

# Natural Cures: Complementary & Alternative Medicine – Issues and Resources



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Neighborhood Networks Webinar  
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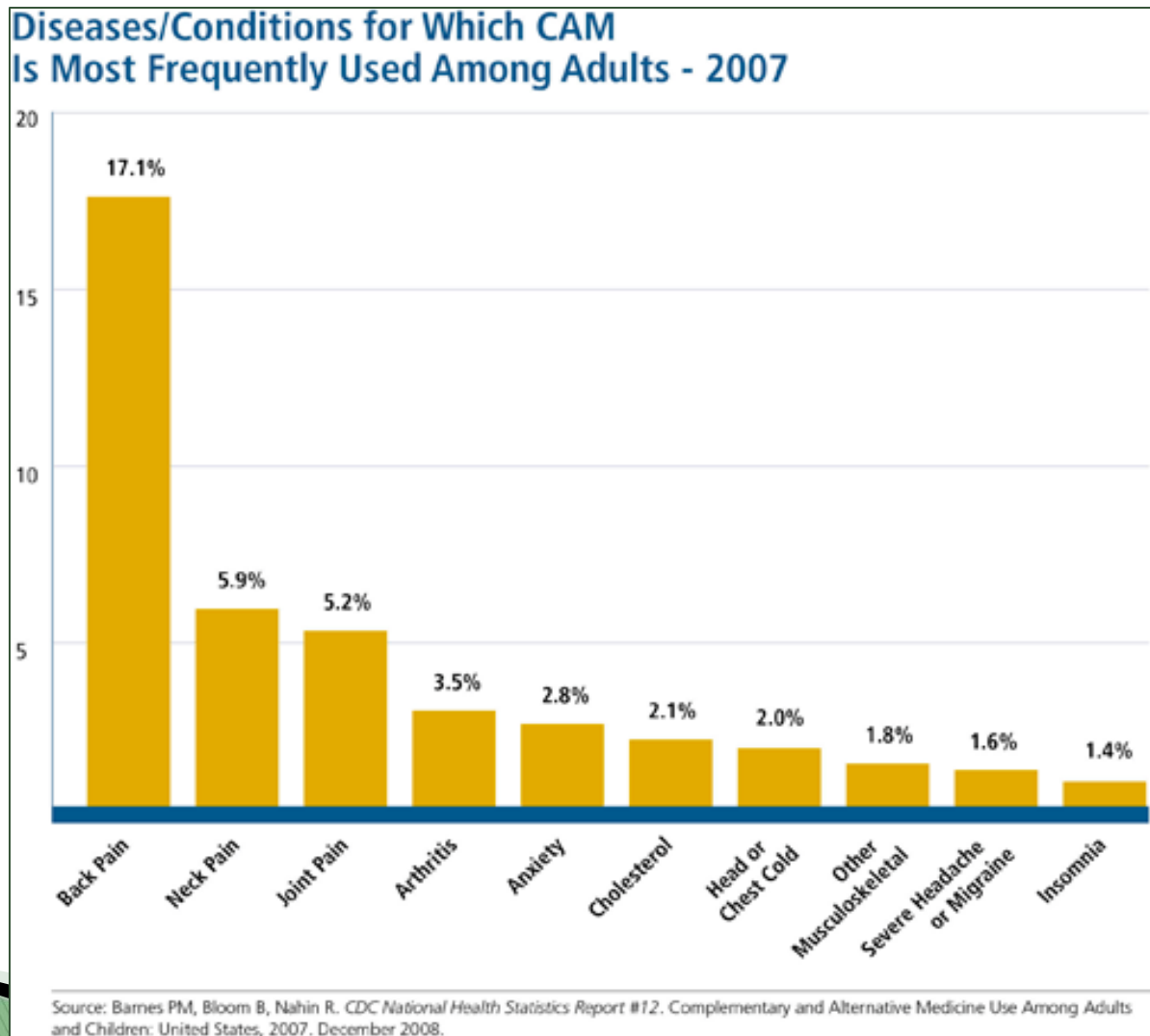
# Overview



