



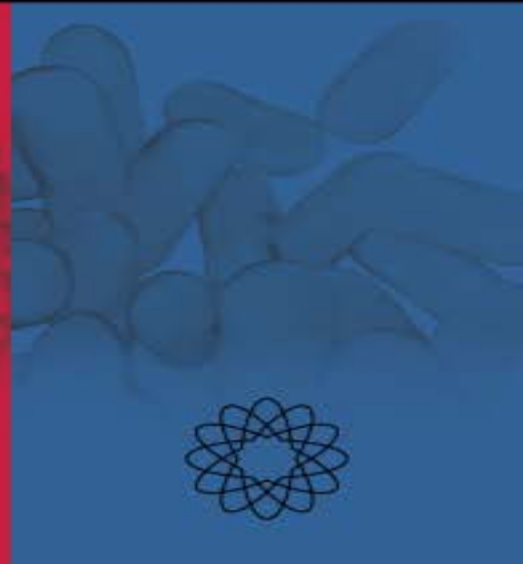
National Center for
Complementary and
Integrative Health

Lessons from Integrative Medicine: Sometimes Less Really is More

Dr. Josephine Briggs
Director

National Center for Complementary and Integrative Health
National Institutes of Health

May 3, 2017



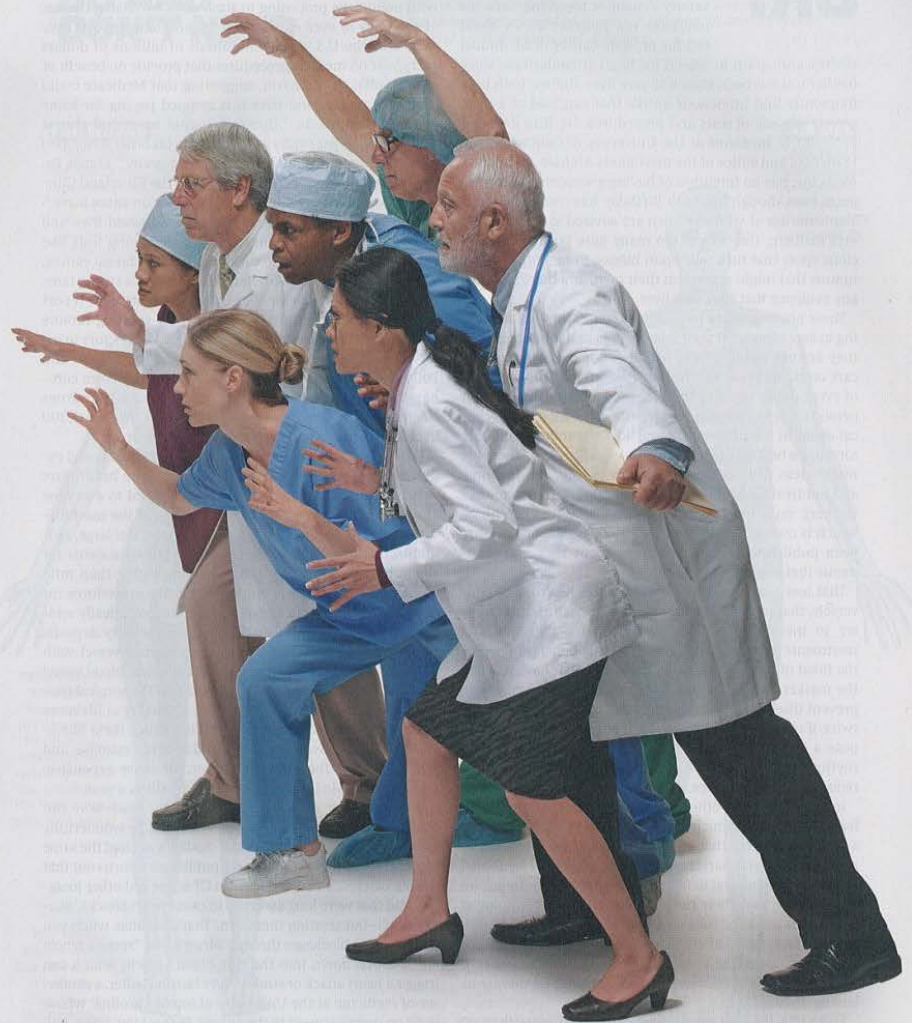
NO!



