

What is Complementary and Alternative medicine (CAM)?

How can it help the aging population?

Dr. Jaymie Mackler N.D., L.Ac. - Flourish LLC

1409 Franklin St. Suite 103 Vancouver, WA

360-718-7603

What is CAM?

“A group of diverse medical and healthcare systems, practices, and products that are not presently considered to be part of conventional medicine”

NCCAM (National Center for Complementary and Alternative medicine) in 2004.

CAM – Complementary and Alternative Medicine

- ▶ In the 2007 National Health Interview Survey (NHIS), approximately 38 percent of adults reported using complementary and alternative medicine (CAM) in the previous 12 months.

- ▶ <https://nccih.nih.gov/news/camstats/costs/costdatafs.htm>

Costs of CAM



- ▶ 83 million adults spent \$33.9 billion out-of-pocket on CAM
- ▶ CAM costs are 11.2% of total out-of-pocket expenditures on health care

IT IS POPULAR



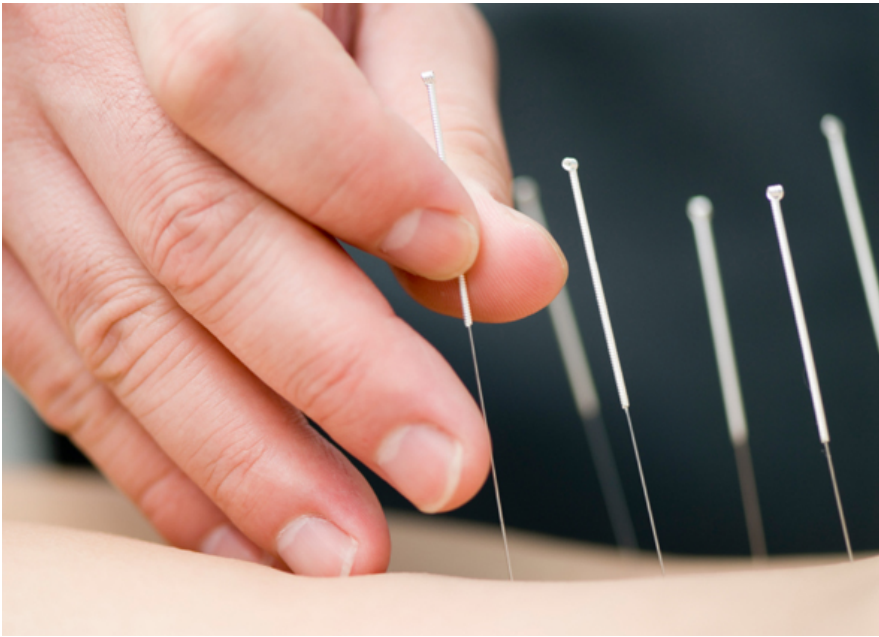
What is Conventional Medicine?

- Medical doctors
- Mainstream medicine
- Pharmaceuticals
- Surgery



- **Complementary Medicine**

If a non-mainstream practice is used together with conventional medicine.



Alternative Medicine

If a non-mainstream practice is used in place of conventional medicine.



