Integrative Medicine: What the Health?

BY: Lisa W. Corbin, MD
Medical Director, Integrative Medicine
University of Colorado Denver Anschutz Medical Campus
Associate Professor, Internal Medicine

Definitions

**CAM**
- Complementary / Alternative Medicine
- Therapies not historically part of conventional medicine
  - Chiropractic, acupuncture, massage, herbals….

**Lifestyle medicine**
- Use of stress reduction, exercise, nutrition for health benefits

**Integrative medicine**
- CAM therapies and lifestyle approaches coordinated with conventional medical treatments
The Center for Integrative Medicine
University of Colorado

- History and growth
- Clinical, research, education
- Integrative approach at TCFIM
  - Considerations for geriatric patients
  - More information

2001
The Center for Integrative Medicine

- 720-848-1090
- www.uch.edu/integrativemed
- Locations
  - Stapleton (AF Williams)
    - OPENING NOVEMBER 10
  - Health / Wellness Center
    - MID DECEMBER
  - Lowry
  - CU Sports Med
  - CeDAR
  - Inpatient (by request)
Integrative Medicine Services

General Assessment / Overview
Lisa Corbin, MD
Tish Bolshoun, PA

Traditional Chinese Medicine
Daisy Dong, LAc
Nancy Nguyen, LAc
Ban Wong, LAc

Massage therapy
Ann Mathews, CMT

Nutritional Counseling
Lacey Patton, RD

Pharmaceutical / Herbal Consults
Monika Nuffer, Pharm D

Chiropractic
Brian Enebo, DC

Mind-body / Biofeedback
Carrie Landin, PsyD
Justin Ross, PsyD
Felicia Greher, PhD

Physical therapy
Marcus Kurek, PT

Yoga Therapy
Carolyn Valdez, CYT

Who do I refer?
Common Concerns

- Chronic pain
  - Fibromyalgia
  - Headaches and migraines
  - Back / neck pain
  - Arthritis
- Cancer
  - Primary and secondary prevention
  - Treatment issues
- Women’s Health
  - Menopause
- Gastrointestinal
  - IBS
  - Dyspepsia
- Fatigue
- Depression / anxiety
- Stress management
- Chronic illness
  - Hypertension
  - Parkinson’s
- Wellness / prevention

Sampling of TCFIM Research

- Acupuncture to decrease fatigue in Parkinsons
- CAM for spinal cord injury
- Laser acupoint stimulation for back pain
- What Is Next? Cancer survivorship
- Massage for end of life “REST” Study
- PRIMIER – national PBRN database
- Medical student MSAs:
  - Use of CAM by patients with cancer
  - Efficacy of Curanderismo for patients with chronic pain
  - Integrative medicine as a career choice
  - Work / life balance
Research Opportunities

• CAMPUS (Complementary and Alternative Medicine Practitioners Uniting with Scientists)
  – Multispecialty group open to all on AMC
  – “think tank” to foster research collaborations
  – Forum for Research in Progress presentations
  – Small grants (up to $10,000) available to active participants
  – Danielle.Cook@ucdenver.edu

Integrative Medicine Education

• UC trainees
  – Internal medicine resident elective
  – Medical student electives (MS1, MS4)
  – Pharmacy student elective
  – PT student required course
  – CHA/PA course content
• Public and patient presentations
• Physician CME
• AlterMed – Colorado Integrative Medicine Conference in Estes Park – next July 2016
• Strauss – Wisneski Indigenous Medicine Collection lecture series
National Involvement

The Consortium is a collective voice for influencing and effecting change within integrative health.

WHO WE ARE
We’ve changed our name! The Consortium of Academic Health Centers for Integrative Medicine is now the Academic Consortium for Integrative Medicine & Health (The Consortium).

As an organization we are committed to sharing information and ideas, meeting challenges together in a process grounded by the values of integrative medicine, supporting member institutions, and providing a national voice for the advancement of integrative principles.

WHAT WE DO
The mission of the Consortium is to advance the principles and practices of integrative healthcare within academic institutions. The Consortium provides an institutional membership with a community of support for their academic missions and a collective voice for influencing change.