THE ONE WORD THAT CAN SAVE YOUR LIFE

BY SHARON BEGLEY
PHOTOGRAPH BY HUGH KRETSCHMER

STENTS. KNEE SURGERY. EVEN THE OMNIPRESENT MRI. NEW RESEARCH SHOWS HOW SOME



COMMON TESTS AND PROCEDURES AREN'T JUST EXPENSIVE, BUT CAN DO MORE HARM THAN GOOD.



DER SPIEGEL

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unnötige Operationen,
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der Rating-Agenturen

* Zu Risiken und Nebenwirkungen lesen Sie diesen SPIEGEL.

The intense current
interest in
complementary and
integrative health
reflects, in part,
patient dissatisfactions
with mainstream
medicine.

Is there a simpler way?

Is there a 'natural' way'?

Can we avoid drugs?

Can I foster the healing process myself?

Quirky ideas

- Physical resistance training is good for people recovering from major physical trauma:
Joseph Pilates, 1915
- Relaxation and breathing techniques help with pain of childbirth:
Ferand Lamaze 1940
- Breast feeding is good for babies:
Edwina Froelich, La Leche League founder 1950's
- Extensive palliative support, and reduced medical interventions benefit dying patients:
Saunders, Wald, Kubler-Ross 1960's

Examples:

Pain management

Cancer screening

Pain management:

Cancer screening:

The price of imprecision

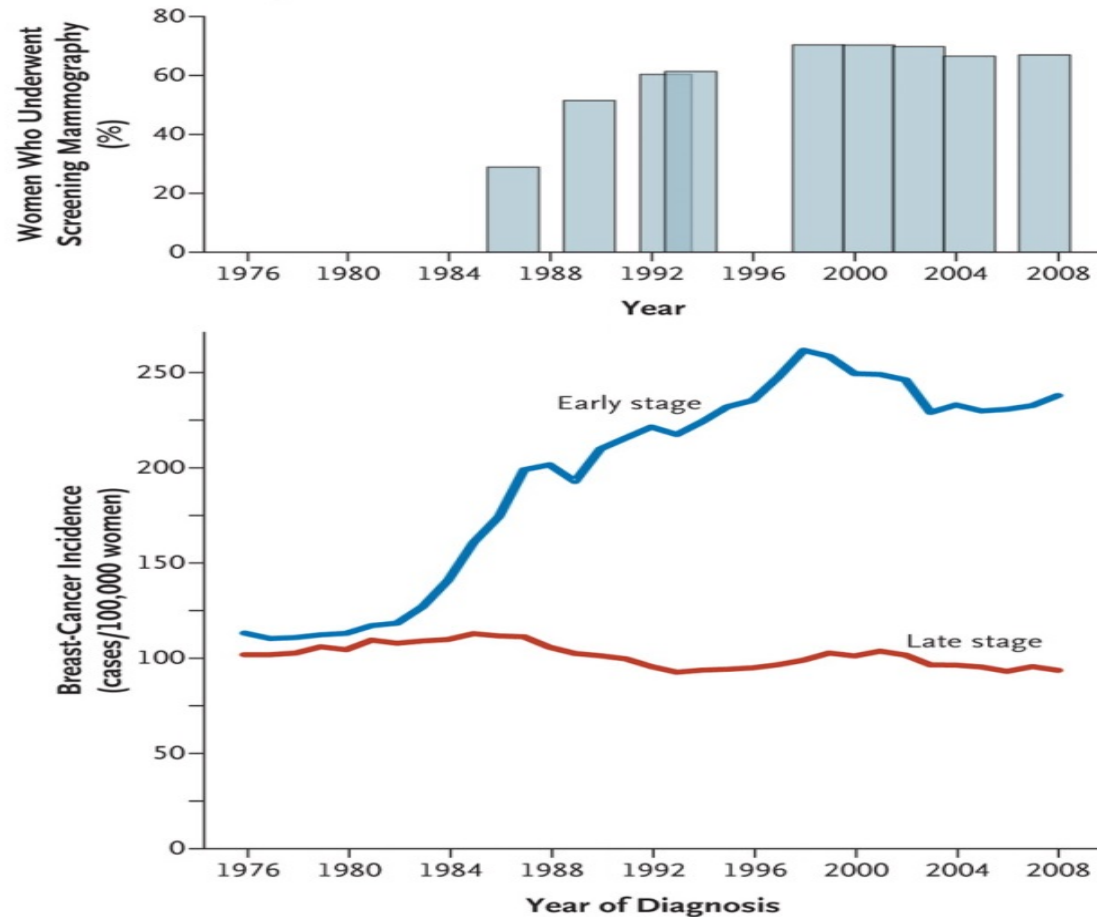
Use of Screening Mammography and Incidence of Stage-specific Breast Cancer in the United States, 1976-2008



