

COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM)

NYEIN CHAN WIN

SECOND YEAR

DR.MED.SC (GENERAL MEDICINE)



18.5.18

- 
- ▶ **Estimated time** - 30 to 45 mins
 - ▶ **Total slides** - 79

CONTENTS

- ▶ What is CAM ?
- ▶ What are the components ?
- ▶ Major domains (NACCAM)
- ▶ Pros and Cons
- ▶ Your choice ?

CONTENTS

- ▶ **What is CAM ?**
- ▶ What are the components ?
- ▶ Major domains (NCCAM)
- ▶ Pros and Cons
- ▶ Your choice ?

OXFORD Dictionary

- ▶ **Complementary** – two things that are different but *together* form a *useful* combination of qualities
- ▶ **Alternative** – things that can be used *instead of* something else
- ▶ **Conventional** – *trend* that is done or considered *acceptable* by *society* in general

Conventional medicine



- ▶ Conventional medicine is medicine as practiced by holders of **medical doctor degrees** and by their **allied health professionals**, such as physical therapists, psychologists, and registered nurses....

CAM



- ▶ Practices and ideas that are defined by their users as **preventing** or **treating** illness, or promoting health and well being
- ▶ **Outside** the domain of **conventional** medicine

(Cochrane Complementary Field)

CAM



- ▶ A group of diverse medical and health care systems, practices, and products that are **not** presently considered to be part of **conventional** medicine.

(National center for complementary and
alternative medicine , NCCAM)

The 10 Most **Common CAM** Therapies among U.S. Adults



17.7%
Natural
products



12.7%
Deep
breathing



9.4%
Meditation



8.6%
Chiropractic &
osteopathic



8.3%
Massage



6.1%
Yoga



3.6%
Diet-
based
therapies



2.9%
Progressive
relaxation



2.2%
Guided
imagery



1.8%
Homeopathic
treatment

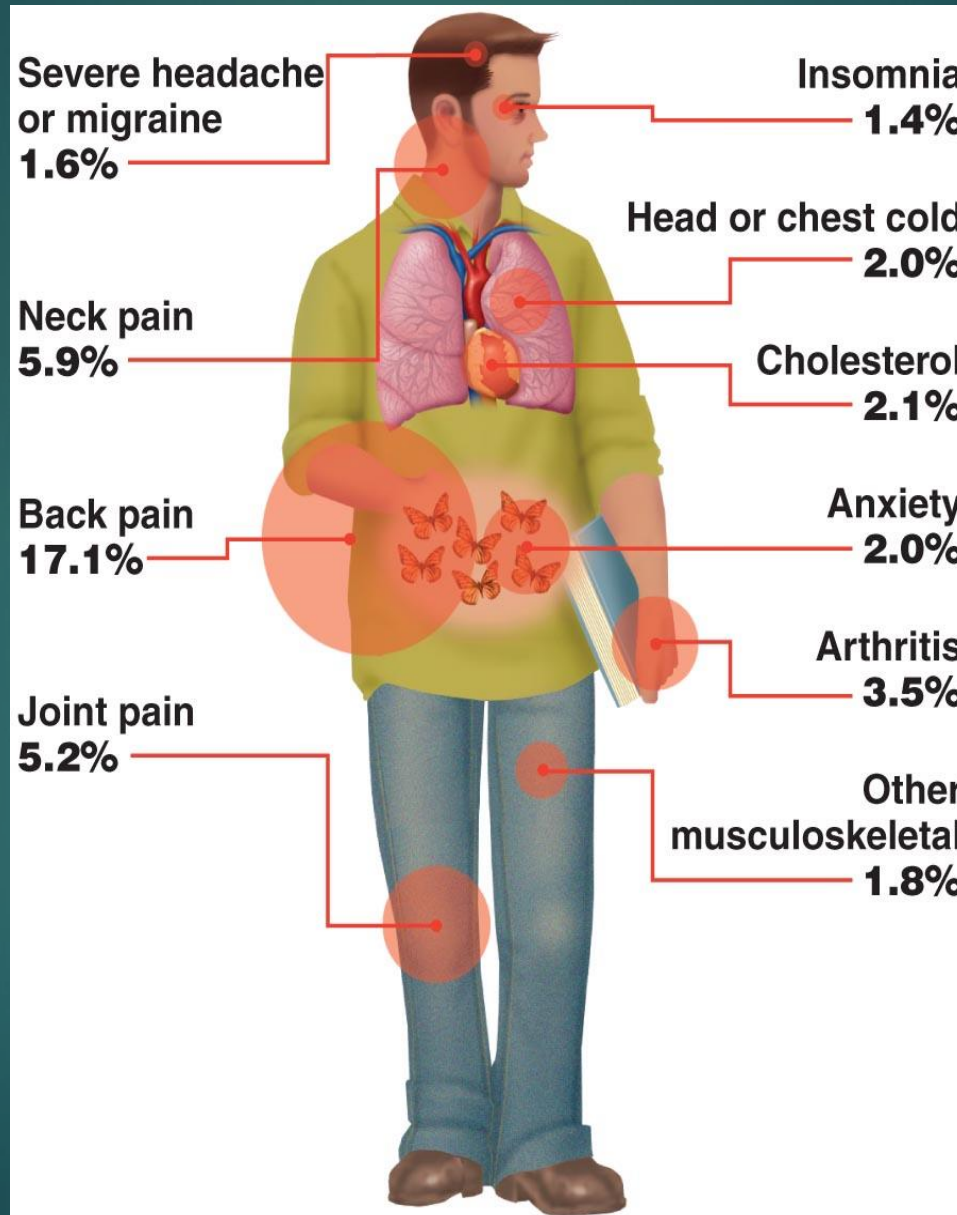


**HAVE YOU EVER USED
CAM IN YOUR LIFE ?**

Who use it ?

- ▶ Americans - **38 percent** of adults use
- ▶ Those who use CAM
 - women
 - higher education
 - those hospitalized within the past year
 - former smokers
 - people with back, neck, head, and joint pain or other such conditions
 - those with gastrointestinal disorders or sleeping problems

Diseases and Conditions for Which CAM Is Most Frequently Used among Adults



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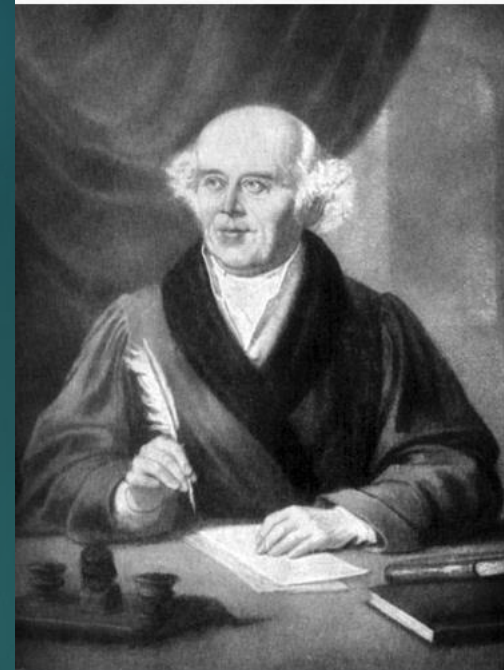
WHOLE BODY SYSTEM



- 1 . Homeopathy
- 2 . Naturopathy
- 3 . Ayurvedic medicine
- 4 . Ancient medicine

1 . Homeotherapy

- ▶ **Samuel Hahnemann** , 1796
- ▶ Like cures like
- ▶ Body has the ability to heal itself
- ▶ A system that used highly **diluted** dose of a substance that causes symptoms to enable the body's self healing response.



