Insurance / authorizations checked by staff
- Visits scheduled
 - With specific practitioner, and / or
 - With Medical Director to explore all options and make a personalized plan



Integration of Care

- Notes for each visit available in EMR
- Referral letters written to physicians and providers
 - Initial, after trial of service and / or case review
- Formal case reviews
 - Integrates the care from within TCFIM
 - Further integration with other care providers



Benefits to the patient & physician

- Safety
 - Appropriate, safe therapies
 - Physician oversight
 - Highest quality practitioners
- Comfort and Convenience
 - Single location for CAM and conventional care
 - Relaxing, comfortable environment
- Communication
 - Electronic access to clinic notes
 - Periodic progress reports
 - A resource to answer patient / physician questions