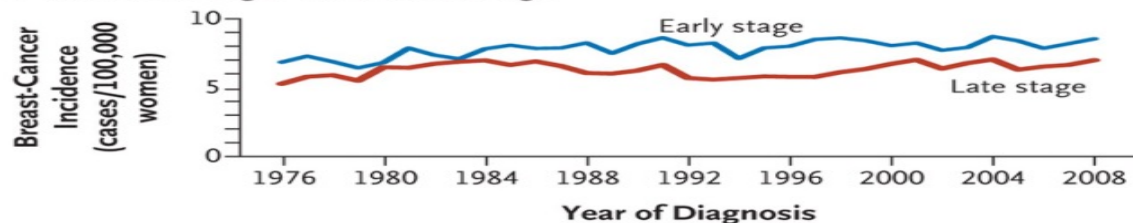
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JOURNAL of MEDICINE

Bleyer A and Welch HG. Effect of Three Decades of Screening Mammography on Breast-Cancer Incidence. N Engl J Med 2012; 367:1998-2005.

A Women 40 Yr of Age or Older



B Women Younger Than 40 Yr of Age

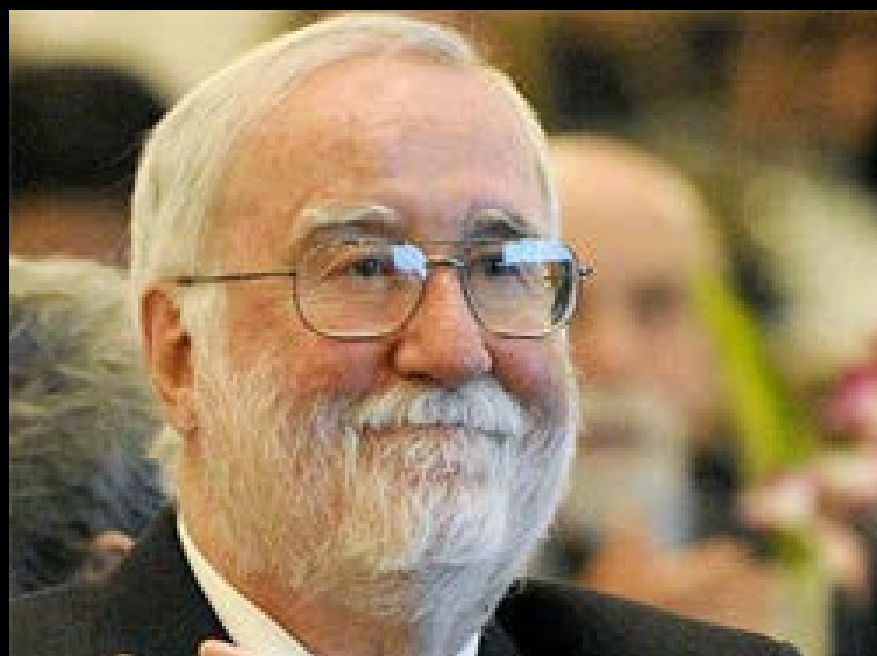


Use of Screening Mammography and Incidence of Stage-specific Breast Cancer in the United States, 1976-2008

Screening, begun in the '80's, resulted in a tripling of the rate of diagnosis of breast cancer .