Integrative medicine

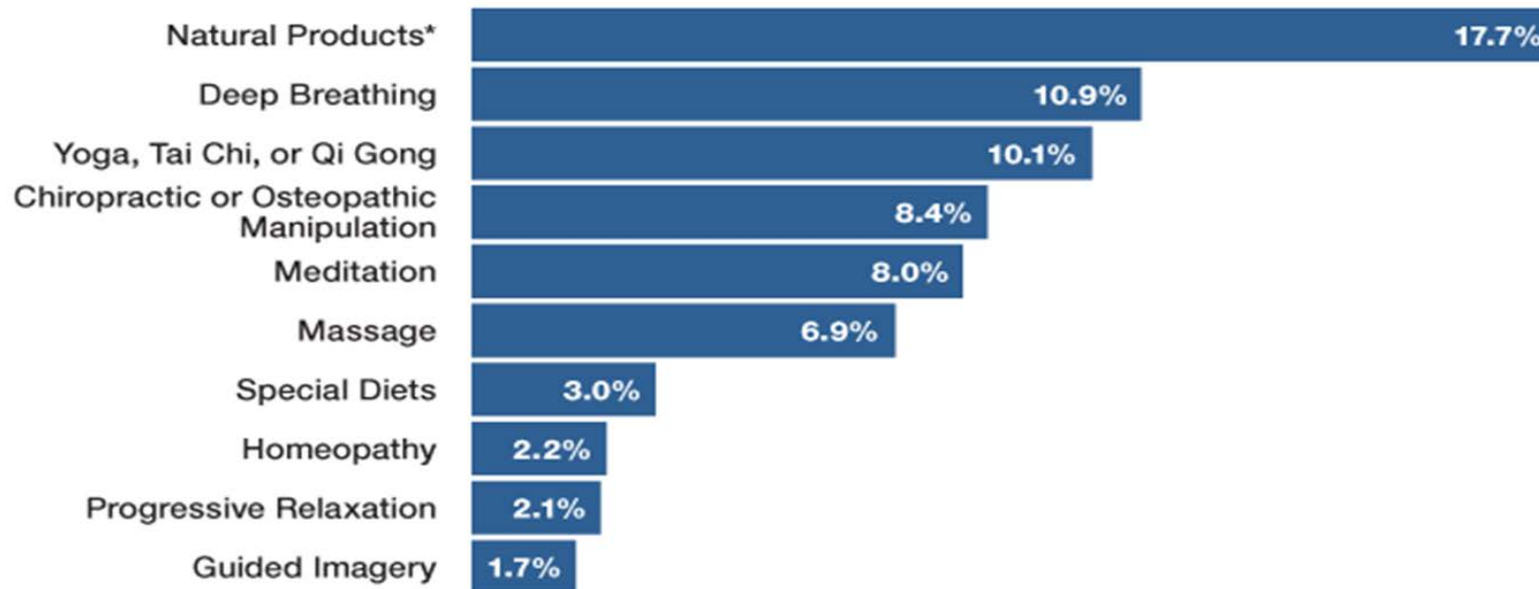
Bringing conventional and complementary approaches together in a coordinated way.



National institute of health - STUDY

<https://nccih.nih.gov/research/statistics/NHIS/2012>

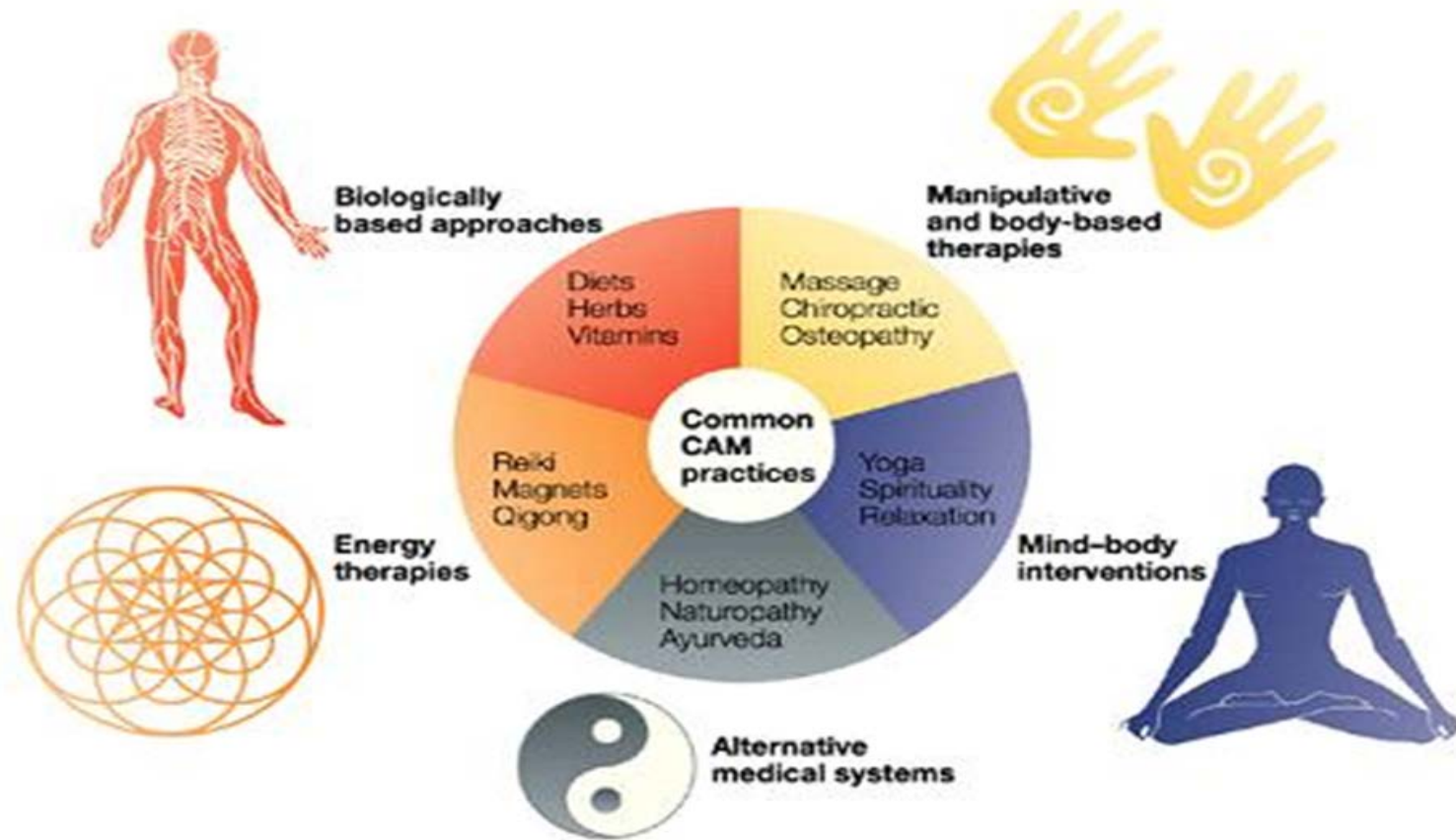
10 most common complementary health approaches among adults—2012