Samuel Hahnemann, originator of homeopathy

2 . Naturopathy



- ▶ A philosophy that utilizes **non invasive** treatments to help the body heal itself
- ▶ Practices utilizes include
 - message
 - herbal remedies
 - exercise
 - life style counseling

3 . Ayurvedic medicine

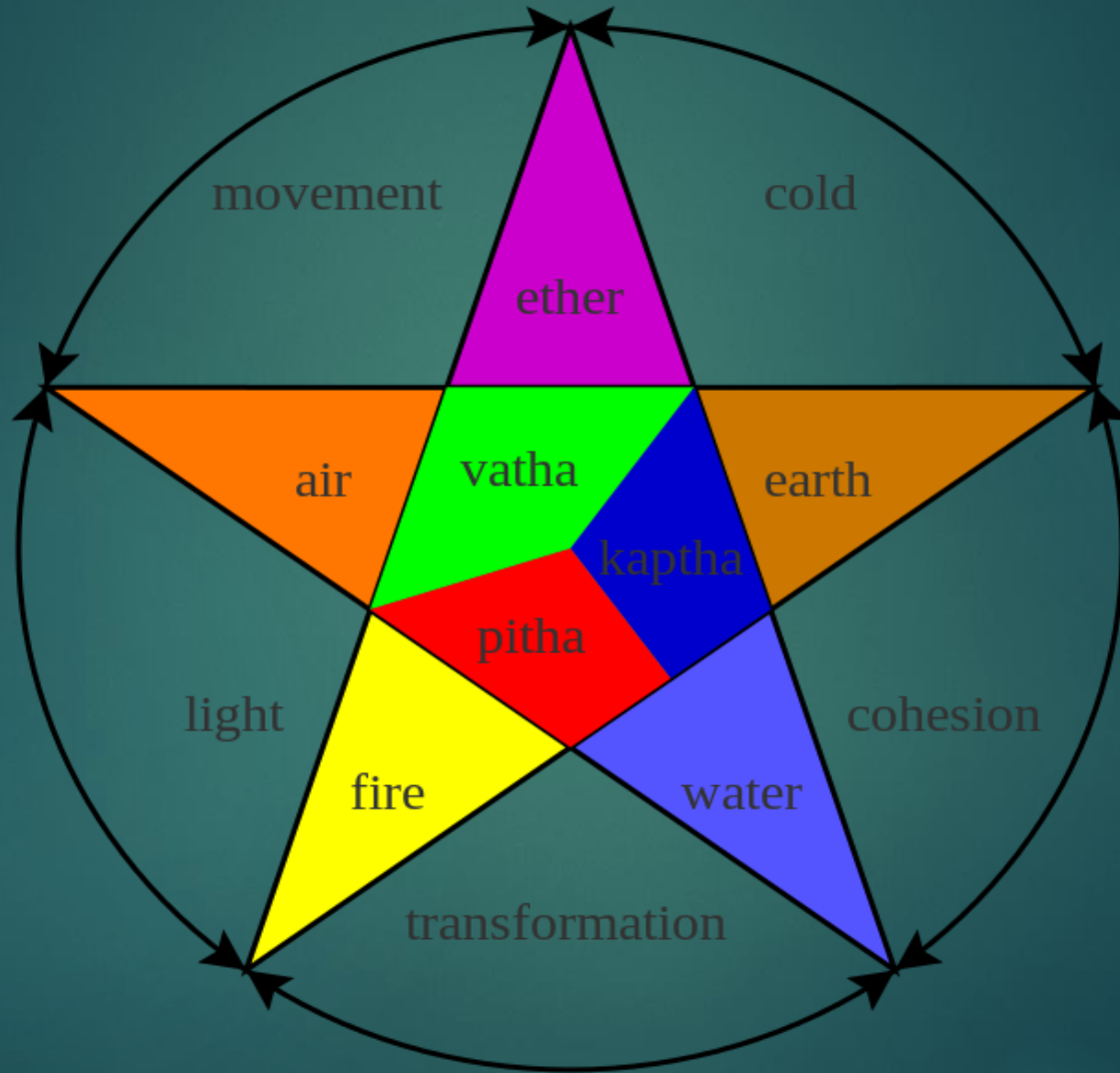


- ▶ India
- ▶ 3000 yrs ago
- ▶ Individual practices
 - Yoga
 - Meditation
 - Massage
 - Diet & Herbs