“Unfortunately, the number of women in the United States who present with distant disease, only 25% of whom survive for 5 years, appears not to have been affected by screening.”

“We estimate that breast cancer was overdiagnosed (i.e. tumors were detected that would never have led to clinical symptoms) in 1.3 million U.S. women in the past 30 years.”





Volume 312:71, January 1996

Evidence based medicine: what it is and what it isn't

It's about integrating individual clinical expertise and the best external evidence

David L Sackett, William M C Rosenberg, J A Muir Gray, R Brian Haynes, W Scott Richardson

“The practice of evidence based medicine means integrating *individual clinical expertise* with the best available external clinical evidence from systematic research. ...”

“By individual clinical expertise we mean... the more thoughtful identification and compassionate use of individual *patients’ predicaments, rights and preferences.*”

patients' predicaments

patients' rights

patients' preferences

Evidence-based
health care

Our starting point is with the patients'
predicaments

The importance of evidence

The challenge of truth telling

The challenge of misinformation

Bringing patients into the research planning process

- Information that patients value may go beyond the questions that trials typically try to answer;
- Patients remind researchers of quality of life issues: “I would never enroll in a trial like that.”

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Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians FREE

Amir Qaseem, MD, PhD, MHA; Timothy J. Wilt, MD, MPH; Robert M. McLean, MD; Mary Ann Forciea, MD; for the Clinical Guidelines Committee of the American College of Physicians ()*

Strong recommendation

Weak or moderate quality evidence

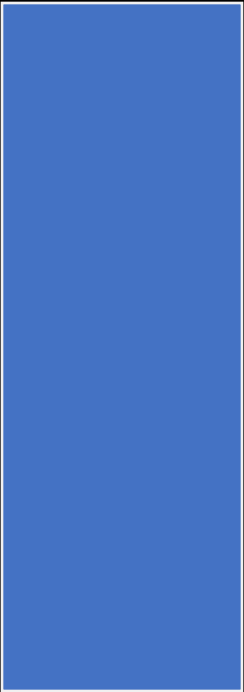
BENEFIT



Usual Care



Time and
attention
control



New
intervention

Responses to Questions about the Likelihood That Chemotherapy Will Have an Effect, According to the Type of Effect and Diagnosis.

■ Lung cancer (N=710) ■ Colorectal cancer (N=483)



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ORIGINAL ARTICLE

Patients' Expectations about Effects of Chemotherapy for Advanced Cancer

Jane C. Weeks, M.D., Paul J. Catalano, Sc.D., Angel Cronin, M.S., Matthew D. Finkelman, Ph.D., Jennifer W. Mack, M.D., M.P.H., Nancy L. Keating, M.D., M.P.H., and Deborah Schrag, M.D., M.P.H.

N Engl J Med 2012; 367:1616-1625 | [October 25, 2012](#) | DOI: 10.1056/NEJMoa1204410

Weeks JC et al. N Engl J Med 2012;367:1616-1625.



