

When Drugs Are Necessary, When Alternatives Are Better

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LECOM Integrative Medicine

Medical Fitness & Wellness Center



Objectives:

- Define Integrative & Osteopathic Medicine.
- Identify and review “non-traditional” Integrative treatments.
- Review questions that determine the appropriateness of non-traditional treatment modalities.
- Review and discuss conditions which may be amendable to a non-traditional approach.

LECOM Integrative Team!



“Integrative medicine is relationship-based care that focuses on the whole person; is informed by **evidence**; and makes use of all **appropriate** therapeutic approaches, healthcare professionals, and disciplines to promote optimal health and healing.”

<http://www.uptodate.com/contents/overview-of-complementary-and-alternative-medicine-in-pediatrics#H27>

“Doctors of Osteopathic Medicine, are physicians who emphasize a whole-person approach to treatment and care. [They] focus on prevention, [and] how a patient's lifestyle and environment can impact their wellbeing. DOs strive to help you be truly healthy in mind, body and spirit -- not just free of symptoms.”

www.osteopathic.org

“To find health should be the object of the doctor. Anyone can find disease.”
-A.T. Still, M.D., D.O.

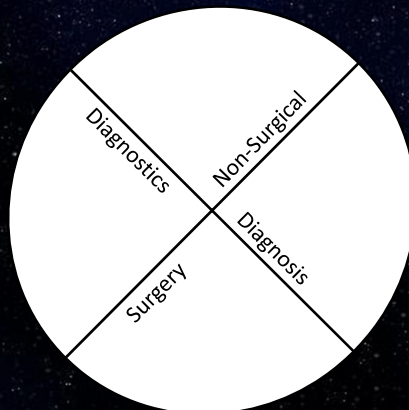
- Osteopathic philosophy and approach to patient care is congruent with integrative principles.

Evolution of Titles in the Field:

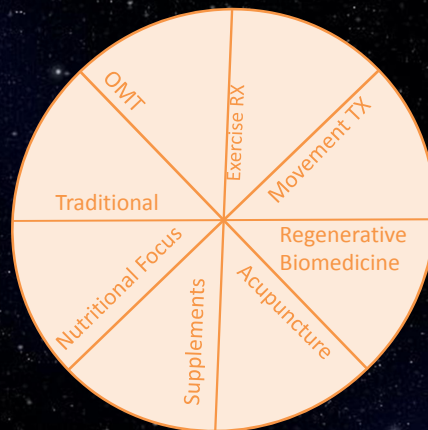
- 1970's = Holistic Medicine
- 1980's = Complimentary and Alternative medicine
- 1990's = Integrative Medicine
- Future...Health and Healing-oriented medicine

Integrative Medicine, David Rakel. 3rd Edition

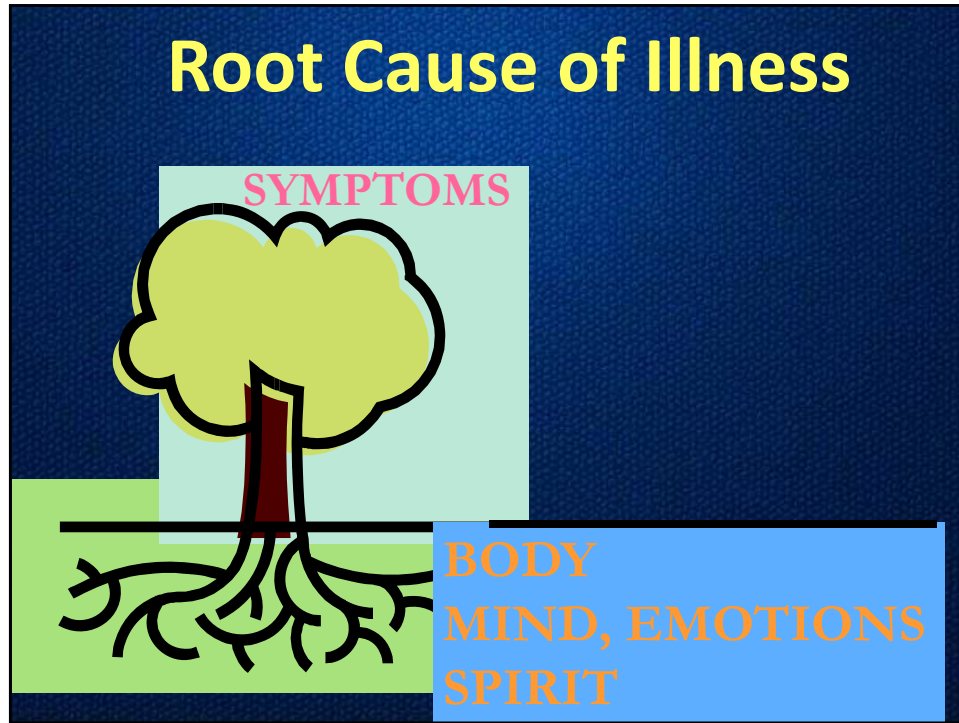
Expanding Therapeutic Options



Traditional



Integrative



Why “Integrate”?