Pioneering. Visionary. Integrative.

The Bravewell Collaborative
Transforming Healthcare and Improving the Health of the Public through Integrative Medicine

Featured Links

The Leadership Program in Integrative Healthcare

Einstein Named as Bravewell Coordinating Center

2013 Bravewell Leadership Awards

Summit on Integrative Medicine and the Health of the Public

PRESSEntry

Bravewell Launches Patient-Reported Outcomes Registry

Landmark Study from The Bravewell Collaborative

Innovative, integrative, "complementary medicine in America" provides treatment data on the benefit of integrative therapy and health outcomes made commonly treated with integrative therapies.

Learn More >

Health is the Key >
The Integrative Approach at TCFIM

1. Deter from harmful practices
2. Focus on lifestyle / self-care
   – Sleep
   – Exercise
   – Mind / body techniques
   – Nutrition
3. Discuss safe, plausible CAM therapies
   – Herbs / supplements
   – Acupuncture
   – Massage
   – Chiropractic
4. Consider external referrals
5. Return care of the patient to the patient!!

Harmful CAM Therapies
Harmful CAM Therapies

• Financial toxicity!
• Anything used IN PLACE OF a curative conventional treatment

Detoxification

• Human body is evolved to detoxify
  – Skin
  – Lungs
  – Colon
  – Kidney
  – Liver
• Be natural – let the body do what it’s good at! Support the processes:
  – Drink plenty of fluids
  – Exercise
  – Don’t put a lot of toxins in!
Why Lifestyle Medicine?

- Gives the patient control over their health and an active role in care
- Low / no cost
- Can help current concerns, also can help prevent future illness
- Sleep, exercise, mind/body, nutrition

Get Some Sleep!

- Restorative sleep improves pain, fatigue, mood
- Sleep deprived “normals” develop chronic pain
- Links: breast cancer, weight gain
Get Some Sleep!

• Behavioral approaches:
  – Don’t eat, drink, exercise just before bed
  – Avoid late day caffeine, too much alcohol
  – Get consistent exercise earlier in the day
  – Pay attention to room environment
  – Establish consistent sleep times
  – Get out of bed if not tired
  – Don’t nap

• Relaxation / mind-body techniques

Local resource: Sleep clinic at UCH
Marty Reite, MD; Sheila Tsai, MD; Jann Shire, NP

Get Some Sleep!

• Acupuncture
  – Review supportive
  – Cochrane “inconclusive”

• Massage

• Supplements
  – Melatonin
  – Valerian

• Mind/body techniques
  – CBT
  – Yoga
  – Relaxation
  – Tai Chi

Cheuk et al. Cochrane DB 2012.
Exercise

- Decreases fatigue
- Decreases chronic pain
- Improves sleep
- Helps arthritis, hypertension, diabetes, heart disease, hyperlipidemia, weight, depression, BMD
- Decreases cancer occurrence / recurrence
- What to “take” for my immune system?

EXERCISE!
Exercise Recommendations

• 150 min of moderately vigorous activity weekly
  OR
• 75 min of vigorous activity weekly
• AND 2 sessions of strength training

Simple Exercise Prescription: FIT

• Frequency
  – Exercise every day
• Intensity
  – Break a sweat; increase difficulty
• Time
  – Start with 5 minutes daily, increase by 1 minute daily each week; goal 30 minutes
WSJ: Workouts for The Overworked

Mind-body Therapies

- Cognitive Behavioral Tx
- Relaxation techniques
- Breathing techniques
- Stress management
- Biofeedback / heart rate variability biofeedback
- Mindfulness / Meditation
- Imagery / visualization
Mind-body Details

• Typically meet with therapist 5 – 10 visits
• Patient needs to practice at home
• Often covered by insurance

Workbook:
Caudill, Margaret.
Mind-body: Highlights

• Stress reduction
• Insomnia
• Behavior change
• Symptom management
  – Pain
  – Palpitations
  – Hypertension
  – Nausea
  – Tinnitus

Nutrition

• Food is the best medicine!
• “Eat food, not too much, mostly plants”
• Common conditions: heart disease, hypertension, diabetes, cancer, irritable bowel, SIBO, fibromyalgia, arthritis, obesity, food sensitivities, celiac...
Nutrition Questions

- Is gluten evil?
- Do I have to eat organic?
- Is soy good for me?
- Does “sugar feed the tumor”?