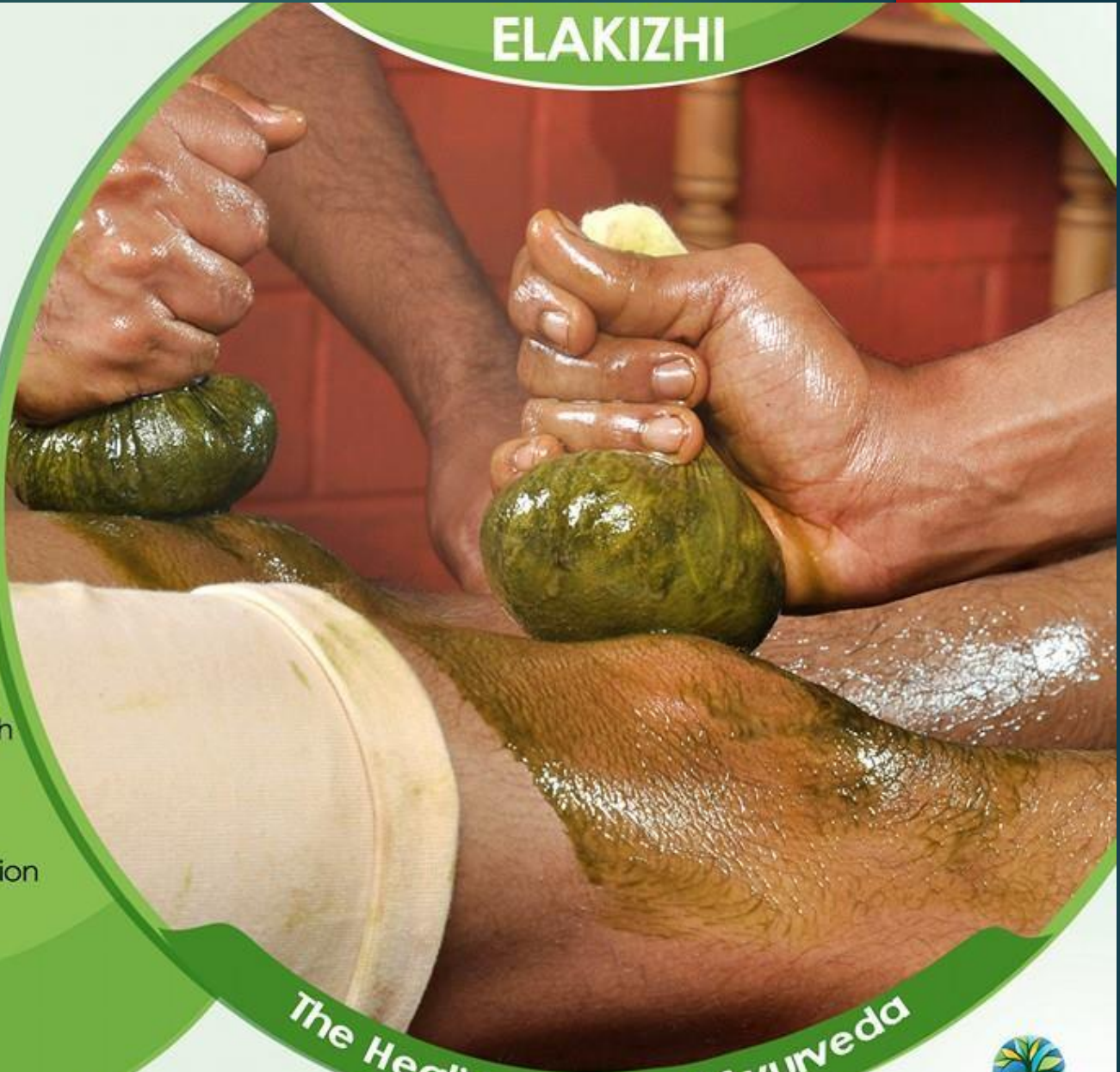


- ▶ Sanskrit word
- ▶ Ayur (Life)
- ▶ Veda (science or knowledge)
- ▶ Three doshas circulate in the body

BALANCE



ELAKIZHI



Healing Benefits

- Effective for Arthritis
- Treats Joint Pains
- Improves Muscle Strength
- Relieves Body pain and Stiff joints
- Cures Paralysis
- Enhances Blood Circulation
- Cleanses the Body
- Tones and Rejuvenates the Body

The Healing Touch of Ayurveda



Punarnava
AYURVEDA HOSPITAL

Planet Ayurveda™

Holistic Healing through Herbs

ATIRASADI CHURNA

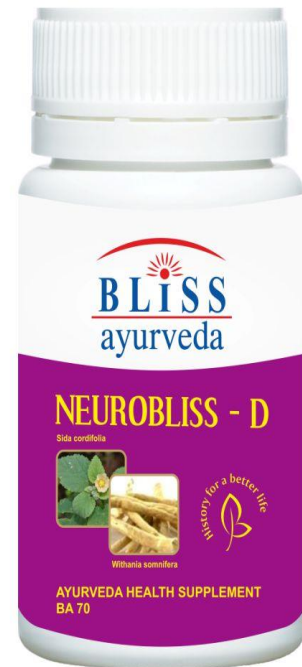
BEST AYURVEDIC MEDICINE FOR MALE SEX HEALTH ISSUES

IT IS USEFUL FOR

- Low Sperm Count
- Premature Ejaculation
- Erectile Dysfunction
- Low Libido



WWW.PLANETAYURVEDA.COM





महर्षि चरक
(काल: ईसा से 200 वर्ष पूर्व)

चरक संहिता के महान रचनाकार

महर्षि चरक ने विचरण की ऋषि परम्परा का पालन कर, विश्वभर में भ्रमण किया तथा अपने अनुभवों को सुदृढ़ आधार देकर, काय चिकित्सा के महानतम ग्रंथ चरक संहिता के रूप में विश्व को आरोग्य प्राप्ति हेतु अनुपम उपहार दिया।

MAHARISHI CHARAK

(Period: 200 BC)

AUTHOR OF THE CHARAK SAMHITA

Following the ancient tradition of travel by sages, Maharishi Charak travelled extensively. Based on personal experiences he wrote *Charak Samhita*, the greatest treatise on medical treatment of the human body and gave the world the unique gift of freedom from disease.

20 08 2011

4 . Ancient medicine

- ▶ Chinese
 - Acupuncture
 - Qigong
 - Herbal medicine
 - Exercise
 - Breathing techniques
- ▶ Tibetan practices
- ▶ Asian
- ▶ Indian

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Major Domains of Complementary and Alternative Medicine

- The National Center for Complementary and Alternative Medicine (**NCCAM**)
 - 1 . Mind-body medicine
 - 2 . Energy medicine
 - 3 . Manipulative and body-based practices
 - 4 . Biologically based practices

I . Mind body medicine

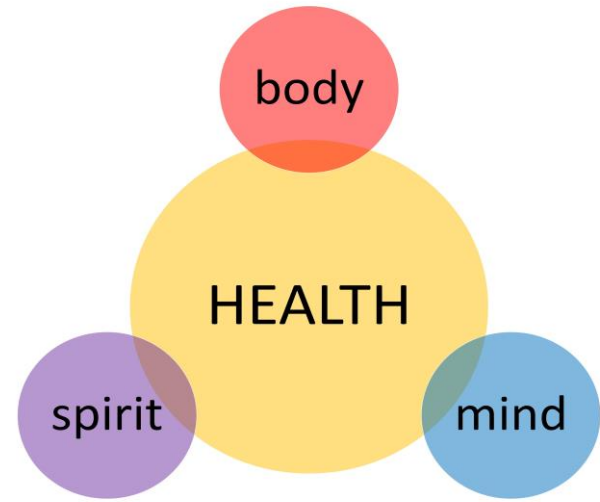


- ▶ Use the **mind** to affect the **body** and its symptoms
- ▶ mind and body must be in **harmony** to stay healthy
- ▶ Examples
 - Psychotherapy
 - Meditation
 - Prayer
 - Hypnosis
 - Dance, music and arts therapy



SAIT PYO

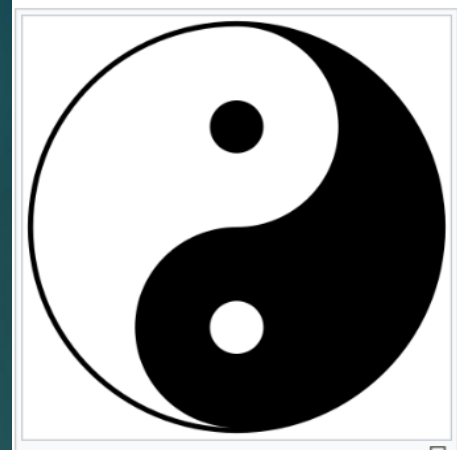
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SAIT HTAUNG LO

