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Chapter 1 : Complementary & Alternative Therapies | calendrierdelascience.com

Some study the effects of complementary approaches used in addition to conventional treatments, and some compare alternative therapies with conventional treatments. Find all cancer CAM clinical trials.

Heart Complementary and alternative therapies are increasingly being used for the treatment of mental health concerns, in addition to their use for physical ailments. Complementary therapies are used in combination with traditional health practices, while alternative therapies are used instead of traditional health practices. Another term that is frequently used is integrative medicine, which involves bringing together conventional and complementary approaches. Easier access including lower cost to complementary or alternative therapies Individual philosophical approaches towards health and life Dissatisfaction with conventional health services Unsatisfactory relief of symptoms with conventional therapies Intolerable side effects with conventional therapies^{4,5} Researchers estimate that up to two-thirds of people with mood disorders like depression do not achieve remission with conventional medications like antidepressants , leading many people to explore integrative approaches to mental health. In addition, many experts believe that certain integrative treatments should be considered for all people with depression, including exercise, sleep hygiene, stress management, light therapy, and nutrition. SAME is a compound that occurs naturally in the body. In clinical trials, supplements of SAME performed better than placebo and matched the performance of tricyclic antidepressants. As with all dietary supplements, talk to your doctor or pharmacist about everything you are taking, as some supplements may have negative or serious interactions with prescription or over-the-counter medications. Acupuncture can have positive effects on many aspects of wellbeing, such as mood, anxiety, pain, and sleep symptoms. Not everyone experiences a benefit with acupuncture, but it has been shown to be safe, well-tolerated, and effective for depression. Stress reduction techniques include yoga, meditation, breathing exercises, biofeedback, gentle movements like tai chi or qi gong, prayer, spending time in nature, or listening to music. Many CAM therapies can be safely and effectively integrated with traditional medical approaches, however, all therapies and potential therapies should be discussed with a healthcare professional. Sign up for emails from Migraine. Subscribe By providing your email address, you are agreeing to our privacy policy. We never sell or share your email address. Let us know at contact Migraine. Try again or let us know at contact Migraine. Complementary and alternative medicine in the treatment of anxiety and depression. Wu P, Fuller C, et al. Use of complementary and alternative medicine among women with depression:

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Chapter 2 : Complementary and Alternative Medicine | American Cancer Society

The terms "complementary" and "alternative" are sometimes used to refer to non-traditional methods of diagnosing, preventing, or treating cancer or its symptoms.

However, medical professionals emphasize that PD should not be treated with alternative medicine alone. Used with traditional medicine, CAM may help relieve symptoms of PD and may help slow progression of the disease. Some CAM approaches have the potential to interfere with some medications used to treat PD or could cause severe side effects, and people with PD should talk to their doctor about all therapies and practices they are using to manage their symptoms. Alternative medicine is a term that means any medicinal products or practices that are not part of mainstream medicine given by medical doctors and allied health professionals, such as nurses or physical therapists. Alternative medicine has not necessarily been tested in clinical trials, and it is also defined by its use as an alternate to traditional medical care. Complementary medicine is used in combination with traditional medicine. There have been research studies on many alternative and complementary medicine practices to determine their effectiveness in treating a range of conditions, including irritable bowel syndrome.

Massage – Massage is a general term that describes using touch to press, rub, or manipulate the skin, muscles, tendons, and ligaments. Massage is often used to reduce stress and pain and relieve muscle tension. It is a key component of traditional Chinese medicine and is most often used to treat pain. Herbal remedies refer to the use of plant and plant extracts. These products are taken by mouth and are intended to add nutritional value, help manage symptoms from PD, or improve general health and well being. Because of potential side effects or interactions with PD medications, all dietary supplements, natural remedies, or herbs should be discussed with a doctor. There are several practices in yoga, usually combining physical poses, breathing techniques, meditation, and relaxation. Yoga may help people with PD to increase flexibility and balance. It uses slow, flowing motions that may help people with PD improve balance, flexibility and muscle strength. Music therapy can also be helpful for walking or speech challenges experienced by people with PD. In one study, relief was reported in pain reduction, improved sleep, and some psychological components.