- 2002 data by the CDC showed that 62% of U.S. adults used “complementary” or “alternative” medicine (CAM) within 12 months of being interviewed.
- In 2007, the survey included children (11.8%) using CAM.
- Integrative methods encourage more time and effort on disease prevention.

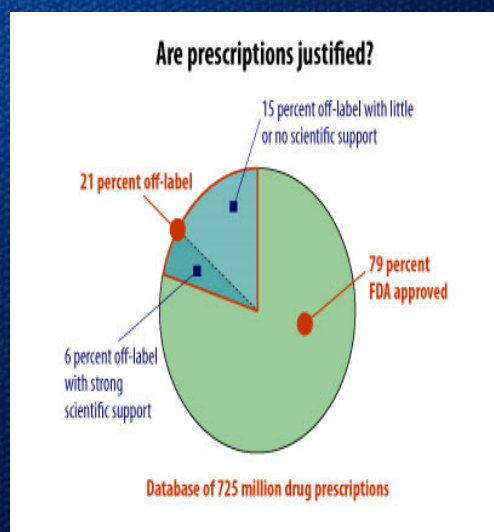
Integrative Medicine, David Rakel, 3rd Edition

Alternatives to Pharmaceuticals :

- A variety of treatment modalities exist to manage musculoskeletal complaints and a multitude of other ailments.
- Integrative Medicine employs:
 - OMT, medical acupuncture, regenerative biomedicine
 - Stress management techniques
 - Improving diet & nutrition, weight-loss goals
 - Physical activity goals
 - Barriers to change
 - Addressing how to **maintain** beneficial lifestyle changes



An analysis of 725 million prescriptions revealed that 21 percent were for treatments lacking approval from the U.S. FDA. The majority of those without FDA review had little or no other independent scientific justification.



<http://news.stanford.edu/news/2006/may10/med-offlabel-051006.html>
Archives of Internal Medicine

Postmarket Safety Events Among Novel Therapeutics Approved by the US Food and Drug Administration Between 2001 and 2010

- Nearly One-Third Of Medications Cleared By FDA Pose Safety Risks Identified Only After Approval, Study Indicates.
- Among 222 novel therapeutics approved by the FDA from 2001 through 2010, 32% were affected by a postmarket safety event.
- Deadline approvals were statistically significantly associated with higher rates of events, highlighting the need for continuous monitoring of the safety of novel therapeutics throughout their life cycle.

<http://jamanetwork.com/journals/jama/article-abstract/2625319>



Doveryai, no Proveryai

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VERIFY !!!!!”

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Photo: ConsumerLab.com

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So, how **DO** we know “when drugs are necessary, and when alternatives are better” ?

- Multifaceted question , subject to a multitude of factors:
 - Degree / magnitude of severity
 - Underlying cause
 - Duration; acute vs chronic
 - Response to previous therapies
 - Risk vs Benefit analysis; the balance of potential harm with strength of evidence.

Questions to Contemplate BEFORE Determining a Therapy:

- **Does the therapy result in symptom resolution or suppression?**
- **What is the evidence for the therapy?**
- **What is the potential harm?**
 - *The goal is to employ the least harmful, least invasive therapies first.*

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Questions to Contemplate BEFORE Determining a Therapy:

- **What is the cost?**
 - *In the year 2000, the United States ranked 15th in quality compared to the other top 25 industrialized countries. This was despite spending more on health care by almost 47%.*
 - *Despite the high cost, in 2006 the U.S. ranked 36th for life expectancy.*

SO, what did higher ranking countries have over us?

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1. *A stronger primary care infrastructure*

2. *Healthier lifestyle habits!*

Questions to Contemplate **BEFORE**
Determining a Therapy:

- **Does the therapy match the patient's culture and belief system?**
 - *Being familiar with healing modalities from other cultures can further enhance therapy.*
 - *This is more true regarding chronic conditions than with acute ones.*
 - *"We should give patients what they need, before we give them what we know."*



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Therapies Focus On:

- Incorporation with “traditional” treatments:
- Mind-body-spirit awareness
- Musculoskeletal complaints
- Proper Diet, nutrition, and lifestyle
 - AVOID Fast food / Processed foods / GMOs
(Discussed in more detail later)
- Stress Management

STRESS....What is it?