KO KYAY

II . Energy therapies



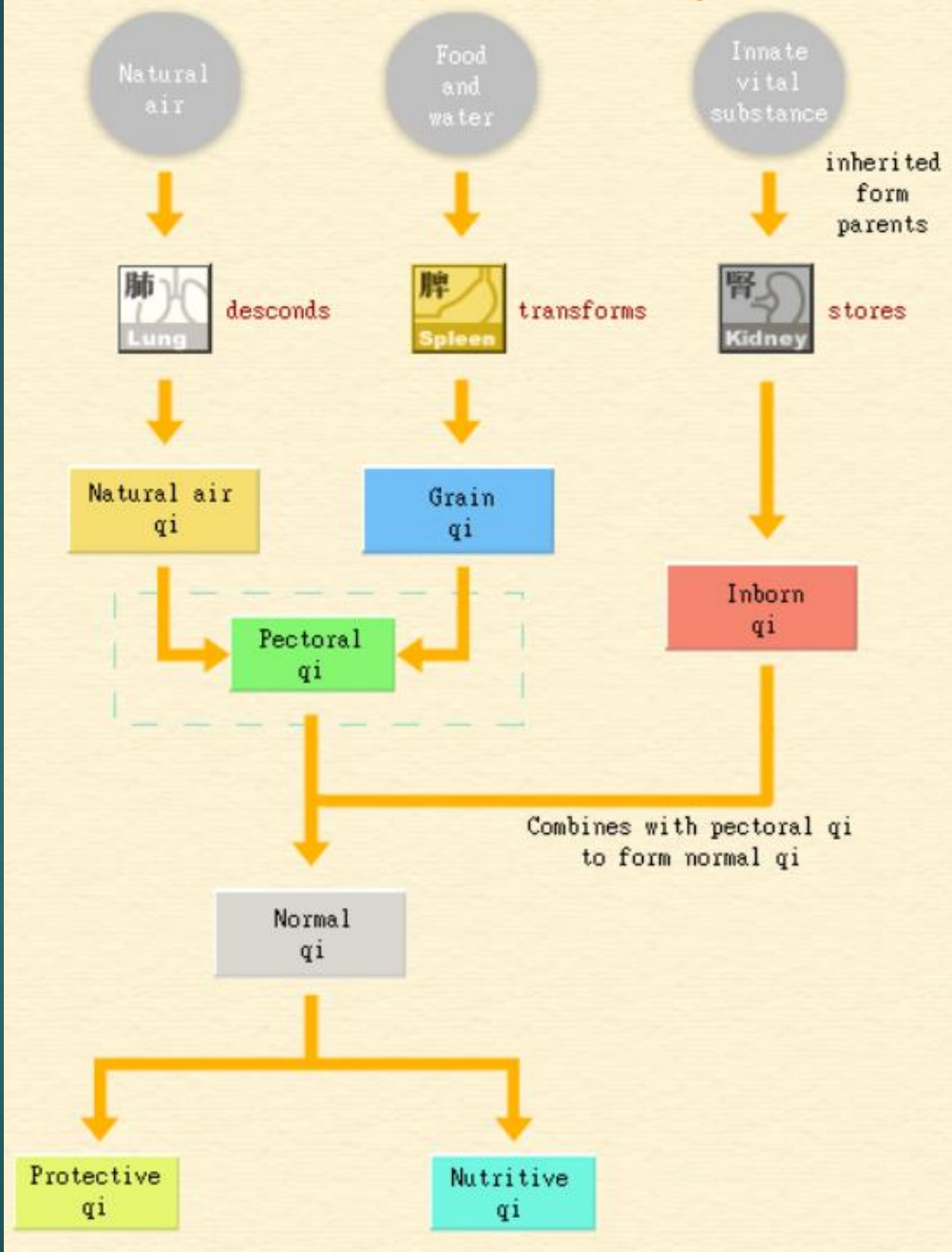
- ▶ focuses either on energy fields thought to originate
- ▶ within the body (**biofields**) or on fields from other sources (**electromagnetic fields**)
- ▶ invisible **energy** force that flows through the body (**CHI**)
- ▶ blocked or unbalance leads to illness
the goal of therapy is to correct this **blockage**
- ▶ These includes
 - Qigong
 - Reiki
 - Therapeutic touch therapy

- ▶ **Qi = CHI** (pronounced chee)
- ▶ Air or gas
- ▶ Two sources
 - (a) Inherited
 - (b) Acquired from air, food ,water
- ▶ Life energy which flows within us
- ▶ Vital energy of the body



The Chinese character for Qi (氣) is displayed in a bold, black, calligraphic style on a white background. The character is composed of three horizontal strokes at the top, followed by a vertical stroke on the left, and a large, sweeping stroke on the right that curves downwards and to the left.

Flow chart for formation of qi



Qigong



- ▶ 4000 yrs ago
- ▶ Chinese philosophy , **Yin and Yang**
- ▶ Dark- bright, Negative – positive
- ▶ **Opposite forces** are complementary and interconnected in natural world
- ▶ Ancient shamanic **meditative** practice and **gymnastic** exercises
- ▶ Yellow emperor (2696- 2598 BCE)



- ▶ composed of movements , both external and **internal**.
- ▶ **Repeated** a number of times, stretching the body, increasing **fluid movement** (blood , synovial , lymph)
- ▶ **Internal movement / power** – superior to the west that emphasizes prolonged cardiovascular movement (eg. running)

Reiki

- ▶ Create Energy Balance
- ▶ 1922
- ▶ **Palms** healing or **hands** on healing



“Reiki is a **Japanese** technique for stress reduction and **relaxation** that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "**life force energy**" flows through us and is what causes us to be alive.”

III . Manipulative and body based treatments

- ▶ **Manipulation**
- ▶ Application of controlled **forces** to a **joint** , moving it beyond the normal range of motion in an effort to aid in restoring health
- ▶ Examples include
 - Chiropractic care
 - Osteopathic manipulation
 - Massage therapy
 - Pressure point therapies

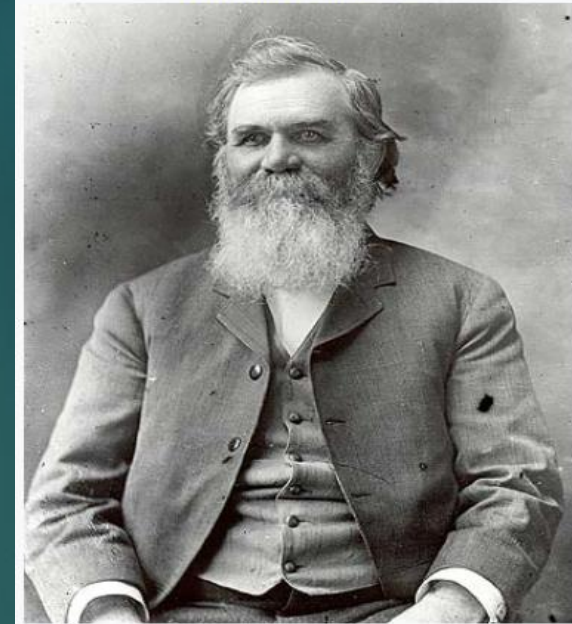


Chiropractic – Greek word

Chier (**hand**)