Subscribe By providing your email address, you are agreeing to our privacy policy. We never sell or share your email address. Let us know at [contact ParkinsonsDisease](#). Try again or let us know at [contact ParkinsonsDisease](#). Emily Downward Last reviewed: October University of Maryland Medical Center. Complementary and integrative medicine, MedlinePlus, U. National Library of Medicine. American Massage Therapy Association. Food and Drug Administration. Accessed online October 24,

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Chapter 3 : Can I Safely Use an Alternative or Complementary Therapy?

The goal is to help patients feel and function better and reduce their need for pain medicines that can have serious side effects. For more information on pain management for military personnel and veterans, see NCCIH's Complementary Health Practices for U.S. Military, Veterans, and Families webpage.

Talk to your doctor before starting any complementary or alternative therapy. Most doctors will support you using one or more types of complementary therapy. Some complementary therapies can help people to feel better. Some help to reduce symptoms and side effects. But some types might not be safe in certain situations. For example, some might stop conventional treatments working as well as they should. There is not enough evidence to know whether antioxidants are helpful or harmful in this situation. We need more research to help us learn the best ways to use complementary therapies. Make sure you also tell your complementary therapist about your cancer treatment.

Safety of alternative cancer therapies Some alternative therapies might be harmful and cause side effects. This can be especially harmful if a person is also encouraged to give up their conventional cancer treatment.

Lack of scientific evidence There is research into various types of alternative therapy. But there is no scientific or medical evidence to show that they can help to treat or cure cancer. For scientists and cancer doctors, this is not enough to prove anything. New therapies and potential cancer treatments must be compared against accepted and proven ones so that we can be sure of their benefit. The best way to do this is by running organised clinical trials. This is how conventional cancer treatments are tested. People can end up paying a great deal of money for something that has not been properly tested, or has not proven to work in scientific studies or clinical trials. This is very unfair on people with cancer. They might be vulnerable and willing to try anything they think has a chance of curing the cancer. This is one of our main concerns. Even when conventional treatment can no longer cure a cancer, your doctor can help control symptoms such as pain and sickness by giving you conventional medicine.

Telling your doctor about using a therapy Tell your cancer doctor, specialist nurse, pharmacist or GP if you are considering using an alternative therapy or complementary therapy. It is very important because some complementary therapies might interact with your conventional cancer treatment. They might make them work less well or increase the side effects. You need to be especially careful with some dietary supplements such as vitamins, minerals and herbal products.

Giving up conventional treatment to use an alternative therapy Talk to your treatment team first if you think you want to stop conventional treatment to try an alternative therapy. Of course the final decision rests with you. There is no evidence that alternative therapies can cure or control cancer. Information about the safety of individual therapies.

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Chapter 4 : Complementary Therapies

Many people use complementary therapies to: Reduce the side effects of cancer treatment Improve their physical and emotional well-being Improve their recovery.