*Dietary supplements other than vitamins and minerals.

Source: Clarke TC, Black LJ, Stussman BJ, Barnes PM, Nahin RL. Trends in the use of complementary health approaches among adults: United States, 2002-2012. National health statistics reports; no 79. Hyattsville, MD: National Center for Health Statistics. 2015.

What are common CAM practices?



Why should we care about CAM?

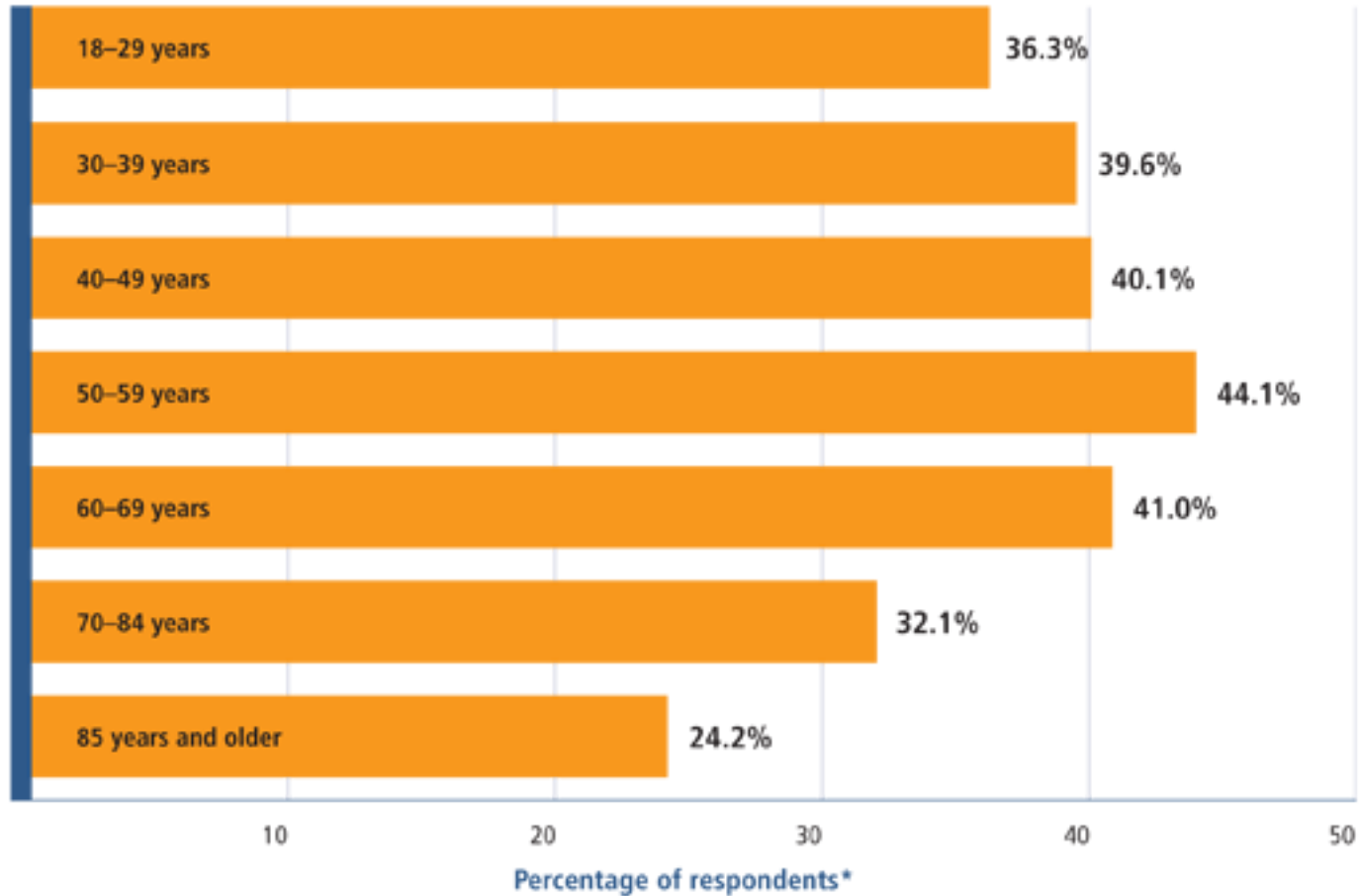


IT IS POPULAR

Even for older Americans



CAM Use in the Past 12 Months Among U.S. Adults, by Age Category



*Base: All adult respondents 18+ (n=23,393)

Source: National Health Interview Survey, 2007

Over 53% of people aged 50 and over use CAM..

Nearly 88% of older Americans were reported to be using CAM.



Why is CAM so popular?

Why might you or your loved one benefit from CAM?

- Pain Relief
- More effective
- Improves quality of life
- Less side effects / Safer
- Natural
- Consistent with beliefs/
philosophical orientation

Pharmacogn Rev. 2014 Jul-Dec; 8(16): 81-87. Role of complementary and alternative medicine in geriatric care: A mini review Mohammad Jamshed Siddiqui, Chan Sze Min,¹ Rohit Kumar Verma,² and Shazia Qasim Jamshed³

Pain Relief – Low back pain

The lifetime prevalence of low back pain is estimated at 60% to 70% in industrialized countries



Ann Intern Med. 2017 Apr 4;166(7):514-530. doi: 10.7326/M16-2367. Epub 2017 Feb 14. **Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians.**
Qaseem A¹, Wilt TJ¹, McLean RM¹, Forciea MA¹; Clinical Guidelines Committee of the American College of Physicians.

