• Reminders:
  - Aging Assignment due Tuesday
  - Final and Re-take / Make-up Exams in one week!

• Complementary and Alternative Medicine (Ch. 13)
  - Video – “The Alternative Fix”
  - Summary – Types and safe use of CAM
Complementary and Alternative Medicine (CAM)

• Complementary medicine: used with conventional medicine
• Alternative medicine: used in place of conventional medicine
• Integrative medicine: CAM treatments proven safe and effective combined with conventional medicine
Placebo Effect

• Measurable, observable, or reported improvement in health or behavior not attributable to medicine or invasive treatment that has been administered.
5 Categories of CAM Therapies

- Biologically Based Therapies
  - Diets
  - Herbals
  - Vitamins

- Manipulative & Body-Based Methods
  - Massage
  - Chiropractic
  - Osteopathy

- Energy Therapies
  - Reiki
  - Magnets
  - Qi Gong

- Mind-Body Medicine
  - Yoga
  - Spirituality
  - Relaxation

- Alternative Medical Systems
  - Homeopathy
  - Naturopathy
  - Ayurveda

Fig 13.1, pg 389
For each of the 5 categories of CAM…

• Define / describe the category
• List at least 3 examples of specific therapies that belong in this category
• Choose one of the examples and briefly describe it – what is it? How does it work?
Alternative Medical Systems

- Systems of theory and practice other than traditional Western medicine
- Ex: Ayurveda, homeopathy, naturopathy, acupuncture

“Meridians” used in acupuncture
Mind-Body Medicine

• Techniques to enhance the mind’s ability to affect bodily function and symptoms

• Ex: support groups, cognitive therapy, meditation, music & art therapy, hypnosis, biofeedback, prayer
Biologically Based Therapies

- Use of substances such as herbs, foods, and vitamins
- Ex: herbal medicine, special diets, use of other products
Manipulative and Body-Based Methods

• Based on manipulation and/or movement of body parts

• Ex: chiropractic medicine, massage, colonics, hydrotherapy, light therapy
Energy Therapies

• Involve the use of energy fields
• Ex: Biofield therapies (Qigong, Reiki), Bioelectromagnetic therapies (use of electric or magnetic fields)
Before you try CAM (or any treatment!)

• What are key questions to ask?