




**Complementary Medicine in the
Cancer patient care**




Complementary and alternative medicine (CAM)

As defined by the (NCCAM), is a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine.






Use of CAM

- In 2002, about 62% of adults in the United States reported using at least one form of alternative medicine within the previous year.
 - It has been estimated that 75% of people in the United States have used at least one CAM therapy over their lifetime.
 - Public opinion surveys have suggested similar overall patterns of use in European countries.
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Predictors of CAM use in the USA

- Female gender.
 - White race (as opposed to African-American or Hispanic).
 - Higher socioeconomic status.
 - Higher levels of education.
 - Chronic, non-life-threatening medical conditions.
 - Patients with cancer, HIV infection, and Fibromyalgia.
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Clalit Complementary Medicine

- Public health service which integrate Complementary Medicine with Conventional Medicine.
 - About 50 clinics and 600,000 sessions in 2007.
 - 3.8 millions insured members of the organization (2nd largest in the world).
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INDIPENDENT

SPECIALIST

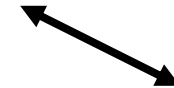
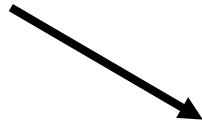
GP

**M.D. IN THE
INTEGRATIVE
CLINIC**

BIOFEEDBACK

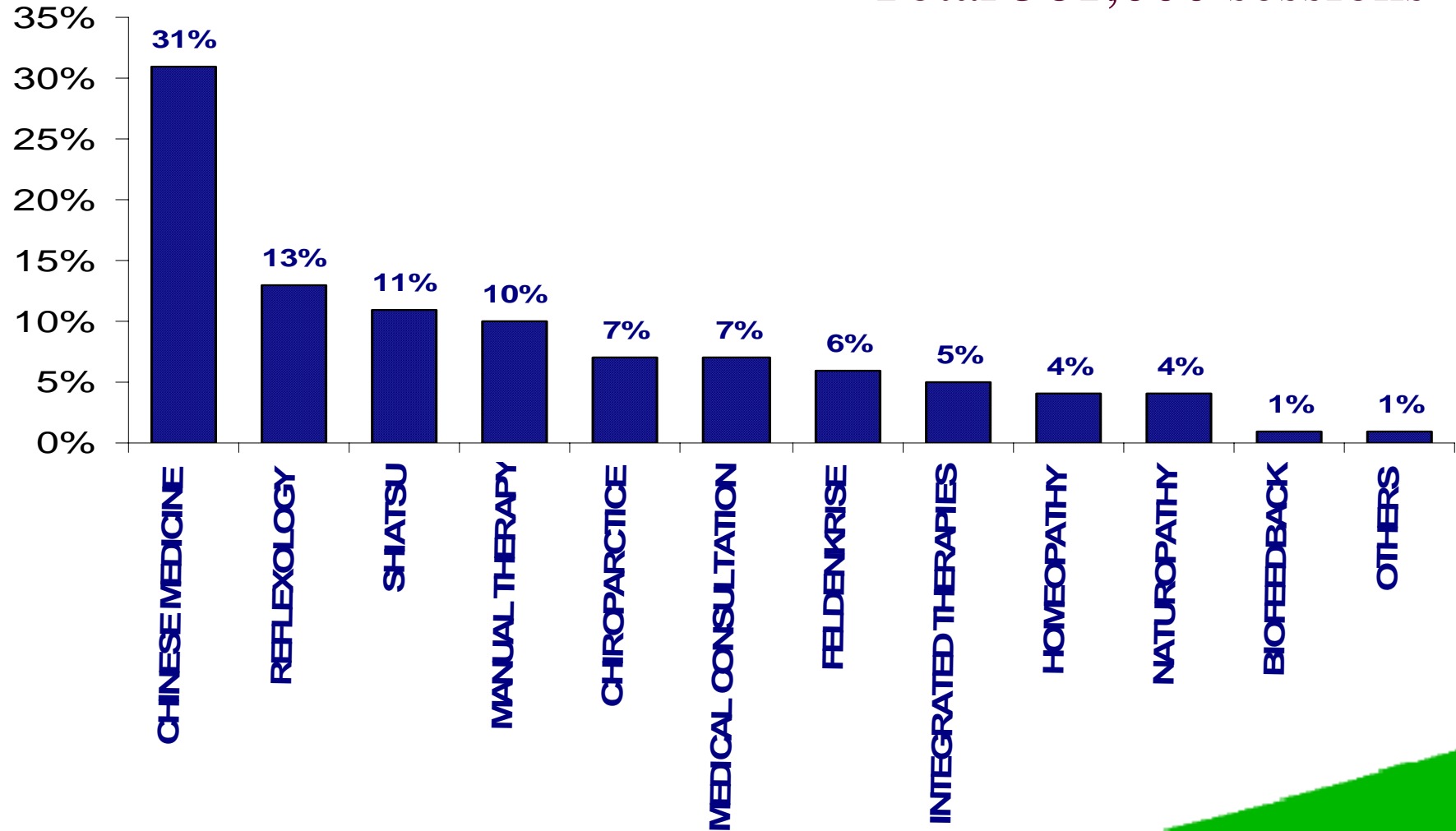
**MANUAL
THERAPIES**

ACUPUNCTURE



MODALITIES DISTRIBUTION 2006

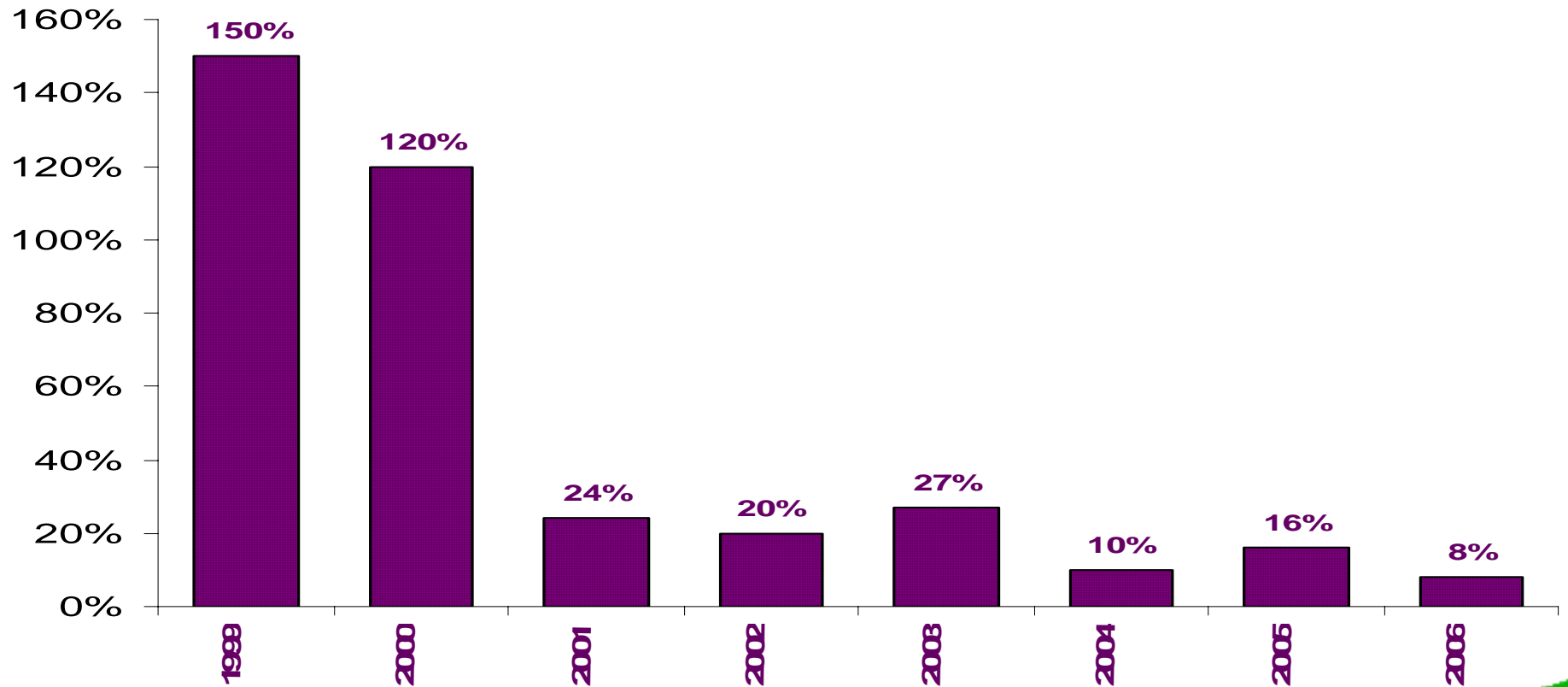
Total 561,000 sessions



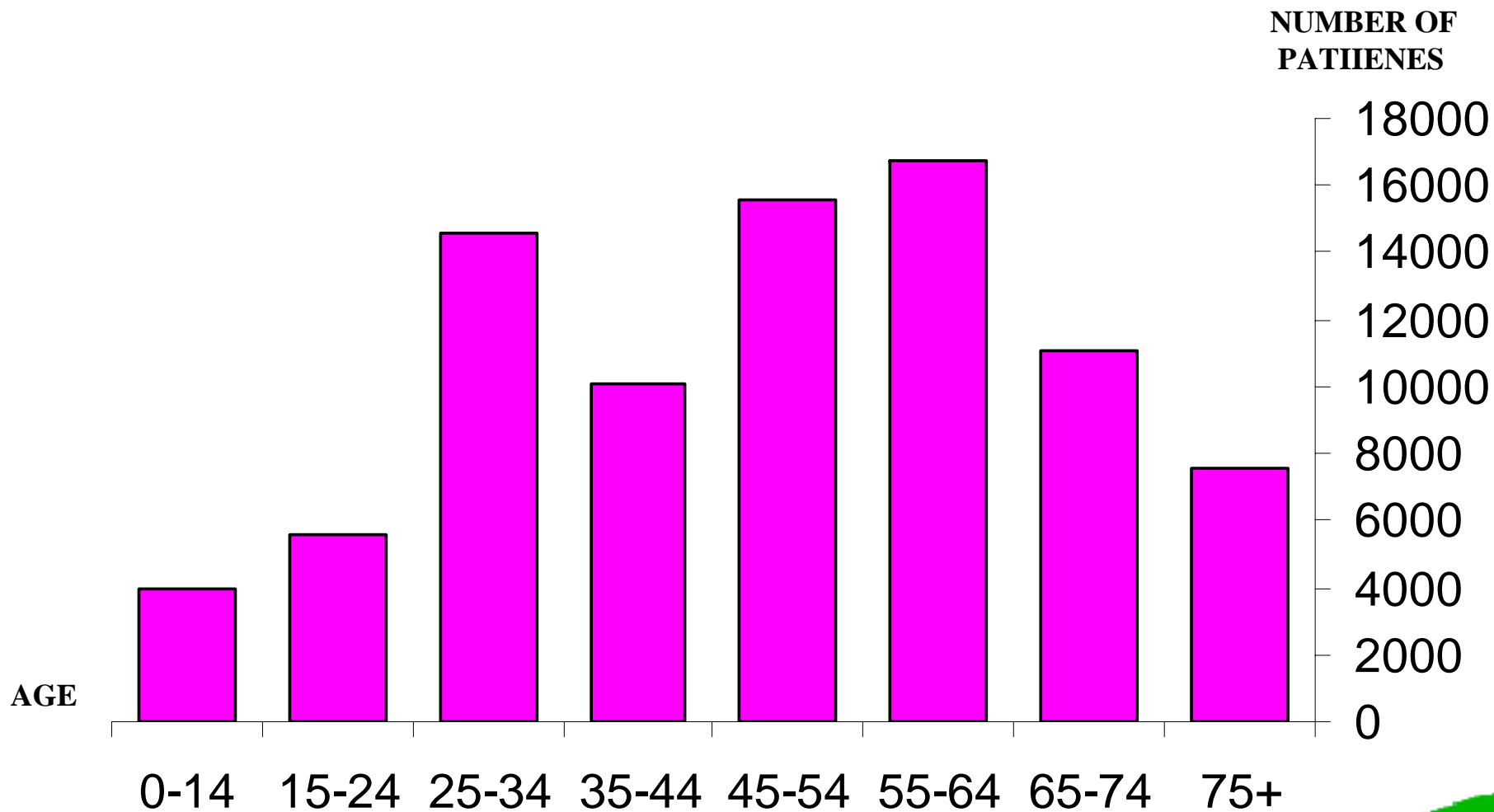
PATIENTS INCREASES 2006-1998

PATIENTS 2006 ABOUT 85,000

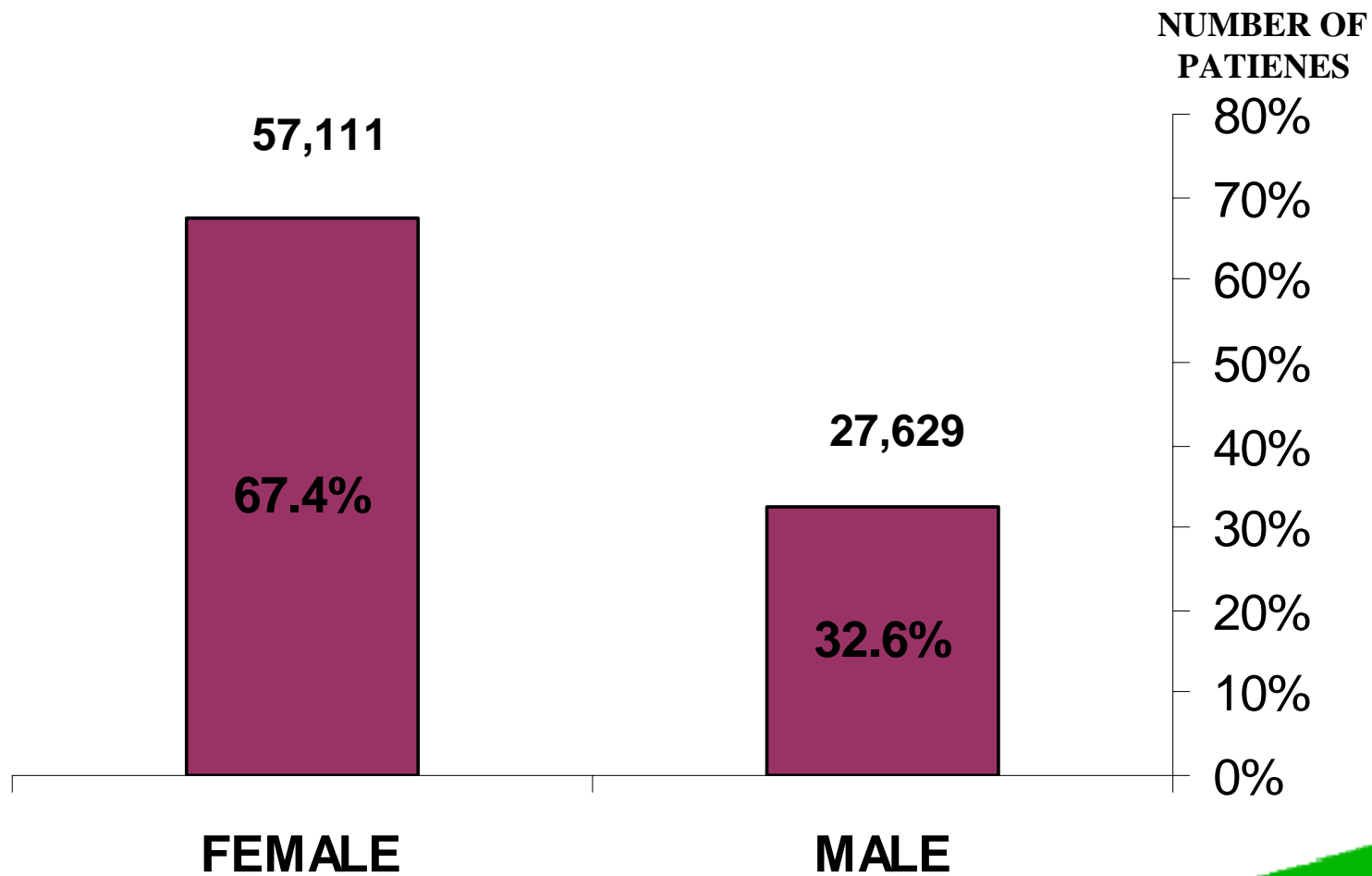
YEARLY AVERAGE INCREASES 47%



AGE DISTRIBUTION




SEX DISTRIBUTION 2006






Cancer Patients and CAM

- Stress.
 - Fatigue.
 - Nausea.
 - Anxiety.
 - Pain .
 - Other side effects of chemotherapy and radiotherapy.
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CAM Modalities helpful in cancer patients

- Acupuncture.
 - Homotoxicology.
 - Biofeedback.
 - Therapeutic Massage.
 - Hypnotherapy.
 - Anthroposophic Medicine.
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Acupuncture indications

According to a panel of experts at a (NIH) Consensus Conference in November 1997, acupuncture has been found to be effective in the management of chemotherapy-associated nausea , vomiting and in controlling pain associated with surgery.