What herb should I drink to help me sleep? That depends on whether you want to wake up again.
Herbs and Supplements

• Three types of medicines:
  – Prescription (Rx)
  – Over-the-counter (OTC)
  – Dietary Supplements

• Unlike Rx and OTC, supplements:
  – Are not required to prove safety or efficacy
    • Burden of proof on FDA to show unsafe
  – Are not required to enforce quality control
    • GMP required but burden on FDA
  – Can vary in concentration of ingredients
Supplements

- Natural ≠ safe
- Watch for drug / herb interactions
- Use good resources for information
  - NMCD (via HSL, Epic)
- If you choose to recommend supplements:
  - Look for well-labeled brands
  - Avoid combination products, MLM
- Ask all patients about use
- Perioperatively
  - General recommendation – stop all supplements 2 weeks prior to surgery

Manufacturers More Likely to Produce Quality Products

- Costco
- Equiline / Equate
- Nature’s Way
- Nature’s Made
- Nature’s Bounty
- Phytopharmica
- Puritan’s Pride
Supplements to Skip

• Vitamin E
  – (No) benefit, meta-analysis showed toxicity over 400 IU/d

• B complex vitamins
  – Higher mortality in cardiovascular studies

• St. John’s wort
  – Too many drug interactions, ? DNA damage

• Phytoestrogens in breast cancer / high risk
  – No evidence they are any safer

• Multivitamin
  – No need to avoid, but if you get fruits and vegetables in your diet, no evidence of benefit

Supplements to Consider

• Calcium (women)
  – 1000 - 1500 mg / day total including dietary
  – Heart disease controversy

• Vitamin D
  – Most Americans deficient
  – Cancer prevention, muscle pain, fatigue, bone health, fall prevention

• Fish oil (Omega 3 FA)
  – Heart disease, TG, HTN, HA, weight loss, depression, cancer prevention
Acupuncture

Chinese Medicine Background
- Health = balance of yin and yang
- Qi = energy force created by interaction of yin and yang
- Meridians = channels that carry qi throughout the body; each corresponds with a specific organ
- Excess, deficiency, or stagnant flow of qi results in disease
- Examples of TCM diagnoses:
  - Yin deficiency and yang predominance with reduced kidney qi
  - Stomach qi rebelling
Acupuncture

Western Medicine Background

– Osler, 19th century
  “best treatment for lumbago”
– James Reston, China, 1971
– Biological effects
  • Local nerve activation
  • Endorphins, ACTH, endogenous opioids (reversal of analgesia with naloxone)
– SPECT scanning: increased activity and reversal of asymmetry in chronic pain patients in thalamic and prefrontal cortex during acupuncture over baseline

Mayer (1977) Brain Res

Acupuncture

• Acupuncture is generally safe
  – Adverse events: minor or rare (pain, bleeding, fatigue)
  – Disposable needles, alcohol wipes to avoid infection
• Practitioners
  – Licensed in CO (LAc); scope of practice for MD, DO, DC
  – TCM: National Certification Commission for Acupuncture and Oriental Medicine
  – MD: American Academy of Medical Acupuncture
• Costs
  – Initial / follow up: $100 / $55 for LAc
  – Covered by some insurances
Acupuncture Highlights

- Acute and chronic pain
  - Fibromyalgia, headaches, back / neck pain, arthritis…
- Nausea
- Sinusitis
- IBS / dyspepsia
- Hot flashes
- Depression / anxiety / sleep
- Fatigue
Massage Therapy

- Developed by almost all cultures
- Many different forms
- Emphasis on improving circulation, releasing muscle tension, calming and relaxing patient