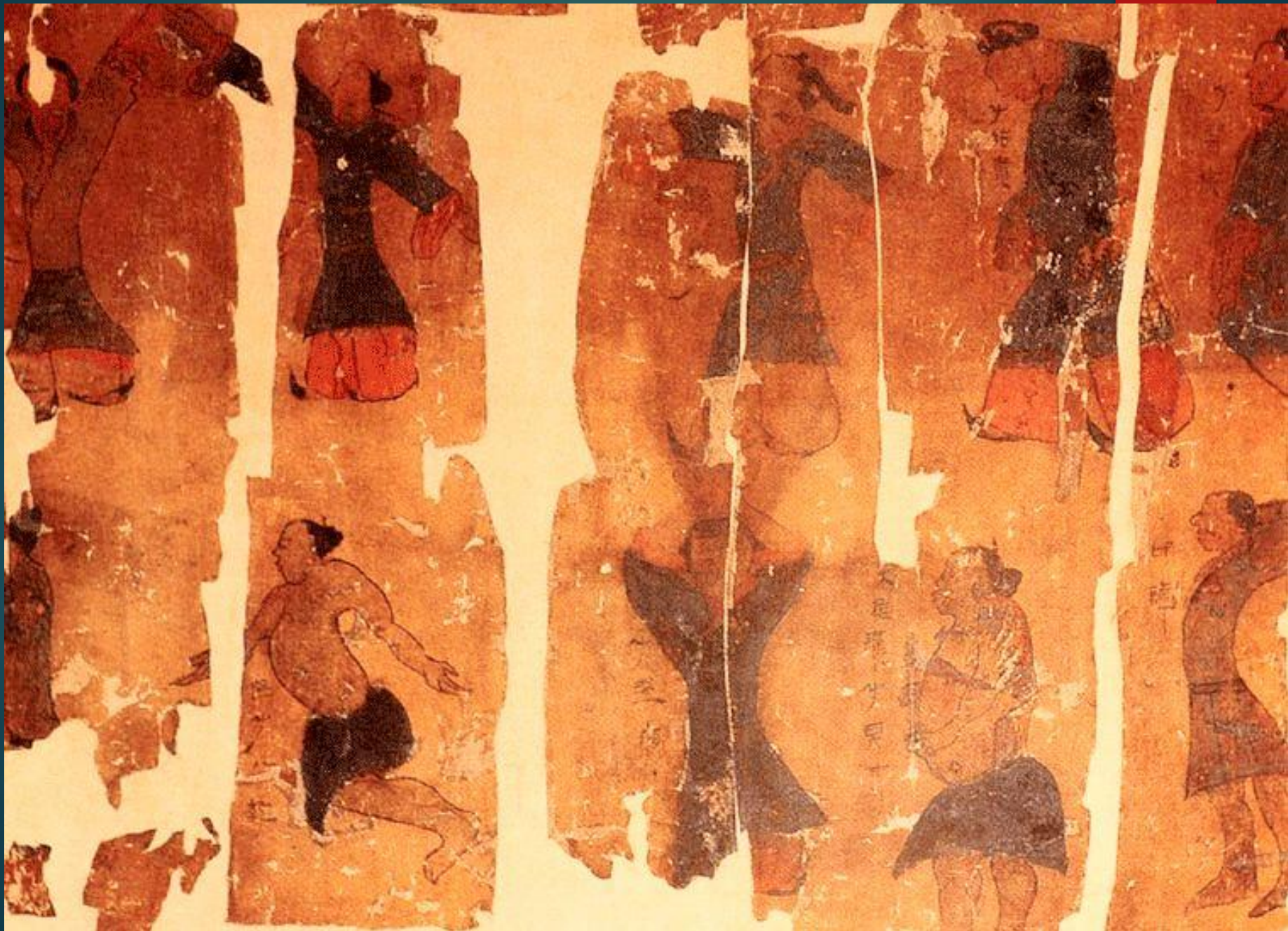
Practic (**practical**)

- ▶ 1895 , family secret
- ▶ 1898 , Palmer school of chiropractic
- ▶ Disorder of **musculoskeletal system and spine**
(Spine manipulation therapy) SMT
- ▶ Cost effective
- ▶ Cervical manipulation – vertebral artery
dissection



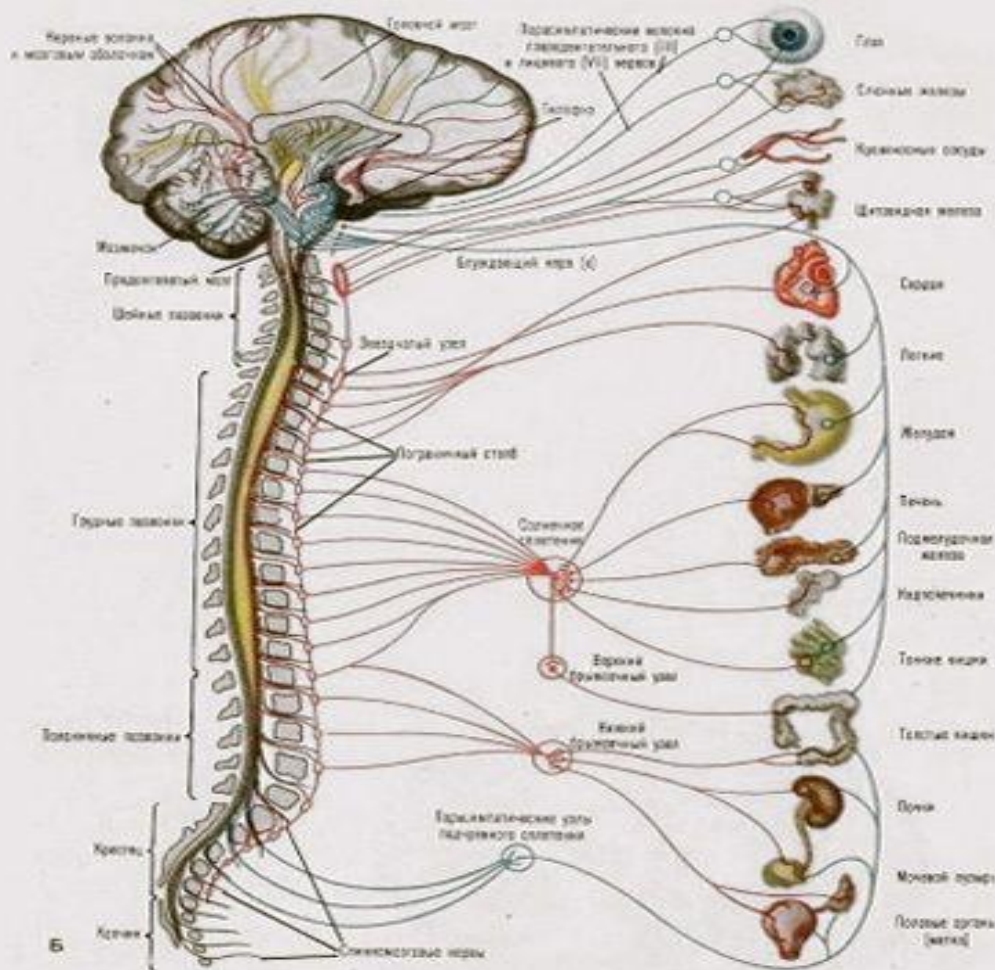
Daniel David Palmer, inventor of chiropractic





WE HELP YOU BE
YOUR BEST BY
RESTORING THE
COMMUNICATION
PATHWAYS
BETWEEN YOUR
BRAIN AND BODY.

IT'S CALLED
CHIROPRACTIC



Acupuncture



- ▶ based on traditional Chinese theories of life-force energy (**Qi**) that flows through **meridians** in the body. Hair-thin solid needles , safe , sterile, disposable, not painful
- ▶ Acupuncturists in the United States are **licensed**.
- ▶ Most participants report high levels of **satisfaction**.


Acupressure

Acus (**needle**)

- ▶ **Pressure** on acupuncture points
- ▶ **Meridian** – pathway in body along which vital energy is said to flow
- ▶ To clear the **blockages** of the meridians
- ▶ Martial artists use these ways in routines



Acupuncture point LI-4 (Hegu) known in Chinese as 合谷 (hégǔ) 

- 
- ▶ 43 **Trials** done - **effective**
 - ▶ Likelihood of **bias** ?

 - ▶ It seems that acupressure or pressure point massage techniques provide **more relief** than classic (Swedish) massage, although more research is needed to confirm it.

