Alternative & Complimentary Therapies
How Do I Know?

Cedars –Sinai Medical Center

Outsmarting Brain Tumors
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Types of Complimentary & Alternative Medicine (CAM)

- Mind – Body Medicine
- Biological Based Practice
- Manipulative & Body Based Practices
- Energy Medicine
- Whole (Wholistic) Medical Systems

2007 National Health Survey (NHIS)
An Increasing Number of Cancer Patients are Turning to Complimentary and Alternative Medicine (CAM)

CAM use among cancer patients is diverse and varies by region

- National Center for CAM estimates
  - 7-54% of cancer patients use CAM
  - 48-88% of cancer patients used CAM while being treated in comprehensive cancer centers in the USA
Mind – Body Medicines

- **Meditation**: Focused breathing or repetition of words or phrases to quiet the mind.
- **Biofeedback**: Using simple machines, the patient learns how to affect certain body functions that are normally out of one’s awareness (such as heart rate).
- **Hypnosis**: A state of relaxed and focused attention in which the patient concentrates on a certain feeling, idea, or suggestion to aid in healing.
- **Yoga**: Systems of stretches and poses, with special attention given to breathing.
- **Imagery**: Imagining scenes, pictures, or experiences to help the body heal.
- **Creative outlets**: Such as art, music, or dance.
Biologically Based Practices

- Vitamins
- Herbs
- Foods
- Special Diets
Manipulative and Body-Based Practices

- **Massage**: Manipulation of tissues with hands or special tools.
- **Chiropractic care**: A type of manipulation of the joints and skeletal system.
- **Reflexology**: Using pressure points in the hands or feet to affect other parts of the body.
Energy Medicine

- Tai Chi: Involves slow, gentle movements with a focus on the breath and concentration.
- Reiki: Balancing energy either from a distance or by placing hands on or near the patient.
"I have to say I had a different impression of what Reiki is all about."
Whole Medical Systems

- **Ayurvedic medicine**: A system from India emphasizing balance among body, mind, and spirit.
- **Chinese Medicine**: Based on the view that health is a balance in the body of two forces called yin and yang. Acupuncture is a common practice in Chinese medicine that involves stimulating specific points on the body to promote health, or to lessen disease symptoms and treatment side effects.
- **Homeopathy**: Uses very small doses of substances to trigger the body to heal itself.
- **Naturopathic medicine**: Uses different methods that help the body naturally heal itself.
Safety & Effectiveness
How to Select CAM Practitioners

- Education
- Training
- Experience
- License
- Certification
For More Information

NCCAM Clearinghouse
The NCCAM Clearinghouse provides information on NCCAM and complementary health practices, including publications and searches of Federal databases of scientific and medical literature. The Clearinghouse does not provide medical advice, treatment recommendations, or referrals to practitioners.
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NIH National Library of Medicine's MedlinePlus
To provide resources that help answer health questions, MedlinePlus brings together authoritative information from the National Institutes of Health as well as other Government agencies and health-related organizations.
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In The Battle of the Disease There are Three Warriors...