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Table 2. Odds Ratios for the Association between Various Factors and an Inaccurate Response to Questions about the Likelihood of Cure with Chemotherapy.*

Variable	Odds Ratio (95% CI)	P Value
Cancer type		<0.001
Lung	Reference	
Colorectal	1.75 (1.29–2.37)	
Age		0.06
21–54 yr	Reference	
55–69 yr	1.10 (0.77–1.57)	
70–79 yr	1.68 (1.10–2.57)	
≥80 yr	1.47 (0.77–2.80)	
Race or ethnic group		<0.001
White	Reference	
Hispanic or Latino	2.82 (1.51–5.27)	
Black	2.93 (1.80–4.78)	
Asian or Pacific Islander	4.32 (2.19–8.49)	
Other	3.07 (1.50–6.27)	
Integrated health care network		0.02
No	Reference	
Yes	0.70 (0.52–0.94)	
Baseline interview type		0.06
Full	Reference	
Brief	2.32 (1.03–5.26)	
With surrogate for ill patient	0.80 (0.54–1.19)	
Physician-communication score		0.002
0–79	Reference	
80–99	1.37 (0.93–2.02)	
100	1.90 (1.33–2.72)	

* Odds ratios were calculated with the use of multivariable logistic regression. An odds ratio of more than 1 represents a greater likelihood of an inaccurate belief. Listed are variables with $P < 0.10$ in the multivariable model. Full results for all variables that were included in the multivariable model are provided in Table S2 in the Supplementary Appendix.

Odds Ratios for an Inaccurate Response to Questions about the Likelihood of Cure with Chemotherapy.