(**Cochrane collaboration review**)

IV . Biologically based treatments



- ▶ It utilize **natural** but **unproven** products
- ▶ It includes
 - herbs
 - minerals
 - hormones
 - dietary supplements
 - herbal therapies



NWE MYAT THIT PIN

SAY PHAT WIN EI

Feverfew

(*Tanacetum parthenium*)



- ▶ Daisy family
 - **Chrysanthemum**
- ▶ Traditionally for headache, fever, arthritis, menstrual irregularities
- ▶ 1980's: gained popularity in Great Britain as a **migraine** HA remedy



Butterbur

- ▶ Traditionally for **fever**, cough, dysmenorrhea
 - ▶ Affects PGs, histamine receptor
 - ▶ RCT evidence for allergic **rhinitis**
- ## **cetirizine Vs Butterbur**
- (PubMed)
- ▶ Also studied for **migraine** prevention





Ginkgo Biloba



- ▶ Reduce **memory problems**, dementia, peripheral vascular disease
- ▶ Antioxidant & vasodilatory properties
- ▶ bleeding when used with anticoagulants
- ▶ avoid before surgery





Echinacea

- ▶ Builds **immunity**, helps **wound** healing
- ▶ Use > 8 Weeks & possible Immune Function Suppression
- ▶ Not recommended for people with immune diseases





- ▶ Chinese word
- ▶ Person + Plant root
- ▶ Resembles the leg of a person
- ▶ **Panax** – all healing (Greek)



Ginseng

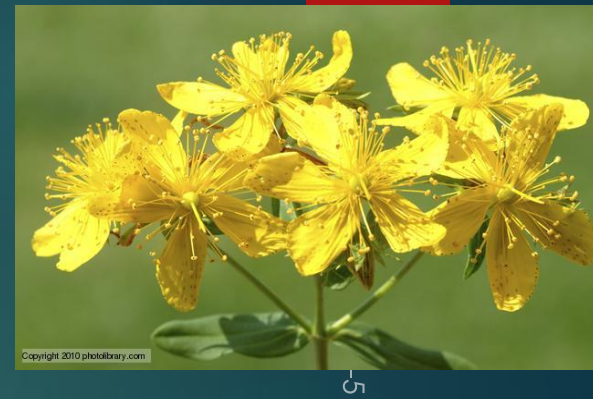


- ▶ **Asian Ginseng**- Diabetes, Erectile Dysfunction,
- ▶ **American Ginseng**- Diabetes, Prevention of Colds & Flu
- ▶ **Siberian Ginseng**- Prevent Colds & Flu





St. John's Wort



- ▶ Useful in mild to **moderate depression**
- ▶ causes photosensitivity
- ▶ not used in major depression
- ▶ not used with other antidepressants



Herbals

- ▶ Chemicals within herbs can strengthen the **immune** system, alter **blood** chemistry, or protect specific **organs** against diseases.
- ▶ But “Natural” does **not** always mean **harmless**.
- ▶ Plants used improperly can be **poisonous**.

- **Most controversial** of CAM therapies
- Many claims do not have evidence

Herbal remedies





- ▶ using herbal remedies for thousands of years
- ▶ natural, however, does **not** necessarily **mean** it is **safe**



Common Herbs and Herbal Supplements: Benefits, Research, and Risk

T A B L E
17.1

Common Herbs and Herbal Supplements: Benefits, Research, and Risks






	Herb	Claims of Benefits	Research Findings	Potential Risks
	Green tea (<i>Camellia sinensis</i>)	Useful for lowering cholesterol and risk of some cancers, protecting the skin from sun damage, bolstering mental alertness, and boosting heart health.	Although some studies have shown promising links between green and white tea consumption and cancer prevention, recent research questions the ability of tea to significantly reduce the risk of breast, lung, or prostate cancer.	Insomnia, liver problems, anxiety, irritability, upset stomach, nausea, diarrhea, or frequent urination.
	Kava (<i>Piper methysticum</i>)	Useful for relaxation; relief of anxiety, insomnia, and menopausal symptoms; sometimes used topically as a numbing agent.	Scientific studies provide some evidence that kava may be beneficial for the management of anxiety.	Increases the effect of alcohol and other drugs; causes drowsiness; the FDA has issued a warning that using kava supplements has been linked to a risk of severe liver damage.
	St. John's wort (S.J.W, Klamath weed, <i>Hypericum perforatum</i>)	Useful for depression, anxiety, and sleep disorders.	There is evidence that S.J.W is useful for treating mild to moderate depression, but two large studies showed that it was no more effective than a placebo in treating major depression of moderate severity.	Gastrointestinal upset, fatigue, dry mouth, anxiety, sexual dysfunction, dizziness, skin rashes, itching, and extreme sensitivity to sunlight.
	Valerian (<i>Valeriana officinalis</i>)	Useful for relaxation, sleep disorders, anxiety, headaches, depression, irregular heartbeat, and trembling.	Research suggests it may be helpful for insomnia, but there is not enough evidence to determine whether it works for anxiety, depression, or headaches.	Mild side effects, such as headaches, dizziness, upset stomach, and tiredness the morning after use.

Sources: National Center for Complementary and Alternative Medicine, "Herbs at a Glance," 2009, <http://nccam.nih.gov/health/herbsataglance.htm>; Office of Dietary Supplements, National Institutes of Health, "Dietary Supplement Fact Sheets," 2009, http://ods.od.nih.gov/Health_Information/Information_About_Individual_Dietary_Supplements.aspx; U.S. Food and Drug Administration, "Final Rule Declaring Dietary Supplements Containing Ephedrine Alkaloids Adulterated Because They Present an Unreasonable Risk," 2008, www.fda.gov/Food/GuidanceComplianceRegulatoryInformation/GuidanceDocuments/DietarySupplements/ucm072997.htm; American Cancer Society, "Green Tea," 2008, www.cancer.org/docroot/ETO/content/ETO_5_3x_Green_Tea.asp.

Common Herbs and Herbal Supplements: Benefits, Research, and Risk

T A B L E
17.1

Common Herbs and Herbal Supplements: Benefits, Research, and Risks

Herb	Claims of Benefits	Research Findings	Potential Risks
 <p>Echinacea (purple coneflower, <i>Echinacea purpurea</i>, <i>E. angustifolia</i>, <i>E. pallida</i>)</p>	Stimulates the immune system and increases the effectiveness of white blood cells that attack bacteria and viruses. Useful in preventing and treating colds or the flu.	Many studies in Europe have provided preliminary evidence of its effectiveness, but a recent controlled study in the United States indicated that it is no more effective than a placebo in preventing or treating a cold.	Allergic reactions, including rashes, increased asthma, gastrointestinal problems, and anaphylaxis (a life-threatening allergic reaction). Pregnant women and those with diabetes, autoimmune disorders, or multiple sclerosis should avoid it.
 <p>Ephedra (ma huang, Chinese ephedra, <i>Ephedra sinica</i>)</p>	Useful for weight loss and athletic performance.	Comprehensive research has found that ephedra has only limited positive effects on weight loss and athletic performance but has numerous adverse effects.	Heart attack, stroke, heart palpitations, psychiatric problems, upper gastrointestinal effects, tremor, insomnia, and death. The FDA has banned the sale of supplements containing ephedra.
 <p>Flaxseed (<i>Linum usitatissimum</i>)</p>	Useful as a laxative and for hot flashes and breast pain; the oil is used for arthritis; both flaxseed and flaxseed oil have been used for cholesterol level reduction and cancer prevention.	Study results are mixed on whether flaxseed decreases hot flashes or lowers cholesterol levels.	Delays absorption of medicines, but otherwise has few side effects. Should be taken with plenty of water.
 <p>Ginkgo (<i>Ginkgo biloba</i>)</p>	Useful for depression, impotence, premenstrual syndrome, dementia and Alzheimer's disease, diseases of the eye, and general vascular disease.	Some promising results have been seen for Alzheimer's disease and dementia, and research continues on its ability to enhance memory and reduce the incidence of cardiovascular disease.	Gastric irritation, headache, nausea, dizziness, difficulty thinking, memory loss, and allergic reactions.
 <p>Ginseng (<i>Panax ginseng</i>)</p>	Affects the pituitary gland, increasing resistance to stress, affecting metabolism, aiding skin, muscle tone, and sex drive; improves concentration and muscle strength.	Studies have raised questions about appropriate dosages. Because the potency of plants varies considerably, dosage is difficult to control and side effects are fairly common.	Nervousness, insomnia, high blood pressure, headaches, chest pain, depression, and abnormal vaginal bleeding.