Many people with cancer use one or more kinds of alternative or complementary therapies. The best approach is to look carefully at your choices. Talk to your doctor about any method you are using or thinking about trying. There are many complementary methods you can safely use along with standard treatment to help relieve symptoms or side effects, to ease pain, and to help you enjoy life more. Here are examples of some complementary methods that some people have found helpful and safe when used along with standard medical treatment: Acupuncture is a technique in which very thin needles are put into the body to treat a number of symptoms. It may help with mild pain and some types of nausea. Aromatherapy is the use of fragrant substances, called essential oils, distilled from plants to alter mood or improve symptoms such as stress or nausea. Art therapy is used to help people with physical and emotional problems by using creative activities to express emotions. Biofeedback is a treatment method that uses monitoring devices to help people gain conscious control over physical processes that are usually controlled automatically, such as heart rate, blood pressure, temperature, sweating, and muscle tension. Involves a meditative walk along a set circular pathway that goes to the center and comes back out. Some studies suggest massage can decrease stress, anxiety, depression, and pain and increase alertness. Meditation is a mind-body process in which a person uses concentration or reflection to relax the body and calm the mind. Music therapy is offered by trained healthcare professionals who use music to promote healing and enhance quality of life. Spirituality is generally described as an awareness of something greater than the individual self. Tai chi is an ancient Chinese martial art. Yoga is a form of non-aerobic exercise that involves a program of precise posture and breathing activities. The American Cancer Society recommends discussing all types of complementary or alternative treatments with your cancer treatment doctor oncologist and health care team. Questions to ask about alternative and complementary therapies If you are thinking about using any method instead of evidence-based medical treatment, you may want to think about these questions: What claims are made about the treatment? That it can relieve symptoms or side effects? That it can improve health? Be very suspicious of any treatment that says it can cure cancer. Claims that a treatment can cure all cancers or that it can cure cancer and other difficult-to-treat diseases including chronic fatigue, multiple sclerosis, AIDS, etc. What are the qualifications of those supporting the treatment? Are they medical doctors? Are they recognized experts in cancer care? Have scientific studies or clinical trials in humans been done to find out whether this treatment works? What side effects have been reported? Have the findings been published in trustworthy journals after being reviewed by other scientists who are experts in the same field? How is information about the method given? Is it promoted only in the mass media, such as books, magazines, the Internet, TV, infomercials, and radio talk shows rather than in scientific or medical journals? Is the method widely available for use within the health-care community? Beware of treatments you can only get in one clinic, especially if that clinic is in a country with more lax patient protection laws than those in the United States or the European Union. Could it be harmful or interact badly with your other medicines or supplements? Avoiding fraud and questionable treatments Use the checklist below to spot treatments that might be questionable. Keep in mind that if something sounds too good to be true, it usually is. Does the treatment promise a cure for all cancers? Are you told not to use recommended or standard mainstream medical treatment? Does the treatment claim to offer benefits, but no side effects? Even herbs and vitamins have side effects. If the treatment is marketed as having no side effects, it has not likely been studied in rigorous clinical trials, where side effects would be seen. Is the treatment or drug only offered by one person or clinic? Does the treatment require you to travel to another country? Are you offered personal stories of amazing results, but no actual scientific evidence? Do the promoters attack the medical or scientific community? Again, there are some safe complementary therapies

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out there that can help you feel better. But there are other treatments that can hurt you. Before investing your money and time in any non-traditional medicine, please talk to your doctor about whether or not it may help you in your fight against cancer.

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Chapter 5 : Complementary and Alternative Therapies | calendrierdelascience.com

Some alternative therapies might be harmful and cause side effects. They might interfere with your conventional cancer treatment. Therapists and companies who promote alternative therapies can cause harm by convincing people an alternative therapy will cure them when it can't.

Heart What is complementary and alternative medicine? The term complementary and alternative medicine CAM is used to describe products and practices that are not typically treatment options within the mainstream medical system. While some patients find CAM methods helpful, others do not. Many of these methods do not have scientific evidence proving that they are effective. To avoid this, it is extremely important to speak with your healthcare providers before starting treatment with any sort of complementary or alternative methods. While there are many CAM options that are safe for patients with bladder cancer to try and may help them to feel better, there is no type of CAM treatment that has been proven to treat or cure the cancer itself. Any CAM option that claims to do so is a fraud. Your healthcare providers can help you to investigate any CAM option that you are considering and help you look for signs that the treatment may be ineffective or even dangerous. Why do some people choose to try CAM? People with bladder cancer may consider trying CAM treatments in addition to their standard treatment plan for a variety of reasons. Others are looking for ways to improve their quality of life and to cope with the emotions they are feeling about their cancer and its treatment. Some patients have found CAM methods to be helpful to them in the past, and would like to try incorporating them alongside their standard cancer treatment. Still others feel that CAM methods make them feel that they are taking an active role in improving their own health and quality of life. Other patients consider CAM therapies worth trying out because many of the safe CAM therapies have few or no side effects, even if they do not end up working very effectively for that patient. What types of CAM are safe for people with bladder cancer? Some of these are described below. Acupuncture Acupuncture is an important part of traditional Chinese medicine. Some patients find that it can help to relieve pain and nausea. Some patients find that massage therapy can help them to cope with emotions such as stress, anxiety , and depression. It can also help some patients relieve pain. Patients who practice meditation use special methods of concentration and self-reflection to help them to physically relax and to cope with their emotions more effectively. Tai Chi Practicing the ancient Chinese martial art of Tai Chi can help some patients feel better and improve their strength and balance. Tai Chi incorporates special types of movement, meditation, and controlled breathing. Some patients experience similar effects from practicing yoga, a form of exercise that involves special body postures and breathing strategies. Art and music therapy Some patients find art therapy and music therapy to be beneficial in helping them to cope with emotions and improve their quality of life through creative activities guided by professional therapists. Aromatherapy The practice of aromatherapy uses essential oils that come from plants, which can help some patients to reduce stress, relieve nausea , and improve their moods. Sign up for emails from BladderCancer. Subscribe By providing your email address, you are agreeing to our privacy policy. We never sell or share your email address. Let us know at contact BladderCancer. Try again or let us know at contact BladderCancer. Written by Anna Nicholson Last review date: What Are Complementary and Alternative Methods?