► **Recommendation 1 for Acute or Subacute LBP**

Clinicians and patients should select nonpharmacologic treatment with superficial heat, massage, acupuncture, or spinal manipulation. If pharmacologic treatment is desired, clinicians and patients should select nonsteroidal anti-inflammatory drugs or skeletal muscle relaxants. (Grade: strong recommendation).

► **Recommendation 2 – for chronic low back pain**

Clinicians and patients should initially select nonpharmacologic treatment with exercise, multidisciplinary rehabilitation, acupuncture, mindfulness-based stress reduction, tai chi, yoga, motor control exercise, progressive relaxation, electromyography biofeedback, low-level laser therapy, operant therapy, cognitive behavioral therapy, or spinal manipulation. (Grade: strong recommendation).

KNEE PAIN - Osteoarthritis (OA)



- ▶ 13% of adults 60-64 years old have symptomatic, radiographic knee OA.
- ▶ Among persons surviving the next decade, 20% will have symptomatic advanced or end-stage knee OA.
- ▶ Prevalence of advanced knee OA will range from 10% among non-obese to 35% among obese persons.

- ▶ [Osteoarthritis Cartilage](#). 2011 Jan;19(1):44-50. doi: 10.1016/j.joca.2010.10.009. Epub 2010 Oct 16. Forecasting the burden of advance knee osteoarthritis over a 10-year period in a cohort of 60-64 year-old US adults. [Holt HL¹](#), [Katz JN](#), [Reichmann WM](#), [Gerlovin H](#), [Wright EA](#), [Hunter DJ](#), [Jordan JM](#), [Kessler CL](#), [Losina E](#).