Continue
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Common Nonherbal Supplements: Benefits, **Research**, and Risk

T A B L E

17.2

Common Nonherbal Supplements: Benefits, Research, and Risks

Supplement	Claims of Benefits	Research	Potential Risks
Dehydroepiandrosterone (DHEA) (hormone)	Fights aging, boosts immunity, strengthens bones, and improves brain functioning.	No antiaging benefits proven.	Could increase cancer risk and lead to liver damage, even when taken briefly.
Vitamin E (vitamin)	Reduces risk of heart disease; better chance of survival after heart attack.	Research results on prevention of heart disease are mixed. Some researchers are curious to see if it is most protective for young, healthy people against eventual heart disease.	High doses cause bleeding when taken with blood thinners.
Glucosamine (biological substance that helps the body grow cartilage)	Useful for arthritis and related degenerative joint diseases; relieves swelling and decreases pain.	When it is taken with chondroitin sulfate, preliminary research shows that it helps reduce pain in people with moderate to severe joint pain.	Few side effects noted.
L-Carnitine (amino acid derivative)	Improves athletic performance, increases fat-burning enzymes, used to combat fatigue and aging.	No consistent evidence that it improves performance in healthy athletes. Some evidence that it enhances mental function in older adults with mild cognitive impairment.	Nausea, vomiting, abdominal cramps, diarrhea, “fishy” body odor; more rarely, muscle weakness, seizures in patients with seizure disorders; interacts with some medications.

Common Nonherbal Supplements: Benefits, Research, and Risk

T A B L E
17.2

Common Nonherbal Supplements: Benefits, Research, and Risks

Supplement	Claims of Benefits	Research	Potential Risks
Melatonin (hormone)	Useful in regulating circadian rhythms and sleep patterns and treating insomnia; claims of antiaging benefits.	Some evidence supports its usefulness in regulating sleep patterns. No scientific support for antiaging claims.	Nausea, headaches, dizziness, blood vessel constriction; possibly a danger for people with high blood pressure or other cardiovascular problems.
SAMe (pronounced "sammy") (biological compound that aids over 40 functions in the body)	Useful in treatment of mild to moderate depression and in treatment of arthritis pain.	Studies have supported its usefulness in treating depression and arthritis pain.	Fewer side effects than prescription antidepressants have. Questions remain over how much a person should take, in what form, and whether there are long-term side effects.
Zinc (mineral)	Supports immune system; used to lessen duration and severity of cold symptoms; aids wound healing.	Research results are mixed, possibly due to the wide variety of cold viruses and differences of formulations and dosages in zinc lozenges.	Excessive intake associated with reduced immune function, reduced levels of high-density lipoproteins ("good" cholesterol).

Source: Office of Dietary Supplements, National Institutes of Health, "Dietary Supplement Fact Sheets," 2009, http://ods.od.nih.gov/Health_Information/Information_About_Individual_Dietary_Supplements.aspx.

Aromatherapy



- ▶ Aroma- **pleasant smell**
- ▶ Essences from **oils** extracted from **plants & flowers.**
- ▶ Conditions responsive to aromatherapy:
 - stress and anxiety
 - muscular and rheumatic pains
 - digestive disorders
 - skin conditions

Aromatherapy



- ▶ **Lavender** – promotes relaxation & sleep
- ▶ **Peppermint** – stimulation, concentration
- ▶ **Sandalwood** – ease depression
- ▶ **Chamomile** – relaxation
- ▶ **Lemon** – promotes sleep/ for insomnia and/or digestive disorders



**HAVE YOU EVER USED
CAM IN YOUR LIFE ?**

Rationale:

Unpredictable biologic effect

Possible allergies

Side effects

Herbs have chemical composition

Little or no regulation of production/ quality

Possible herb/drug or herb/herb interaction

Possible delay of treatment is dangerous



▶ **TAN SAY**

LON BAY

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To A Better Health

28 Feb at 10:32p.m.



ဖတ် မရ သော သူ များ အတွက်

ရောဂါ ဖြစ် ဖို့ ကံ ပါ လာ ပေ မဲ့ ဉာဏ် နဲ့ ၊ ဝီရိယ ကို ထည့် လိုက် တဲ့ အခါ ---

မိတ်ဆွေ တစ်ဦး အကြောင်း ပြော ပြ ချင် ပါ တယ်။

Hyperthyroid (thyroid hormone များ နေ ခြင်း) ကို ကုသ ခံ ယူ ရ ပါ တယ်။

နောက် ဆက် တွဲ က တော့ သားဥအိမ်ကင်ဆာ အဆင့် ၃ ဖြစ် ပါ တယ်။

ထုံးစံ အတိုင်း ခွဲစိတ်ကုသ မှု ခံ ယူ ပြီး ၊ ကီ မို ရ ယူ ရ ပါ တယ်။

သားဥအိမ် ရဲ့ ကင်ဆာသင်္ကေတ ဖြစ် တဲ့ Ca 125 နဲ့ ဆက် ပြီး စစ် ဆေး ခြင်း များ ကို

ပြု နေ ရ တာ ဖြစ် ပါ တယ်။

မိတ်ဆွေ ဟာ ဉာဏ် နဲ့ ဝီရိယ ကို အစွမ်း ကုန် အသုံး ချ ပြီး အနေ အထိုင် အစား

အသောက် အကုန် လုံး ပြောင်း ပစ် လိုက် ပါ တယ်။

Vitamin D3 ကို လည်း တဖြေးဖြေး တင် လာ တာ၊ အရင် က



Write a comment...



အခြား လို အပ် သည့် ဗီတာမင်၊ ဖြည့်စွက် စာ တွေ ကို လည်း မှီ ဝဲ ပါ တယ်။

နေ လို့ လဲ ကောင်း နေ ပြီး နောက် ဆုံး CA 125 က 11 ပဲ ရှိ ပါ တော့ တယ် တဲ့။

Normal value is less than 46 ဖြစ် ပါ တယ်။

ဘယ်လောက် ဝမ်း သာ စရာ ကောင်း ထား ပါ သလဲ လို့။

ဒါ ကြောင့် အတိတ်ကံ တစ်ခု တည်း ကို ပဲ ပုံ မချ ပဲ၊ ဉာဏ် နဲ့ ဝီရိယ ကို အမြဲ အဖော် လုပ် ထား ရ မှာ ဖြစ် ပါ တယ်။



Nyein Chan Win shared a post.