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Chapter 6 : NIH Fact Sheets - Complementary and Alternative Medicine

Some are looking for ways to ease side effects of traditional medicines (like side effects from chemotherapy), while others are looking for ways to take a more active role in their healthcare. Types of complementary and alternative medicine methods.

Resources Overview Many people use complementary sometimes known as alternative health treatments to go along with the medical care they get from their health care provider. These therapies are called "complementary" therapies because usually they are used alongside the more standard medical care you receive such as your doctor visits and the anti-HIV drugs you might be taking. These therapies may not fit in with what you usually think of as "health care. Physical body therapies, such as yoga, massage, and acupuncture Relaxation techniques, such as meditation and visualization Herbal medicine from plants With most complementary therapies, your health is looked at from a holistic or "whole picture" point of view. Think of your body as working as one big system. From a holistic viewpoint, everything you do--from what you eat to what you drink to how stressed you are--affects your health and well-being. Do alternative therapies work? Healthy people use these kinds of therapies to try to make their immune systems stronger and to make themselves feel better in general. People who have diseases or illnesses, such as HIV, use these therapies for the same reasons. They also can use these therapies to help deal with symptoms of the disease or side effects from the medicines that treat the disease. Many people report positive results from using complementary therapies. In most cases, however, there is not enough research to tell whether these treatments really help people with HIV. Always talk to your health care provider before you start any kind of treatment, even if you think it is safe. Sometimes these products can interact with your HIV medicines or cause side effects on their own. These interactions can be dangerous, leading to unsafe levels of the herb or medicine in your body or making HIV or antibiotic treatment less effective. The federal government does not require herbal remedies and dietary supplements to be tested in the same way that standard medicines are tested before they are sold. Many of the treatments on the market have not been studied as much as the HIV drugs you are taking have been studied. In addition, because supplements and herbal treatment are not regulated, there have been cases in which supplements consisted of different substances or concentrations than those indicated on the label, which could cause potentially dangerous side effects. Always do your research and ask your health care provider for help. Complementary therapies are not substitutes for the treatment and drugs you receive from your care providers. The federal government is funding studies of how well some alternative therapies work to treat disease, so keep your eyes open for news about these studies. Here you can read about some of the more common complementary therapies that people with HIV use. Sometimes these are used alone, but often they are used in combination with one another. For example, some people combine yoga with meditation. Physical body therapies Physical, or body, therapies include such activities as yoga, massage, and aromatherapy. Here you can learn about examples of these types of therapies. Yoga Yoga is a set of exercises that people use to improve their fitness, reduce stress, and increase flexibility. Yoga can involve breathing exercises, stretching and strengthening poses, and meditation. See the Meditation section for more information about this. Many people, including people with HIV, use yoga to reduce stress and to become more relaxed and calm. If you would like to try yoga, talk to your health care provider. There are many different types of yoga and various classes you can take. You can also try out yoga by following a video program. Before you begin any kind of exercise program, always talk with your care providers. Massage Many people believe that massage therapy is an excellent way to deal with the stress and side effects that go along with having an illness, including HIV. During massage therapy, a trained therapist moves and rubs your body tissues such as your muscles. There are many kinds of massage therapy. You can try massage therapy for reducing muscle and back pain, headaches, and soreness. Massages also can improve your blood flow your circulation and reduce tension. Some people think that massages might even make your immune system stronger. Acupuncture Acupuncture is part of a

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whole healing system known as traditional Chinese medicine. Many people with HIV use acupuncture. Some people think that acupuncture can help treat symptoms of HIV and side effects from the medicine, such as fatigue and nausea. Some people say that acupuncture can be used to help with neuropathy body pain caused by nerve damage from HIV or the medicines used to treat HIV. Others report that acupuncture gives them more energy. If you are interested in trying it out, ask your health care providers to recommend an expert. At the end of this guide are links to websites where you can read more about the history of acupuncture and how it works.