Additional Acupuncture indications

- Pain.
 - Fatigue.
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Homotoxicology

- Homotoxicology is a modern form of homoeopathy and is the most prescribed form of natural medicine in Germany, In fact, 80% of orthodox doctors in Germany prescribe homoeopathic or antihomotoxic preparations for their patients.
 - The efficacy and safety of homotoxicology is supported by close to 100 clinical trials.
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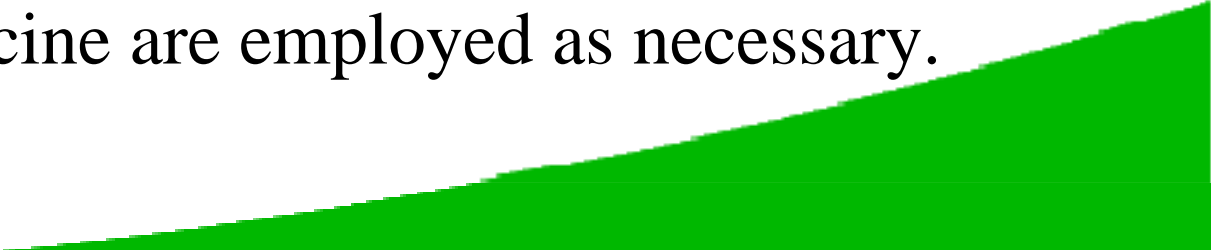


Homotoxicology indications

- Fatigue.
 - Pain.
 - Peripheral neuropathy.
 - Mucosal damage .
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Anthroposophic Medicine

- Anthroposophic medicine is an alternative medicine founded in the 1920s by Dr. Rudolf Steiner & Dr. Ita Wegman. Its advocates see it as a complementary, holistic and salutogenetic approach to medicine .
 - Therapies are intended to enhance the organism's capacities to heal by use of herbs, minerals & Homeopathic remedies.
 - Orthodox medical treatments such as surgery and allopathic medicine are employed as necessary.
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Anthroposophic Medicine

- Side effects of chemotherapy .
 - Anxiety .
 - Fatigue .
 - Insomnia.
 - Self confidence.
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Biofeedback

- Biofeedback is a form of CAM that involves measuring a subject's bodily processes such as blood pressure, heart rate, skin temperature, sweating, and muscle tension and conveying such information to the patient in real-time in order to raise awareness and conscious control of the related physiological activities.
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Biofeedback

- Stress.
- Anxiety.
- Pain.






Hypnotherapy

- is an altered state of consciousness, achieved with the help of a hypnotherapist .
 - under hypnosis:
 - attention is more focused.
 - The patient is more responsive to suggestions, more open and less critical or disbelieving
 - The purpose of hypnosis as a therapeutic technique is to help the patient to gain more control over his behavior, emotions or physical well-being.
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Hypnotherapy

- Anxiety.
 - Stress.
 - Self confidence.
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Therapeutic Massage

- Massage is a treatment and practice of manipulation of the soft body tissues.
 - The process is done through acting and manipulating over someone's body with pressure (structured, unstructured, stationary, and/or moving), tension, motion, or vibration done manually or with mechanical aids.
 - Target tissues may include muscles, tendons, ligaments, skin, joints, or other connective tissue, as well as, lymphatic vessels, and/or organs of the gastrointestinal system.
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Therapeutic Massage

- Therapeutic massage is increasingly used in medical treatment programs for cancer patients to:
 - Reduce symptoms.
 - Improve coping.
 - Enhance quality of life and personal sense of wellbeing.
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Conclusions

- From our experience CAM improves the cancer patient's quality of life in all the stages and is warmly recommended as an additional remedy in the cancer patient care.
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Thank You