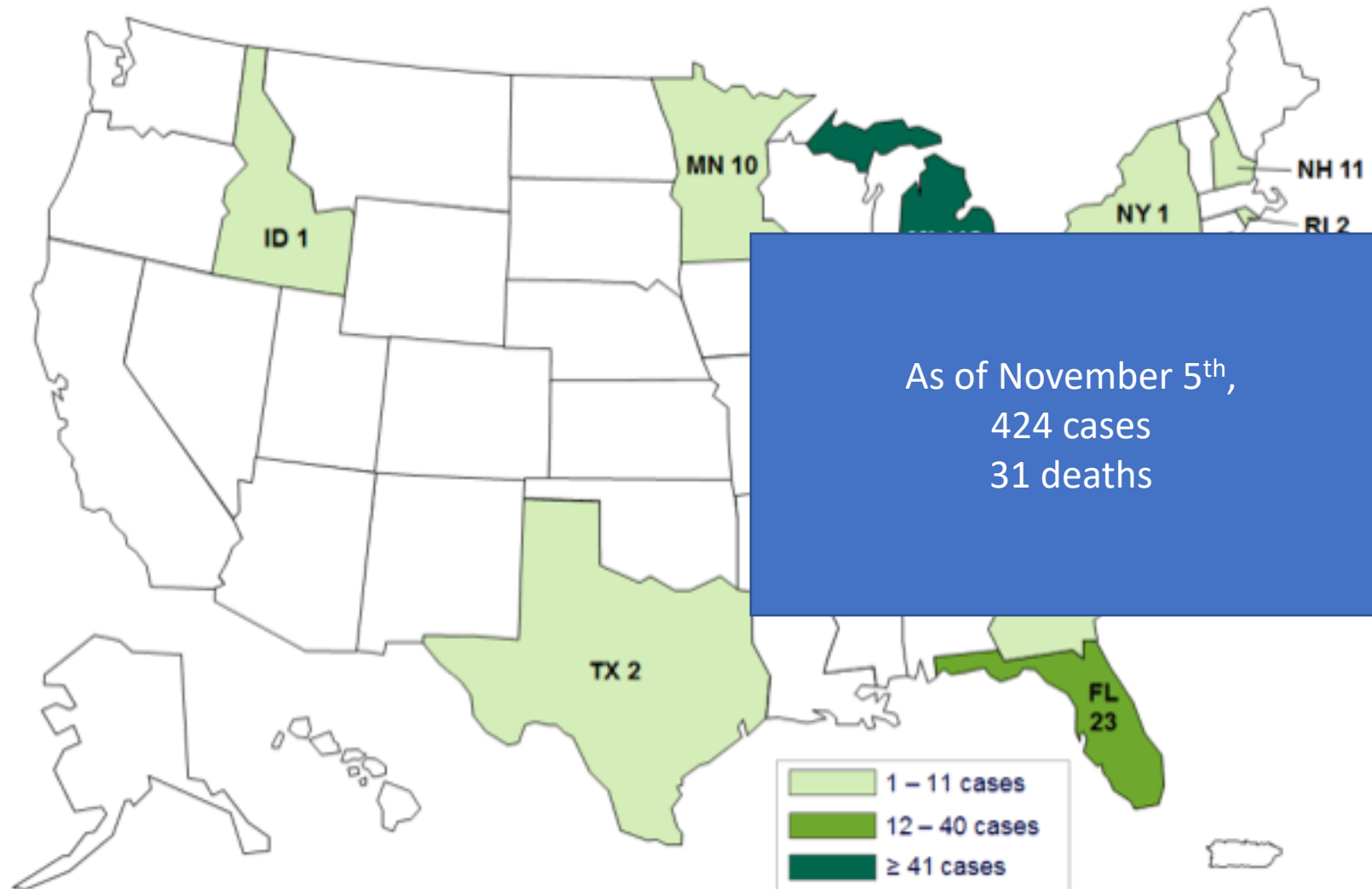


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- Truth telling

Cases with Fungal Infections Linked to Steroid Injections

NOTICE: Next update will be Monday Nov. 5.



[\[View Larger Map\]](#)

Cases and Deaths with Fungal Infections Linked to Steroid Injections



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ORIGINAL ARTICLE


A Controlled Trial of Corticosteroid Injections into Facet Joints for Chronic Low Back Pain

Simon Carette, M.D., Sylvie Marcoux, M.D., Ph.D., René Truchon, M.D., Charlotte Grondin, M.D., Jacques Gagnon, M.D.,
Yves Allard, M.D., and Marie Latulippe, R.N.

N Engl J Med 1991; 325:1002-1007 | [October 3, 1991](#) | DOI: 10.1056/NEJM199110033251405



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Injection therapy for subacute and chronic low-back pain

Staal JB, de Bie R, de Vet HCW, Hildebrandt J, Nelemans P

Published Online: February 16, 2011

Injection therapy is one of many treatments available for patients with subacute (longer than six weeks) and chronic (longer than 12 weeks) low-back pain. Where the injection is given, what drug is used and why the injection is given can all vary.

The injection can be given into different parts of the spine (the space between the vertebrae, around the nerve roots, or into the disc), ligaments, muscles or trigger points (spots in the muscles that when pressed firmly will produce pain). Drugs that reduce swelling (corticosteroids, non-steroidal anti-inflammatory (NSAIDs)) and pain (morphine, anaesthetics) are used. Injection therapy can be used for individuals with low-back pain with or without pain and other symptoms in the leg.

Find the research

Get full text in *The Cochrane Library* for this Review titled:

[Injection therapy for subacute and chronic low-back pain](#)

Primary Review Group: [Back Group](#)



Our starting point is with the
patients' predicaments

The importance of evidence

The challenge of truth telling

The challenge of misinformation

Cheat death.

The antioxidant power of
pomegranate juice:



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DA

Share the joy, slow aging signs and reduce the discomforts of aging

"Why Memory Loss Is Skyrocketing in America and how you can trade brain drain for brain gain now!"

The most powerful and most common cause of memory loss is aging. As we age, our brains naturally lose some of their ability to store and retrieve information. This is why many people experience memory loss as they age. But there is a way to prevent this from happening. It's called Flexiprin. Flexiprin is a natural, non-toxic, and safe way to improve your memory and prevent further loss. It's the only product on the market that can do this. Flexiprin is made from a combination of natural ingredients that work together to improve your memory and prevent further loss. It's the only product on the market that can do this. Flexiprin is made from a combination of natural ingredients that work together to improve your memory and prevent further loss. It's the only product on the market that can do this.

Now, all-around memory loss is

- **AGING** - your memory is lost as you age.
- **STRESS** - your brain is constantly being stressed by stress.
- **DIET** - your brain is constantly being stressed by diet.
- **EXERCISE** - your brain is constantly being stressed by exercise.
- **SLEEP** - your brain is constantly being stressed by sleep.