Aromatherapy Aromatherapy is based on the idea that certain smells can change the way you feel. The smells used in aromatherapy come from plant oils, and they can be inhaled breathed in or used in baths or massages. People use aromatherapy to help them deal with stress or to help with fatigue. For example, some people report that lavender oil calms them down and helps them sleep better. At the end of this guide are links to Web sites where you can learn more about aromatherapy. The oils used in aromatherapy can be very strong and even harmful. Always talk with an expert before using these oils yourself. In this section, you can read about some examples of how you can use relaxation therapies to reduce stress and relax.

Meditation Meditation is a certain way of concentrating that may allow your mind and body to become very relaxed. Meditation helps people to focus and be quiet. There are many different forms of meditation. Most involve deep breathing and paying attention to your body and mind. Sometimes people sit still and close their eyes to meditate. Meditation also can be casual. For instance, you can meditate when you are taking a walk or watching a sunset. People with HIV can use meditation to relax. It can help them deal with the stress that comes with any illness. Meditation can help you to calm down and focus if you are feeling overwhelmed.

Visualization Visualization is another method people use to feel more relaxed and less anxious. People who use visualization imagine that they are in a safe, relaxing place such as the beach. Most of us use visualization without realizing it--for example, when we daydream or remember a fun, happy time in our lives. Focusing on a safe, comfortable place can help you to feel less stress, and sometimes it can lessen the pain or side effects from HIV or the medicines you are taking. Visualization can be a useful technique to help you get through an invasive procedure or a radiology study such as an MRI, which can take time and be anxiety-provoking for some people.

Herbal medicine Herbal medicines are substances that come from plants, and they work like standard medicine. They can be taken from all parts of a plant, including the roots, leaves, berries, and flowers. People with HIV sometimes take these medicines to help deal with side effects from anti-HIV medicines or with symptoms from the illness. An important note about St. Be sure you tell your provider if you are using St. You should also not take St. It is important to remember to always use herbs carefully. Herbal medicines can contain potent drugs. Learn the proper dosage, usage, and potential drug interactions. Always ask your health care provider before taking anything new. Learn about the possible side effects of an herbal therapy. Some herbs can interfere with your HIV medications. To learn more about herbs, see the links in the Resources section at the end of this lesson.

Points to remember In addition to getting mainstream medical care, many people use complementary treatments to improve their overall health or to help with specific health problems. Complementary therapies can include physical therapies such as yoga and acupuncture, relaxation techniques such as meditation, and herbal medicines. Many people report that these therapies make them feel better and help with symptoms and side effects. It is important to remember that not all complementary therapies are safe for you. In fact, some therapies including certain herbs can be very dangerous because they can interact with your HIV drugs or cause severe side effects. Always be sure to let your provider know all the medicines and treatments you are taking--whether they are prescription or not.

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Chapter 7 : What are complementary and alternative therapies? | Cancer Research UK

What is complementary and alternative medicine? The term complementary and alternative medicine (CAM) is used to describe products and practices that are not typically treatment options within the mainstream medical system. 1,2 These are methods that some patients find helpful in treating some of the symptoms or side effects of cancer, in relieving pain, and improving quality of life.

