Complementary Health Practices: Research on Ideas from Outside the Mainstream

Anxiety Disorders Association of America
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Josephine P. Briggs, M.D.
Director, NCCAM
Examples of Mind and Body Interventions

- Acupuncture
- Breath practices
- Mantra Meditation
- Mindfulness based stress reduction
- Guided imagery
- Progressive relaxation
- Tai chi and Qi gong
- Yoga
- Spinal manipulation

- Hypnosis
- Alexander technique
- Pilates
- Reiki
- Healing touch
- Qi gong
- Craniosacral therapy
- Massage therapy
Categories of CAM Natural Products

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

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Adult Use of Selected CAM Therapies: 2007

- Natural products: 38.8 million
- Deep breathing: 16 million

Barnes et al., 2008
Adult Use of CAM for Selected Conditions: 2007

% of those adults who used CAM

- Back pain: 14.3 million
- Neck pain: 5 million
- Joint pain: 2.3 million
- Arthritis: 1.2 million
- Anxiety: 1.2 million
- Cholesterol: 1.2 million
- Colds: 1.2 million
- Other musc: 1.2 million
- Headache: 1.2 million
- Insomnia: 1.2 million

Barnes et al., 2008
Adult Use of Selected CAM Therapies: 2002 vs. 2007

Barnes et al. 2004, 2008
Top Natural Products and other NVNMPNs

NVNMP = non-vitamin/non-mineral natural products

Echinacea
Ginseng
Ginkgo biloba
Garlic Supplements
Glucosamine
St. John's Wort
Peppermint
Fish Oil/Omega 3
Ginger Supplements
Soy Supplements

Fish Oil/Omega 3
Glucosamine
Echinacea
Flaxseed Oil/Pills
Ginseng
Combo Herb Pills
Ginkgo biloba
Chondroitin
Garlic Supplements
Coenzyme Q-10

% of adults using NVNMDS

2002
2007
Adult Use of CAM for Selected Conditions: 2002 vs. 2007

NOTE: Estimates are age adjusted using the projected 2000 U.S. population as the standard population. DATA SOURCE: CDC/NCHS, National Health Interview Survey, 2002 and 2007. Estimates are based on household interviews of a sample of the civilian noninstitutionalized population.
Dietary Supplement Sales

- Vitamin E (1999 vs. 2008)
- St. John's wort (1998 vs. 2008)

*Sales figures in millions

Source: Nutrition Business Journal 2010

- CAM use in U.S.:
  - 40% of adults
  - 12% of children
- CAM spending in U.S.:
  - $34 billion out-of-pocket
    - 1% of total health care expenditures
    - 10% of total out-of-pocket costs
- Across all demographics
  - Women > men
  - West > Midwest > Northeast > South
- Greater use in people with higher education levels
An extract of St. John's Wort and an antidepressant medication both failed to outdo a placebo in relieving symptoms of minor depression in a clinical trial comparing the three.

St. John’s wort for major depression (Review), 2009

Beyond Drugs: How alternative treatments can ease pain

March 7, 2011
Tai Chi for Fibromyalgia

A Randomized Trial of Tai Chi for Fibromyalgia

Chenchen Wang, M.D., M.P.H., Christopher H. Schmid, Ph.D., Ramel Rones, B.S., Robert Kalish, M.D., Janeth Yinh, M.D., Don L. Goldenberg, M.D., Yoojin Lee, M.S., and Timothy McAlindon, M.D., M.P.H.

Prescribing Tai Chi for Fibromyalgia — Are We There Yet?

Gloria Y. Yeh, M.D., M.P.H., Ted J. Kaptchuk, and Robert H. Shmerling, M.D.


A Downside to Tai Chi? None That I See

By JANE E. BRODY

The graceful, dance-like progression of meditative poses called tai chi originated in ancient China as a martial art. The exercise is best known in modern times as a route to reduced stress and enhanced health. After reviewing existing scientific evidence for its potential health benefits, I’ve concluded that the proper question to ask yourself may not be why you should practice tai chi, but why not.
Complementary and Integrative Pain Treatment Medicine

Objective: Incorporate integrative and alternative therapeutic modalities into a patient centered plan of care.

Pain Management Task Force

Final Report
May 2010

Providing a Standardized DoD and VHA Vision and Approach to Pain Management to Optimize the Care for Warriors and their Families
Acupuncture may be considered as treatment for patients with PTSD.
Quirky ideas from outside the mainstream

- Physical resistance training is good for people recovering from major physical trauma:
  Joseph Pilates, 1915

- Relaxation and breathing techniques help with pain of childbirth:
  Ferand Lamaze 1940

- Breast feeding is good for babies:
  Edwina Froelich, La Leche League founder 1950’s

- Extensive palliative support, and reduced medical interventions should be provided to dying patients:
  Saunders, Wald, Kubler-Ross 1960’s
Current Events:
Quirky Ideas From Outside the Mainstream

- Meditative practices derived from ancient Buddhist traditions can help with eating disorders.

- Elements from ancient Asian practices of acupuncture can be effectively adapted to modern health care settings and contribute to management of a range of symptoms – especially PAIN, but also nausea and vomiting, substance withdrawal and others.
Meditation and Pain

Compared to the control group, the intervention group displayed significant improvement in chronic pain, activities engagement, and physical function.

NCCAM’s New Health Care Provider Portal

Encourages provider-patient dialogue with:

- Evidence-based medicine
- Clinical practice guidelines
- Continuing education
- Information for patients

nccam.nih.gov/health/providers
Chronic Pain and CAM Practices

What the Science Says

Despite the widespread use of complementary and alternative medicine (CAM) therapies for chronic pain, the evidence supporting their use is limited. However, the evidence base is growing and may be strong enough to recommend some therapies for common kinds of pain. This issue highlights the evidence and status for several therapies used for common kinds of pain, including low-back pain, arthritis, headache, and more.

Read more about what the science says.

Jump to: Clinical Guidelines | Scientific Literature

Clinical Guidelines

Chronic Pain

- Chronic Pain Management (Anesthesiology)
- Pain Management Task Force Final Report

Clinical Guidelines

- Clinical Use of Dietary Supplements and Nutraceuticals (Endocrine Practice) [945 KB PDF]
- Herbs and Supplements in Managed Care (The Permanente Journal)