# Impact of CAM

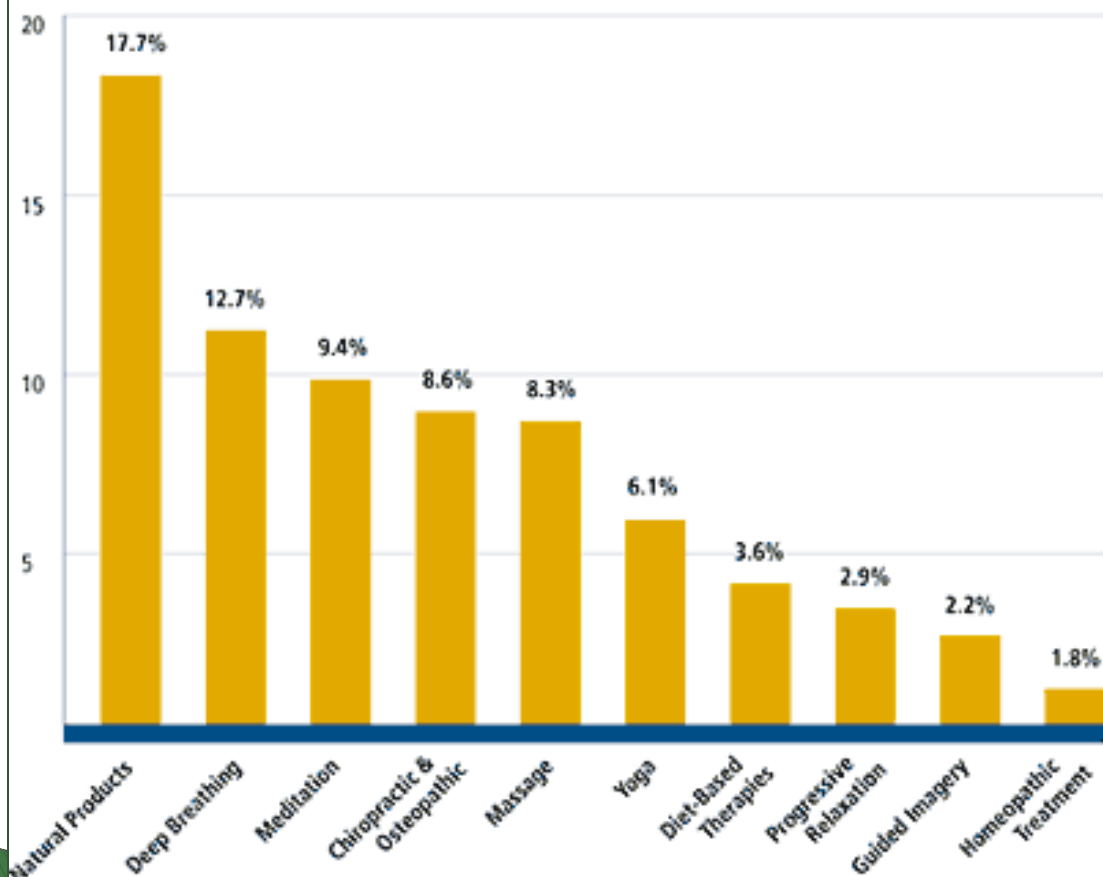
- CDC Report (2007)
  - 38% of adults used some form of CAM
  - Children whose parent used CAM were 2x as likely to have used CAM
  - CAM use more prevalent for: women, adults aged 30–69, higher levels of education, adults who were not poor, adults living in the West, and former smokers
- Full report:  
<http://nccam.nih.gov/news/camstats/>