Complementary therapies - our position Conventional medical treatments These are the medical treatments doctors use to treat people with cancer. Surgery , radiotherapy , chemotherapy , hormonal therapies and targeted therapies are all conventional medical treatments. Many cancers are cured with these treatments. Even when treatments are unable to cure cancer, they often help people live for longer or reduce their symptoms. Conventional medical treatments for cancer are scientifically tested and researched. This means we know how safe and effective they are, and if they have side effects. This is called evidence-based medicine. Back to contents Complementary therapies These are generally used alongside, or in addition to, conventional medical treatments. People generally use complementary therapies to boost their physical or emotional health. Sometimes they may be used to relieve symptoms or the side effects of conventional medical treatments. Sometimes complementary therapy is combined with conventional medicine. This is called integrated or integrative medicine. Some complementary therapies have been tested in the same way as conventional medical treatments. This is to see how effective and safe they are, and to see if they have side effects. Back to contents Alternative therapies These are often grouped together with complementary therapies but there are important differences between the two. A single type of therapy can be complementary if it is used in one way and alternative if used in another. Alternative therapies are used instead of conventional medical treatments. Some alternative therapies claim to treat or even to cure cancer. But no alternative therapies have been proven to cure cancer or slow its growth. Some may even be harmful. Back to contents Why people use complementary therapies Doctors, nurses and complementary therapists have researched some complementary therapies in trials. Some results showed that certain therapies helped to relieve particular cancer symptoms or treatment side effects. Other results showed no effect on symptoms or side effects. But the therapies researched were found to be safe and most people who tried them found them very supportive. Complementary therapists usually work with the person as a whole. This is called a holistic approach. Health and social care professionals, such as doctors, nurses and physiotherapists, also aim to take a holistic approach. There are many reasons why people choose to use complementary therapies. Some people find that they help them cope with the stresses of cancer and its treatments. Some people say the relationship they develop with their complementary therapist is an added benefit. Having someone who listens to you may help you cope with difficult feelings. Finding support for yourself in this way can help you feel more in control. Some people may also see complementary therapies as a positive thing to do for their general well-being. Some complementary therapies are done in a group. This may be a good opportunity to meet other people with similar experiences in a positive setting. Complementary therapies may help you: It was important for me to feel I was actively doing something to make myself as prepared as I could be for the treatment. John Complementary therapies - our position Complementary therapy covers a wide range of practices used alongside conventional treatments for illnesses including cancer. They can help some people cope with the symptoms of disease and its treatment, aid relaxation, and reduce tension and anxiety. We know that they are used by more than one in three cancer patients[1] and many report finding them helpful. However, we also know that too often patients do not report their use of complementary therapies to health care professionals. We consider it a priority that patients report the use of any complementary therapies to the health team responsible for their care in order to enable them to discuss any harmful effects. We know that the scientific evidence base is growing for the use of some therapies in cancer care. However, we would like to see more high-quality research into complementary therapies in order to support patients, health professionals and

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commissioners to make informed decisions on the application of these therapies. We make a clear distinction between supportive therapies used in conjunction with anti-cancer treatment and so-called alternative treatments, which are promoted as having an effect on the illness to be used instead of conventional treatment. We do not advocate the use of alternative therapies. As part of our ongoing review process of all our content, we regularly review our content about the use of complementary therapies in cancer care. You can find out more about how we write and produce our information. Use of complementary and alternative medicine in cancer patients: *Annals of Oncology*

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Chapter 8 : Integrative medicine: Evaluate CAM claims - Mayo Clinic

There have been research studies on many alternative and complementary medicine practices to determine their effectiveness in treating a range of conditions, including irritable bowel syndrome. The U.S. Food and Drug Administration (FDA) does not review alternative and complementary medicine therapies. 2.

Heart In addition to mainstream medical treatment for blood cancer, many people embrace additional healing techniques and practices that are non-traditional, which are collectively referred to as complementary and alternative medicine or CAM. It is important that patients tell their doctors about any complementary practices they are considering taking part in to ensure that nothing interferes negatively with their treatment, however, many of these approaches can often be used along with traditional therapies. Complementary medicine is the use of a non-mainstream approach in combination with traditional treatment. Alternative medicine is using non-mainstream approaches instead of traditional treatment. Although many people believe that CAM therapies are safe and do not have harmful side effects, that is not always true. Integrated programs may offer services such as massage, acupuncture, and meditation to help cancer patients manage their symptoms and cope with side effects from treatments such as chemotherapy or radiation therapy. Some are looking for ways to ease side effects of traditional medicines like side effects from chemotherapy, while others are looking for ways to take a more active role in their healthcare. Types of complementary and alternative medicine methods

