

What is NCCAM's role in the field of complementary and alternative medicine?

- **NCCAM (National Center for Complementary and Alternative Medicine)** is the Federal Government's lead agency for scientific research on complementary and alternative medicine. NCCAM's mission is to explore complementary and alternative healing practices in the context of rigorous science, to train CAM researchers, and to inform the public and health professionals about the results of CAM research studies.
- **WEB SITE:** www.nccam.nih.gov
- **MAGAZINE:** *Alternative Medicine*
www.alternativemedicine.com

1

In 2002 the MEDICAL SUBJECT HEADINGS (MeSH) Section of the NATIONAL LIBRARY OF MEDICINE classified *alternative medicine* under the term *complementary therapies*.

- This is defined as therapeutic practices which are not currently considered an integral part of conventional medical practice.
- They may lack biomedical explanations but as they become better researched they are becoming more conventional.

Therapies are called:

1. Complementary when used in addition to conventional treatment
2. Alternative when used instead of conventional treatment.

2

GO TO:

[Http://content.health.msn.com/living_better/health-e-tools/quizzes.htm](http://content.health.msn.com/living_better/health-e-tools/quizzes.htm)

FOR Alternative Healthcare**QUIZZES on:**

Allergies, Arthritis, Asthma, Cancer,
Cholesterol, Depression, Heart
Attack, High Blood Pressure,
Menopause, PMS, etc...

3

**WHAT IS COMPLEMENTARY AND ALTERNATIVE
MEDICINE? (CAM)**

Complementary and alternative medicine is a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine. While some scientific evidence exists regarding some CAM therapies, for most there are key questions that are yet to be answered through well-designed scientific studies--questions such as whether they are safe and whether they work for the diseases or medical conditions for which they are used.

The list of what is considered to be CAM changes continually, as those therapies that are proven to be safe and effective become adopted into conventional health care and as new approaches to health care emerge.

4

ARE COMPLEMENTARY MEDICINE AND ALTERNATIVE MEDICINE DIFFERENT FROM EACH OTHER? Yes, they are different.

Complementary medicine is used **together with** conventional medicine. An example of a complementary therapy is using aromatherapy to help lessen a patient's discomfort following surgery.

Alternative medicine is used **in place of** conventional medicine. An example of an alternative therapy is using a special diet to treat cancer instead of undergoing surgery, radiation, or chemotherapy that has been recommended by a conventional doctor.

5

What is integrative medicine?

- Integrative medicine combines mainstream medical therapies and CAM therapies for which there is some high-quality scientific evidence of safety and effectiveness.

6

What are the major types of complementary and alternative medicine?

NCCAM classifies CAM therapies into five categories, or domains:

1. Alternative Medical Systems

Alternative medical systems are built upon complete systems of theory and practice. Often, these systems have evolved apart from and earlier than the conventional medical approach used in the United States. Examples of alternative medical systems that have developed in Western cultures include homeopathic medicine and naturopathic medicine. Examples of systems that have developed in non-Western cultures include traditional Chinese medicine and Ayurveda (see Database or terminology).

7

What are the major types of complementary and alternative medicine?

NCCAM classifies CAM therapies into five categories, or domains:

2. Mind-Body Interventions

Mind-body medicine uses a variety of techniques designed to enhance the mind's capacity to affect bodily function and symptoms. Some techniques that were considered CAM in the past have become mainstream (for example, patient support groups and cognitive-behavioral therapy). Other mind-body techniques are still considered CAM, including meditation, prayer, mental healing, and therapies that use creative outlets such as art, music, or dance.

8

What are the major types of complementary and alternative medicine?

NCCAM classifies CAM therapies into five categories, or domains:

3. Biologically Based Therapies

Biologically based therapies in CAM use substances found in nature, such as herbs, foods, and vitamins. Some examples include dietary supplements, herbal products, and the use of other so-called "natural" but as yet scientifically unproven therapies (for example, using shark cartilage to treat cancer).

9

What are the major types of complementary and alternative medicine?

NCCAM classifies CAM therapies into five categories, or domains:

4. Manipulative and Body-Based Methods

Manipulative and body-based methods in CAM are based on manipulation and/or movement of one or more parts of the body. Some examples include chiropractic or osteopathic manipulation, and massage.

10

What are the major types of complementary and alternative medicine?

NCCAM classifies CAM therapies into five categories, or domains:

5. Energy Therapies

Energy therapies involve the use of energy fields.