Massage

- Generally safe. Use caution with:
  - Congestive heart failure
  - Infections
  - Blood clots / bleeding disorders
  - Osteoporosis or bone metastases
  - Pregnancy
- Registration with DORA is now required in Colorado
- Look for involvement in AMTA; national certification
- $77 / hour, rarely covered
Massage Highlights

• Stress reduction / relaxation
• Insomnia
• Acute and chronic pain
  – Fibromyalgia, headaches, back / neck pain
• Post operative healing
• Lymphedema
• Chronic constipation

Chiropractic

• “Manipulation” referenced by Hippocrates; Galen
• Daniel David Palmer, 1895
  – “Normalization of the nervous system” is key to health
• CAM vs. subspecialty

• Manipulation; often exercises, fitness, general health advice; acupressure, supplements
• Practice styles, practice philosophies vary
Chiropractic

• Safety – Generally safe
  – Local discomfort, headache, fatigue
  – Excessive x-rays from some DCs
  – Stroke, dislocation, fracture rare but possible
    • Avoid high velocity neck manipulation
  – Caution: cerebrovascular disease, osteoporosis, rheumatoid arthritis, metastatic cancer, bleeding disorders
  – Philosophies and styles vary widely
  – Licensing required in 50 states; scope of practice variable. Common insurance coverage.

Chiropractic: Highlights

• Neck pain
• Back pain
• Headaches
• Other musculoskeletal problems
What the Health!

• Integrative medicine coordinates lifestyle approaches and CAM with conventional care
  – Don’t use harmful CAM therapies
  – Use beneficial, safe therapies
  – Consider plausible, safe therapies
  – Don’t overlook the lifestyle approaches

• Talk to your patients / providers

• Integrative Medicine at CU is thriving and expanding

• Get involved:
  – Join the CAMPUS group
  – Come to Strauss – Wisneski lectures

“Be open minded, but not so open minded that your brains fall out”

Widely attributed
More information

• [www.uch.edu/integrativemed](http://www.uch.edu/integrativemed)
  – Read patient stories, links to more info
  – See upcoming events
  – eNewsletter
• Find us on [Facebook](https://www.facebook.com)
• [Lisa.corbin@ucdenver.edu](mailto:Lisa.corbin@ucdenver.edu)
• Nationally: [www.imconsortium.org](http://www.imconsortium.org)
• Strauss-Wisneski Collection

Internet resources

**General CAM resources:**
Online modules and patient handouts:
[www.fammed.wisc.edu/integrative/modules](http://www.fammed.wisc.edu/integrative/modules)
National Center for Complementary / Alternative Medicine:
[ncam.nih.gov](http://ncam.nih.gov)
Health Science Library’s Strauss-Wisneski Complementary and Indigenous Medicine Collection – the website has links to other resources and journals and books held in the collection:
[http://hslibrary.ucdenver.edu/strauss](http://hslibrary.ucdenver.edu/strauss)
Academic Consortium for Integrative Medicine and Health:
[http://imconsortium.org/index.cfm](http://imconsortium.org/index.cfm)
Bravewell Collaborative: [http://www.bravewell.org](http://www.bravewell.org)
AlterMed Research Foundation: [http://www.altermedresearch.org](http://www.altermedresearch.org)

**Herbal / Supplement resources:**
USP Dietary Supplement Verification Program
Natural Medicines Comprehensive DB: [www.naturaldatabase.com](http://www.naturaldatabase.com)
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| **Acupuncture**   | National Certification Commission for Acupuncture and Oriental Medicine: [http://www.nccaom.org](http://www.nccaom.org)  
American Academy of Medical Acupuncture: [www.medicalacupuncture.org](http://www.medicalacupuncture.org) |
| **Massage**       | American Massage Therapy Association: [www.amtamassage.org](http://www.amtamassage.org)  
Massage research database: [http://www6.miami.edu/touch-research/index.html](http://www6.miami.edu/touch-research/index.html) |
| **Chiropractic**  | American Chiropractic Association: [http://www.acatoday.org/](http://www.acatoday.org/) |
| **Naturopathy**   | American Association of Naturopathic Physicians: [www.naturopathic.org](http://www.naturopathic.org) |