There are many complementary approaches that people with blood cancer may use to support their health, including: Yoga Yoga is a mind and body practice that originated in ancient India. There are several practices in yoga, usually combining physical poses, breathing techniques, meditation, and relaxation. Acupuncture is one of the main components in traditional Chinese medicine and has been practiced in certain Asian countries for thousands of years. The essential oils are used to potentially help improve physical, emotional, and spiritual well-being. It may be used by patients with cancer to cope with side effects of treatments, reduce emotional stress, and potentially reduce the severity of symptoms from cancer. Breathing exercises involve taking slow, deep, and even breaths to help relax and calm the mind. Subscribe By providing your email address, you are agreeing to our privacy policy. We never sell or share your email address. Let us know at contact Blood-Cancer. Try again or let us know at contact Blood-Cancer. Emily Downward Last reviewed: National Institutes of Health. Aromatherapy, National Cancer Institute. Hypnosis for cancer care: CA Cancer J Clin.

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Chapter 9 : Complementary and Integrative Medicine: MedlinePlus

We consider it a priority that patients report the use of any complementary therapies to the health team responsible for their care in order to enable them to discuss any harmful effects. We know that the scientific evidence base is growing for the use of some therapies in cancer care.

Complementary and Alternative Medicine People have used complementary and alternative medicine CAM practices for thousands of years in pursuit of health and well-being. However, rigorous, well-designed clinical trials for many CAM therapies are often lacking; therefore, the safety and effectiveness of many CAM therapies are uncertain. The National Center for Complementary and Alternative Medicine NCCAM is sponsoring research designed to fill this knowledge gap by building a scientific evidence base about CAM therapies—whether they are safe, whether they work for the conditions for which people use them and, if so, how they work. CAM therapies and medical systems are widely used and available in the United States. They include diverse products and practices such as dietary supplements and botanicals, traditional Chinese medicine, acupuncture, mind-body medicine, and therapeutic massage. The following examples illustrate important research findings that inform the choices the public and practitioners are making regarding the use of CAM. Studies have shown that spinal manipulation can provide mild-to-moderate relief from low-back pain and appears to be as effective as conventional medical treatments. Results from one trial that examined long-term effects in more than people with low-back pain suggest that chiropractic care involving spinal manipulation is at least as effective as conventional medical care for up to 18 months. Using state-of-the-art imaging technology, NIH documented the power of the mind to activate certain parts of the brain to block pain signals, providing important information on how the placebo effect works. In one of the largest clinical trials to date to test the safety and efficacy of acupuncture, NIH-supported researchers found that acupuncture significantly reduced pain associated with osteoarthritis of the knee when used as a complement to conventional therapy. Other studies and reviews demonstrated that acupuncture provides relief for vomiting and nausea from chemotherapy, shows possible effect for tension headaches, and that acupuncture and simulated acupuncture can both provide relief for those suffering from low-back pain. Results from a long-term NIH-supported study revealed that people who took the dietary supplements glucosamine and chondroitin alone or in combination for osteoarthritis of the knee had outcomes similar to those experienced by people who took the drug celecoxib or placebo. People with fibromyalgia may benefit from practicing tai chi according to a study in 66 people. Study participants who practiced tai chi had a significantly greater decrease in total score on the Fibromyalgia Impact Questionnaire. In addition, the tai chi group demonstrated greater improvement in sleep quality, mood, and quality of life. For example, the FDA banned the U. Kava, an herb that has been widely used for insomnia, stress, and anxiety, has been linked to liver damage. Other botanical products, such as St. There is limited information about the safety of many natural products, including data about toxicity or interactions with drugs or other natural products. Understanding their interactions and safety are important research pursuits. CAM-related research on chronic pain includes acupuncture for carpal tunnel syndrome, natural products and massage for osteoarthritis of the knee, and spinal manipulation for low-back pain. NCCAM will continue to conduct research to understand what CAM practices and products people use, the reasons why they do so, and whether these choices are discussed with all health care providers to ensure safe and coordinated care. This highlights the need for health care providers to ask and patients to tell about CAM use. Through the CAM research supported by NIH, Americans will have the scientific evidence they need to support the integration of a variety of CAM therapies into conventional medical settings. The full realization of this vision requires that standardized CAM modalities be developed and tested rigorously across a range of doses in a variety of patient populations, and that credible information on the safety and effectiveness of these therapies be disseminated to the public and practitioners.