They are of two types:

1. **Biofield therapies** are intended to affect energy fields that purportedly surround and penetrate the human body. The existence of such fields has not yet been scientifically proven. Some forms of energy therapy manipulate biofields by applying pressure and/or manipulating the body by placing the hands in, or through, these fields. Examples include gi gong, Reiki, and Therapeutic Touch.
2. **Bioelectromagnetic-based therapies** involve the unconventional use of electromagnetic fields, such as pulsed fields, magnetic fields, or alternating current or direct current fields.

11

CAM: Dictionary of Terms

SEE HANDOUT

Resources

For more information on CAM or NCCAM, contact

NCCAM Clearinghouse

Toll-free: 1-888-644-6226

International: 301-519-3153

TTY (for deaf or hard-of-hearing callers): 1-866-464-3615

12

**TERMS Of
Alternative, Complementary
Medicine
DATABASE
SEE HANDOUT**

www.pitt.edu/~cbw/database.html

13

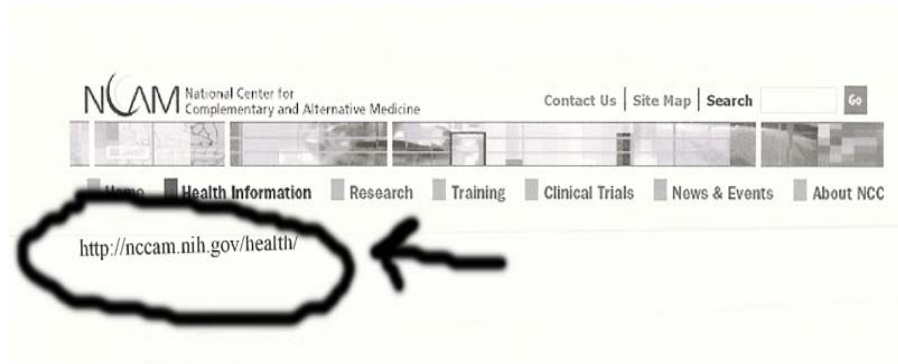
**STUDIES ON ALTERNATIVE
AND COMPLEMENTARY
THERAPIES**

<http://www.pitt.edu/~cbw/refer.html>

14



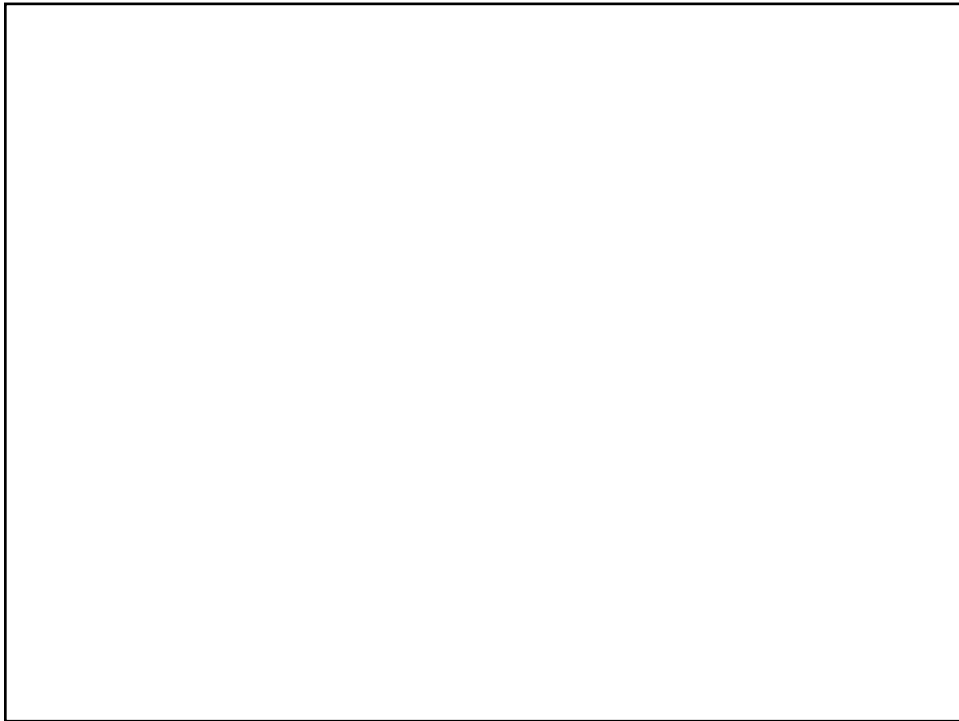
15



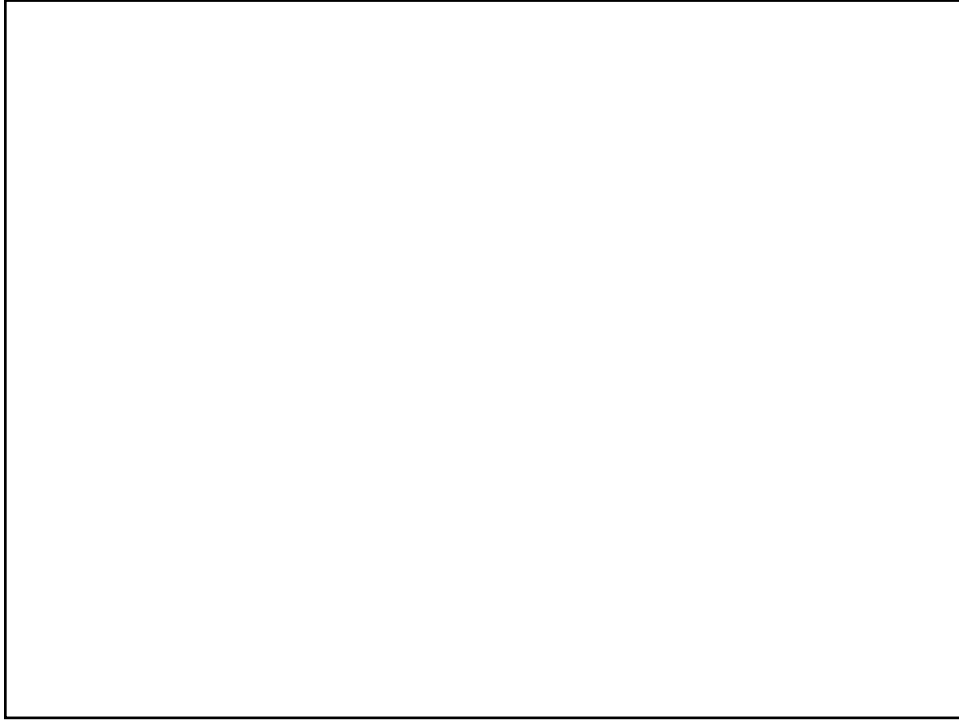
16



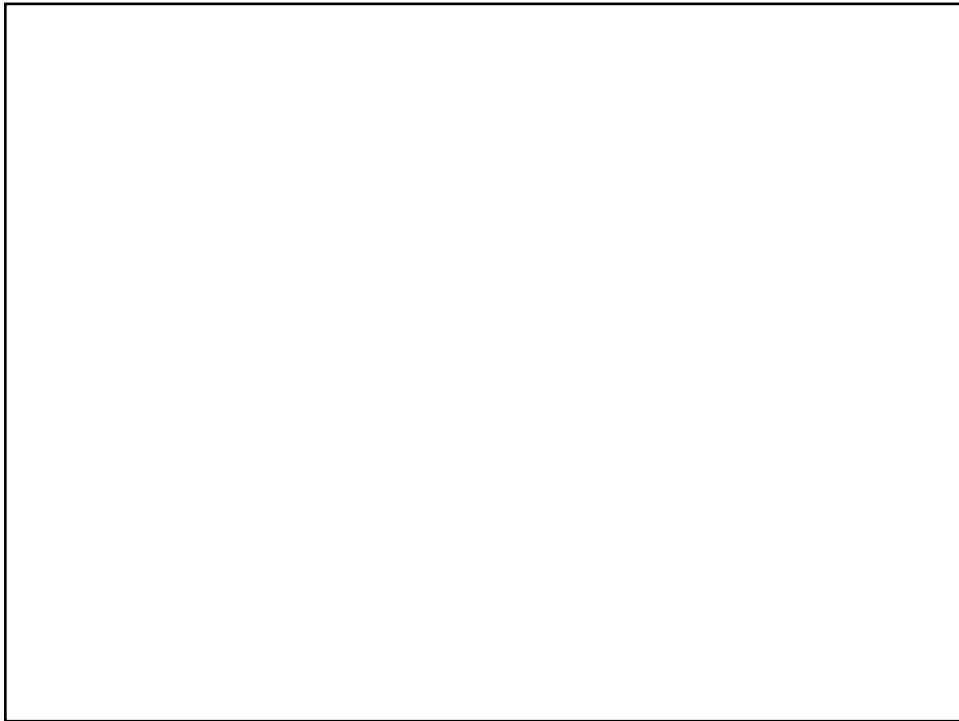
17



18



19



20