Lessons from Integrative Medicine: Sometimes Less Really is More

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NO!

THE ONE WORD THAT CAN SAVE YOUR LIFE

BY SHARON BEGLEY

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.
Überdosis Medizin
Nutzlose Pillen, unnötige Operationen, riskante Therapien

* 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

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.”

Bleyer A and Welsh HG. NEJM 2012
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.”
Recommendation 2: For patients with chronic low back pain, clinicians and patients should initially select nonpharmacologic treatment with exercise, acupuncture, mindfulness-based stress reduction, tai chi, yoga…
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.
Odds Ratios for an Inaccurate Response to Questions about the Likelihood of Cure with Chemotherapy.

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

* 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.
• Truth telling
As of November 5th,
424 cases
31 deaths
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 Alard, M.D., and Marie Latulippe, R.N.

Injection therapy for subacute and chronic low-back pain

Stael JB, de Bie RA, de Vet HCGW, Hildebrandt J, Neloms 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.
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.
"Why Memory Loss Is Skyrocketing in America
and how you can trade brain drain for brain gain now!"

Memory Loss Is Skyrocketing in America.
The rate of Alzheimers...
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-yinqiao-san, 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.
Certain Homeopathic Teething Products: Recall - Confirmed Elevated Levels of Belladonna

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 the recalled product.
Health

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Information for Health Care Providers
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New Approach to Funding Clinical Trials
Resources for Health Care Providers

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study:
Children who received care from CAM providers were substantially less likely to get recommended immunizations and more likely to be diagnosed with a vaccine-preventable disease.

Pediatric Vaccination and Vaccine-Preventable Disease Acquisition: Associations with Care by Complementary and Alternative Medicine Providers

Lois Downey · Patrick T. Tyree · Colleen E. Huebner · William E. Lafferty
National Center for Complementary and Integrative Health

Clearinghouse: 1-888-644-6226
Web site: nccih.nih.gov
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Hierarchy of Evidence

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