3 May at 9:12a.m. • 🌐

လူသတ်သမား။



Thawdar Pa Pa Tun



2 May at 5:54p.m. • 🌐

Share တစ်ချက်နဲ့ လူ့တစ်သက်

~~~~~

ကျမတို့ ကင်ဆာဆောင်သည် ခုတလော ဆီးနှင့်ကျောက်ကပ်  
ဆေးကုသဆောင် ခွဲစိတ်ဆောင်များနှင့် ချစ်ကြည်ရေးပွဲများ  
ကစား... Continue Reading

👍👎❤️ Myat Moe Lwin and 124 others 1 Comment • 23 Shares

Share တချက် Click တချက်နဲ့ လူမသတ်ကြပါနဲ့။  
ကင်ဆာလူနာဆိုတာ ကင်ဆာလို့ အပြောခံရတာနဲ့ သက်ဆိုင်ရာ  
ဆရာဝန်ပြောသမျှကလွဲပြီး မည်းမည်းမြင်ရာ ဆေးမြီးတို ပိုလန်  
အစက်ချဆေး ကမ်းဇော်ဆီ စပါးကြီးသည်းခြေ  
သဘောရွက်ထောင်းသောက် စသည်များကို မဆင်မခြင်  
လုပ်ကြတော့သည်။

ခုလို ကျောက်ကပ် အသည်း ပျက်စီးပါက ကင်ဆာဆေးလည်း  
သွင်းမရ ဆိုင်းထားရွှေ့ထားရ အဆင်မသင့်ပါက  
ကျောက်ကပ်ဆေးရသည်အထိ ဖြစ်ရပါသည်။ ကင်ဆာဆေး  
ဆိုင်းငံ့ထားလို့ ရောဂါက ပိုတိုးလာ ကျောက်ကပ်ဆေးရလို့  
လူနာရော နိုင်ငံတော်ရော ကုန်ကျစရိတ်ပိုရသည်မှာ ရင်နာစရာ  
ကောင်းလှသည်။

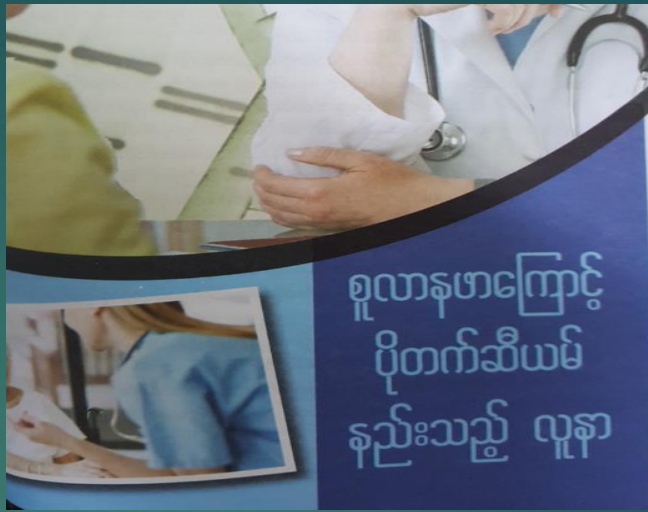
ကင်ဆာလူနာနှင့် လူနာရှင်များကိုလည်း စိတ်ထင်ရာ  
မစမ်းကြဖို့မှာချင်ပါသည်။ သစ်ဥ သစ်ဖု သစ်ရွက်ဆို ဘေးမဖြစ်ဟု  
မထင်ကြပါနဲ့။

ဖေ့ဘွတ် သုံးသူများ ကင်ဆာလူနာများကို ညှာတာပြီး ဆေးမြီးတို  
Share ရန် လက်တွန်းကြပါရှင်။



# ကြုံရဆုံးရ ဆေးလောက လက်တွေ့ကဝ

ပါမောက္ခ ဒေါ်လှသန်းအေး  
ဆေးတက္ကသိုလ်(၂)



စူလာနုမာကြောင့်  
ပိုတက်ဆီယမ်  
နည်းသည့် လူနာ

ဒါက သဘာဝအပင်ပဲ၊ ဘာမှ ကြောက်စရာမရှိဘူး။  
ဆေးဖက်ဝင်တယ်ဆိုတာ ဟုတ်မှာပဲလို့ ထင်ခဲ့မိတာကြောင့်  
ဖြစ်ခဲ့တဲ့ အဖြစ်အပျက်တစ်ခု၊ ပြီးတော့ ဆေးမြီးတိုလေးတစ်ခွက်ကို  
နားမလည်သူ အချင်းချင်း ညွှန်ကြားမိလို့ အသက်အန္တရာယ်  
ကျရောက်လုနီးပါး ဖြစ်ရတဲ့ အဖြစ်အပျက်လေး တစ်ခုပဲ ဖြစ်ပါတယ်။

သူ့ဆေးလက်ပြီးမှ  
ငါမှူးပြီး... မော့လာလိပဲ...

ငါပေးတဲ့ဆေးလက်  
ကြည့်တာ ဘယ်လိုနေလဲ... ဒီဆေးနဲ့  
ပျောက်သွားတဲ့သူတွေ မနည်းဘူး  
အသက်...





▶ **CONVENTIONAL ?**

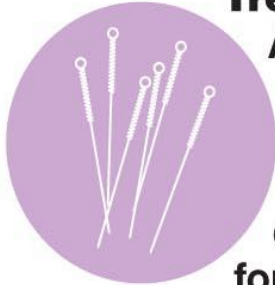
**OR**

▶ **COMPLMENTARY AND ALTERNATIVE ?**



# Assessing the **Risks and Benefits** of CAM Treatments

**May be safe; efficacy unclear**



**Treatment examples:** Acupuncture for chronic pain; homeopathy for seasonal allergies; low-fat diet for some cancers; massage therapy for low back pain; mind-body techniques for cancer

**Advice:** Physician monitoring recommended

**Likely safe and effective**

**Treatment examples:** Chiropractic care for acute low back pain; acupuncture for nausea from chemotherapy; acupuncture for dental pain; mind-body techniques for chronic pain and insomnia

**Advice:** Treatment is reasonable; physician monitoring advised



**LESS EFFECTIVE**

**MORE EFFECTIVE**

**Dangerous or ineffective**

**Treatment examples:** Injections of unapproved substances; use of toxic herbs; delaying essential medical treatments; taking herbs known to interact dangerously with conventional medications (e.g., St. John's wort and indinavir)

**Advice:** Avoid treatment



**May work, but safety uncertain**

**Treatment examples:** St. John's wort for depression; saw palmetto for an enlarged prostate; chondroitin sulfate for osteoarthritis; ginkgo biloba for improving cognitive function in dementia

**Advice:** Physician monitoring is important



**MORE SAFE**



**LESS SAFE**



# Not All CAM Modalities Are Created Equal

- ▶ Some CAM modalities are **evidence-based**, while others are based on **anecdotes** and **tradition**.
- ▶ Some CAM modalities may have **adverse** effects.
- ▶ Some CAM modalities may cause adverse **herb-drug** interactions.

# Is Randomized Controlled Trial the Best Research Design to Evaluate the Efficacy of CAM?

- ▶ Randomized Controlled Trial ( RCT ) is considered the gold standard and the strongest research design in evaluating efficacy of conventional treatment
- ▶ RCT may not be the best way to evaluate the efficacy of CAM because they are **individualized, multi-components, and difficult to double blind.**

# Regulation of CAM Therapies



## National Center for Complementary and Alternative Medicine (NCCAM)

- ▶ Research
- ▶ Training and career development
- ▶ Conferences and educational programs
- ▶ Integration of scientifically proven CAM therapies into conventional medicine

# Potential **Barriers** to Integration of **CAM** with **Conventional** Treatments

- ▶ Lack of **knowledge** on the effectiveness and safety of CAM treatments.
- ▶ **Lack** of **know-how** in referring to high-quality CAM practitioners.
- ▶ “**Turf battles**” between physicians and CAM practitioners.

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Health is wealth