# Diseases and Conditions



# Top CAM Therapies

## 10 Most Common CAM Therapies Among Adults - 2007



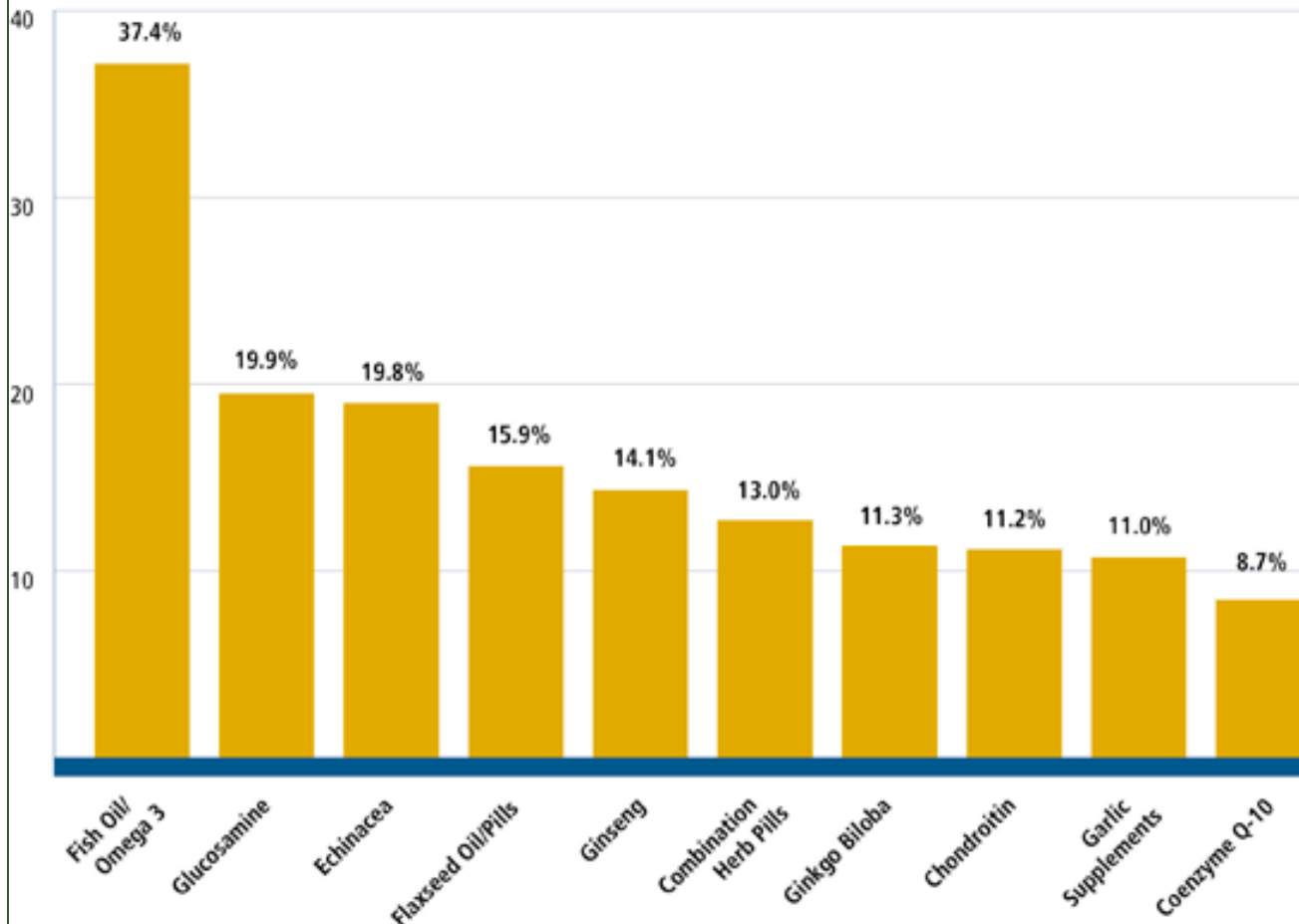
Therapies with significant increases between 2002 and 2007 are

	2002	2007
Deep breathing	11.6%	12.7%
Meditation	7.6%	9.4%
Massage	5.0%	8.3%
Yoga	5.1%	6.1%

Source: Barnes PM, Bloom B, Nahin R. CDC National Health Statistics Report #12. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007. December 2008.

# Top 10 Supplements

10 Most Common Natural Products Among Adults\* - 2007



\*Percentages among adults who used natural products in the last 30 days.

Source: Barnes PM, Bloom B, Nahin R. *CDC National Health Statistics Report #12. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007.* December 2008.