PAIN RELIEF - Electro-acupuncture for knee OA

- ▶ Decreases pain
- ▶ Decreases opiate usage after surgery
- ▶ Increases mobility.



[Am J Chin Med.](#) 2017;45(5):965-985. doi:
10.1142/S0192415X17500513. Epub 2017 Jun 28.
**Electro-Acupuncture is Beneficial for Knee
Osteoarthritis: The Evidence from Meta-Analysis of
Randomized Controlled Trials.**

[Chen N](#)¹, [Wang J](#)², [Mucelli A](#)³, [Zhang X](#)⁴, [Wang C](#)¹.

Other CAM Modalities shown to be effective for OA / PAIN

- ▶ Glucosamine Sulfate
- ▶ Turmeric
- ▶ Bromelain
- ▶ Boswelia

Patients should always speak to their health care providers about the use of supplements especially if they are taking other medications.

GERD - Gastro-esophageal Reflux Disease



Gastroesophageal reflux disease: A clinical overview for primary care physicians.

[Pandit S](#)¹, [Boktor M](#)¹, [Alexander JS](#)², [Becker F](#)³, [Morris J](#)⁴.

Treatment of GERD

- ▶ Diet: decrease spicy, coffee, alcohol tomato, citrus
- ▶ Lifestyle: Do some deep breathing before eating. If you have GERD at night, stop eating at least 2-3 hours before bed
- ▶ To heal tissue: DGL and demulcent herbs, glutamine
- ▶ To aid digestion: Bitter herbs, digestive enzymes, Betaine HCl
- ▶ Identify other causes: hernia, sphincter changes, Food allergies, SIBO

Why is this important to this committee?



With less pain, more mobility and less side effects people will be able to stay in their homes longer.

What type of CAM providers can help you?

Licensed practitioners

- ▶ Naturopathic Physicians
- ▶ Licensed Acupuncturists
- ▶ Chiropractors
- ▶ Massage therapists
- ▶ Osteopathic physicians

Other CAM Providers

- ▶ Life coaches
- ▶ Hypnotherapists
- ▶ Herbalists
- ▶ Lay homeopaths
- ▶ And many more.....

Naturopathic Physicians

- ▶ **Naturopathic Physicians (ND)**
- ▶ Graduates of 4 year medical programs
- ▶ Pass national board exams
- ▶ Can be Primary Care providers in WA or complementary care
- ▶ Study nutrition and supplements in depth as well as pharmacological interactions
- ▶ Licensed and boarded
- ▶ www.Aanp.org



Acupuncturists- EAMP, MSOM, MAc or LAc

- ▶ EAMP - In WA their license is called EAMP (East Asian Medicine Practitioner) some still use title L.Ac. For licensed acupuncturist
- ▶ NCCAOM - National Certification
- ▶ Many have master's level degrees or higher
- ▶ Modalities used: Acupuncture, Chinese herbal remedies, Tui Na or Shiatsu (types of massage / body work), Chinese dietetics (nutritional consultation)
- ▶ Many insurance plans cover this but some only for pain codes.



The background features abstract, overlapping geometric shapes in various shades of green, ranging from light lime to dark forest green. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The central area is white, providing a clean space for the text.

What can you do to stay
healthy?

Diet is Key: Get more than 5 servings of fruits and vegetables per day!



www.alamy.com - CT0XAC

- ▶ The mainstay for any wholistic health philosophy is healthy food.
- ▶ This is something all people should be able to access whether or not they go to a Doctor
- ▶ Polyphenols bioactive compounds in different color fruits and veggies
- ▶ Decrease risk of CVD, stroke and Cancer.
- ▶ Natural, little to no side effects, tailored to individual tastes
- ▶ Naturopathic physicians or nutritionists can help tailor this based on patients health history

Keep moving....



- ▶ Improves immune function
- ▶ Improves Cardiac and respiratory function
- ▶ Protects against bone loss and increases bone density
- ▶ Improves GI function

HAVE FUN



THANK YOU!

Dr. Jaymie Mackler N.D. L.Ac.

Flourish LLC

1409 Franklin St

Vancouver, WA 98660

360-718-7603

www.flourishnow.com