Memory Loss Is Skyrocketing in America.

The rate of memory loss is skyrocketing in America. It's estimated that 1 in 10 people over the age of 65 experience memory loss. This is a huge problem. Memory loss can be a sign of a more serious condition, such as Alzheimer's disease. But there is a way to prevent this from happening. It's called Flexiprin. Flexiprin is a natural, non-toxic, and safe way to improve your memory and prevent further loss. It's the only product on the market that can do this. Flexiprin is made from a combination of natural ingredients that work together to improve your memory and prevent further loss. It's the only product on the market that can do this.

Trade Brain Drain for Brain Gain Now!

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Brain Drain Clearing Breakthrough to the Future

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Speed the Process and Keep in the Game

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Why is COGNIPRIN™ the Brain-Changer You've Always Wanted?

The Brain-Changer You've Always Wanted is a natural, non-toxic, and safe way to improve your memory and prevent further loss. It's the only product on the market that can do this. COGNIPRIN™ is made from a combination of natural ingredients that work together to improve your memory and prevent further loss. It's the only product on the market that can do this. COGNIPRIN™ is made from a combination of natural ingredients that work together to improve your memory and prevent further loss. It's the only product on the market that can do this.

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Nothing Else Like COGNIPRIN™... Anywhere

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HEALTH NEWS | Mon Aug 15, 2011 | 5:18pm EDT

Chinese herb mix may shorten flu fever



By Amy Norton | NEW YORK

(Reuters Health) - In mild cases of H1N1 influenza, a traditional Chinese herb mixture may relieve a fever about as well as the antiviral drug Tamiflu, researchers reported Monday.

The herb product, called maxingshigan-yinqiaosan, is not widely available on store shelves in western countries.

But in a study of 410 Chinese adults with H1N1 flu (also known as swine flu), those who took the herb mixture typically saw their fevers resolve after 16 hours, versus 26 hours in patients in a "control group" whose only flu treatment was acetaminophen (Tylenol) if their fever passed 102 degrees F.

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Certain Homeopathic Teething Products: Recall - Confirmed Elevated Levels of Belladonna

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UPDATED 04/13/2017. FDA is alerting consumers of a nationwide voluntary recall of all lots of Hyland's Baby Teething Tablets and Hyland's Baby Nighttime Teething Tablets by the manufacturer, Standard Homeopathic Company, which is located in Los Angeles. On April 10, the company received FDA's formal recall request and agreed to conduct a recall.

Standard Homeopathic Company is notifying its distributors and retailers by mail and is arranging for the return of all recalled products. Consumers who have products which are being recalled should contact the company.

Consumers with questions regarding this recall can contact Standard Homeopathic Company by calling 1-800-991-3376 (Monday-Friday 6 a.m. to 4 p.m. Pacific Time). Consumers should contact their physician or healthcare provider if they believe they have experienced any problems that may be related to taking or using



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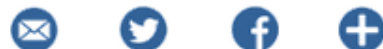
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Childhood Vaccinations—Vital to Our Children's Health


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Director's Page

Josephine P. Briggs, M.D.

People turn to complementary and integrative health approaches to seek better health and well-being. Several studies have found an association between use of complementary health approaches and positive health behaviors such as getting regular exercise, not using tobacco products, and following a healthy diet. Use of these approaches also has been associated with higher rates of vaccination for influenza, pneumococcus, and hepatitis B among adults. Unfortunately, however, this may not be the case for vaccinations in children.

A 2010 NCCIH-funded study in the *Maternal and Child Health Journal* showed that children in Washington State who received care from complementary health providers were substantially less likely to get recommended immunizations and were more likely to be diagnosed with a vaccine-preventable disease. The investigators note that their



Josephine P. Briggs, M.D.

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Biographical Sketch

Curriculum Vitae (PDF)

Highlights



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Hierarchy of Evidence