# Categorization of Therapies

- ▶ Whole Medical Systems
- ▶ Energy Medicine
- ▶ Manipulative and Body-Based Practices
- ▶ Mind-Body Medicine
- ▶ Biologically Based Practices

# Whole Medical Systems

- ▶ Complete systems of theory and practice that evolved independently
- ▶ Traditional systems of medicine that are practiced by individual cultures throughout the world

Includes Traditional Chinese Medicine, Ayurvedic medicine, Chiropractic, Homeopathy, Naturopathy





# Energy Medicine

- ▶ Veritable – energy that can be measured

Includes sound, visible light, magnetism

- ▶ Putative – energy that has yet to be measured

Includes qi (ki in Japanese);  
doshas; prana, homeopathic  
resonance



# Manipulative and Body-Based

- ▶ Structures and systems of the body, including the bones and joints, the soft tissues, and the circulatory and lymphatic systems

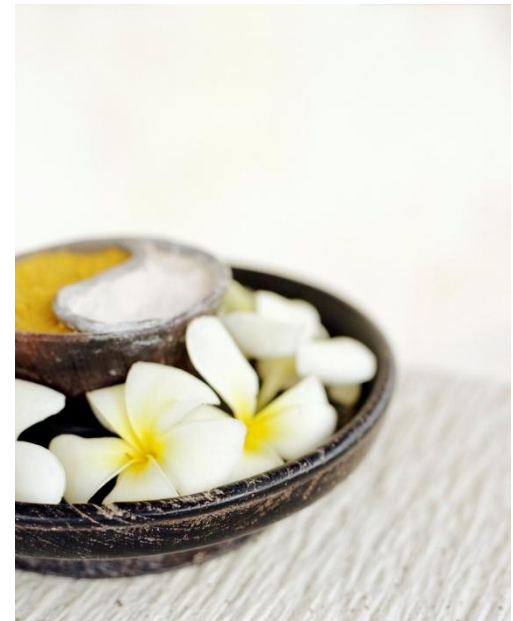
Includes chiropractic manipulation, massage therapy, reflexology, rolfing, Alexander technique, Feldenkrais method



# Mind–Body Medicine

- ▶ Interactions among the brain, mind, body, and behavior
- ▶ The ways in which emotional, mental, social, spiritual, and behavioral factors can directly affect health

Includes relaxation, hypnosis, visual imagery, meditation, yoga, biofeedback, tai chi, group support, and spirituality



# Biologically Based Practices

- ▶ Includes: botanicals, animal-derived extracts, vitamins, minerals, fatty acids, amino acids, proteins, whole diets, and functional foods

*Dietary supplements are a subset of biologically based practices*



# The Role of the FDA



**U.S. Food and Drug Administration**  
Protecting and Promoting *Your Health*

[www.fda.gov](http://www.fda.gov)




# 1994 Dietary Supplement Health and Education Act (DSHEA)

- The company selling the supplement, *not* the FDA, is responsible for determining that the dietary supplements it manufactures or distributes are safe
- Dietary supplements do *not* need approval from FDA before they are marketed
- Manufacturers do *not* need to register themselves nor their dietary supplement products with FDA before producing or selling them
- There are *no* rules that limit a serving size or the amount of a nutrient in any form of dietary supplements



# What else don't they do?

- FDA does *not* keep a list of manufacturers, distributors or the dietary supplement products they sell
  - Manufacturers and distributors of dietary supplements are *not* required to record, investigate or forward to FDA any reports they receive of injuries or illnesses that may be related to the use of their products
  - A company does *not* have to disclose to FDA or consumers the information they have about the safety or purported benefits of their dietary supplement products
- 

# What do they do?

- Dietary supplements must have nutrition label stating all ingredients
- Once the product is marketed, FDA has the responsibility for showing that a dietary supplement is "unsafe," before it can take action to restrict the product's use
- The FDA focuses its resources first on public health emergencies and products that may have caused injury or illness
- A company cannot market a dietary supplement as a *cure or treatment* for a specific disease or condition

# Reliable CAM Websites



- MedlinePlus <http://medlineplus.gov>
- National Center for Complementary and Alternative Medicine <http://nccam.nih.gov>
- Office of Cancer Complementary and Alternative Medicine <http://www.cancer.gov/cam/>
- Office of Dietary Supplements – NIH <http://ods.od.nih.gov>
- Dietary Supplements Labels Database <http://dietarysupplements.nlm.nih.gov/dietary/>
- Memorial Sloan Cancer Center “About Herbs, Botanicals, & Other Products” <http://www.mskcc.org/aboutherbs>
- NOAH–Complementary and Alternative Medicine <http://www.noah-health.org/en/alternative/>



Thank You!

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