



## COMPLEMENTARY AND ALTERNATIVE MEDICINE





## **OBJECTIVES**

- Define complementary and alternative medicine (CAM)
- Provide examples of mind and body practices
- Provide examples of natural products
- Learn how to assess the safety and effectiveness of practices and products
- Discuss ways to choose a complementary health practitioner that fits within your current healthcare team







## UNDERSTANDING COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM)

- Refers to a diverse range of healthcare practices and products not considered conventional medicine
- Often used alongside standard medical treatments









## **DEFINITIONS**

Complementary Medicine vs. Alternative Medicine

#### Complementary Medicine

- Used alongside standard medical treatments
- Works synergistically with standard medicine to enhance well-being

#### Alternative Medicine

- Used instead of standard medical treatments
- Unconventional and lack scientific validation



## COMPLEMENTARY

### **特色文化**写**CH** HEALING

- ALLOPATHIC MEDICINE
- TRADITIONAL CHINESE MEDICINE
- AYURVEDIC MEDICINE











## COMPLEMENTARY HEALTH APPROACHES

- Two main categories:
  - Mind and body practices
  - Natural products







#### MIND AND BODY PRACTICES

- Procedures or techniques performed by a trained person
- Subgroups:
  - Mind-body therapies
  - Manipulative and body-based practices
  - Energy healing







#### **MIND-BODY THERAPIES**

- Meditation
- Biofeedback
- Hypnosis
- Yoga
- Tai Chi
- Imagery
- Creative Outlets
- Qigong







#### MANIPULATIVE AND BODY-BASED PRACTICES

- Massage Therapy
- Chiropractic Therapy
- Reflexology
- Acupuncture







#### **ENERGY HEALING**

- Reiki
- Therapeutic Touch







#### **BIOLOGICALLY BASED PRACTICES**

- Natural Products
  - Vitamins
  - Dietary Supplements
  - Botanicals
  - Special Foods or Diets





### MOST COMMON COMPLEMENTARY HEALTH

## APROAGHES



Yoga



Massage Therapy



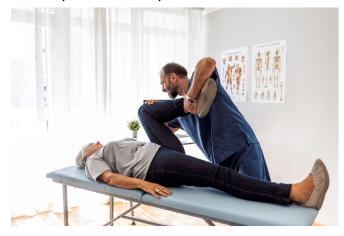
Meditation



Acupuncture



Chiropractic manipulation







### WHY ARE THEY USED?

## REASONS PEOPLE MIGHT USE COMPLEMENTARY HEALTH APPROACHES:

- Emotional Support
- Symptom Management
- Sense of Control
- Natural Appeal
- Comfort and Support
- Hope and Positivity
- Immune System Boost
- Cautions about Alternative Medicine







# ARE THEY SAFE?



**Ø1.** 

Mind and body practices are generally considered safe when done properly.

**Ø2.** 

The safety of natural products are mostly unknown.

**Ø3.** 

Any treatment has risks: every individual will react differently.



# ARE THEY EFFECTIVE?

- 1. Mind and Body practices (i.e. yoga, acupuncture)
  - Mixed results
    - Varies widely depending on the practice
    - More studies needed
- 2. Natural Products (i.e. supplements)
  - Some products show potential benefit
  - However, many have been shown to have little clinical significance







# MORE ON SAFETY AND EFFECTIVENESS

- Many complementary health approaches fact sheets available at https://nccih.nih.gov/health/tips
  - For example, fact sheets on complementary health approaches for chronic pain, low back pain, migraines, ADHD, Rheumatoid Arthritis and more
- Look up a product or practice to find safety information, side effects, and cautions at https://nccih.nih.gov/health/safety/topics.htm
- Look up FDA notices about recalls and tainted products at https://nccih.nih.gov/news/alerts







#### RESEARCH FOR YOURSELF

- When researching information online, ask yourself:
  - Who operates the website? Is it reputable?
  - What is the purpose of the site? To educate or sell?
  - When was the information posted?
    Is it current?
  - Where did the information come from? What is the source of the information? References?
  - Why does this site exist?
- Research the cost







# CHOOSING A COMPLEMENTARY HEALTH PRACTITIONER

Seek Recommendations

Research Credentials

Use a Collaborative Approach

Look for Condition-Specific Expertise

Check Insurance Coverage

Inform Your Healthcare Team





# INFORMING YOUR HEALTHCARE TEAM

- Complete a Patient History Form
- Inform at Every Visit
- Ask Questions
- Be Proactive

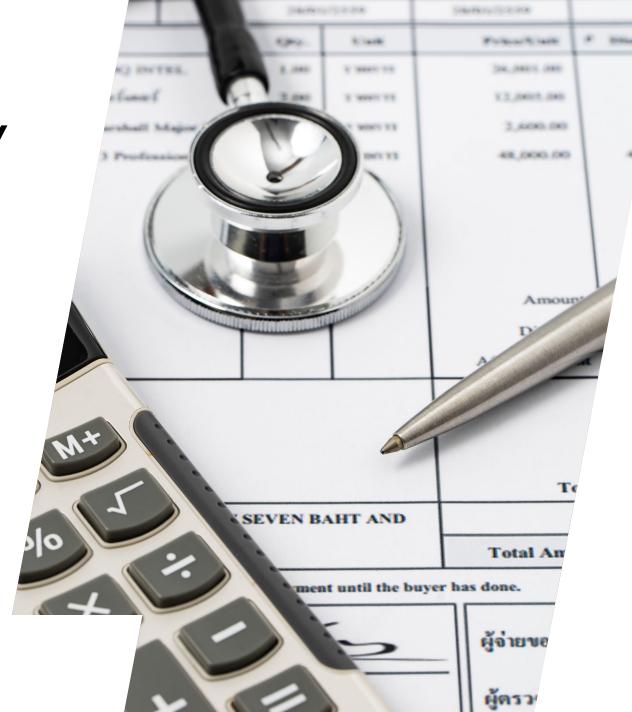






# QUESTIONS TO ASK YOUR HEALTH INSURANCE COMPANY

- Is this complementary approach covered for my health condition?
- Does it need to be preapproved, ordered by prescription, or require a referral?
- Does the practitioner need to be innetwork?
- How many visits and/or what dollar amount will be covered?
- How much will I have to pay?







## **SUMMARY**

- Be Informed
- Communicate
- Choose Carefully
- Safety First







## QUESTIONS? CONTACT US!

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