“Stress: The confusion created when one's mind overrides the body's basic desire to choke the living daylights out of someone who desperately deserves it”

<http://kstalent.com/stress-time-thoughts/>

STRESS!!!! What is it?

- *By Definition:*

Stress is the collective physiological and emotional responses to any stimulus that disturbs an individual's homeostasis.

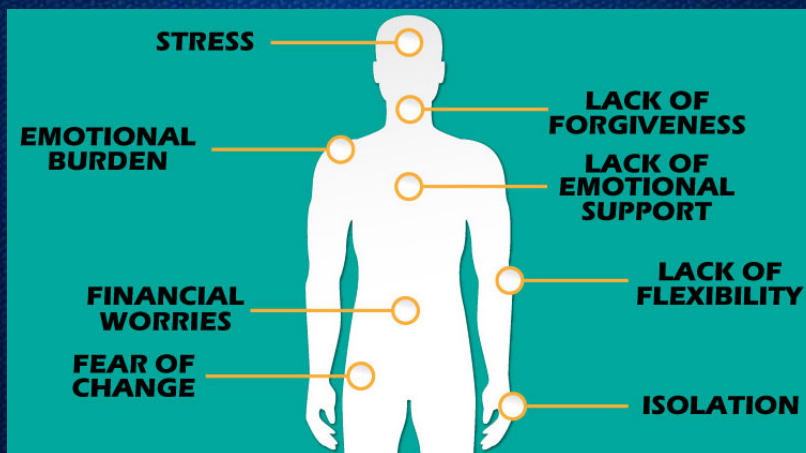


KEEP
CALM
TAKE
A
PROZAC

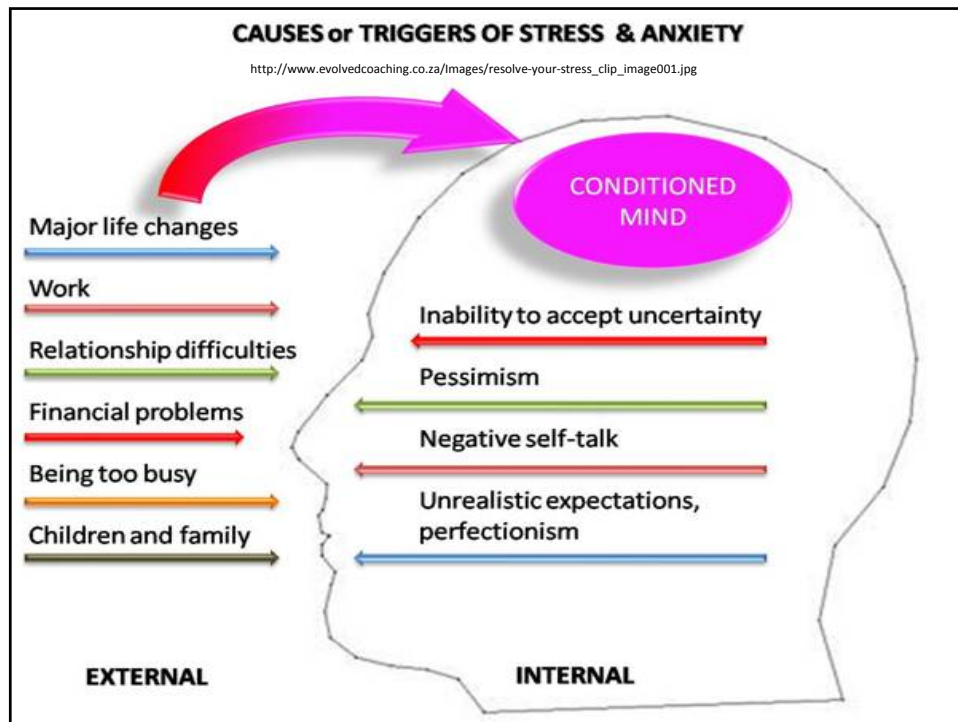


I took my Prozac today

Pain beyond the physical.....



The fight-or-flight reaction is often inappropriate for dealing with the stressors of modern life, many of which do not require a physical response!



Managing Stress

- Sleep
 - Lack of sleep is both a cause and an effect of excess stress
- Social support
- Modify expectations
- Engage in realistic self-talk
- Live in the present
- Cultivate your sense of humor
- Communication
 - Balance anger and assertiveness



Meditation:



- Any modality in which the practitioner trains his or her mind in order to realize some benefit.
- Often involves invoking or cultivating a feeling or internal state, such as *compassion*, or *attending to a specific focal point*.
- Relaxation techniques:
 - Progressive relaxation = alternating muscle tension and relaxation
 - Visualization = creating or recreating vivid mental pictures of a place or an experience

<http://en.wikipedia.org/wiki/Meditation>

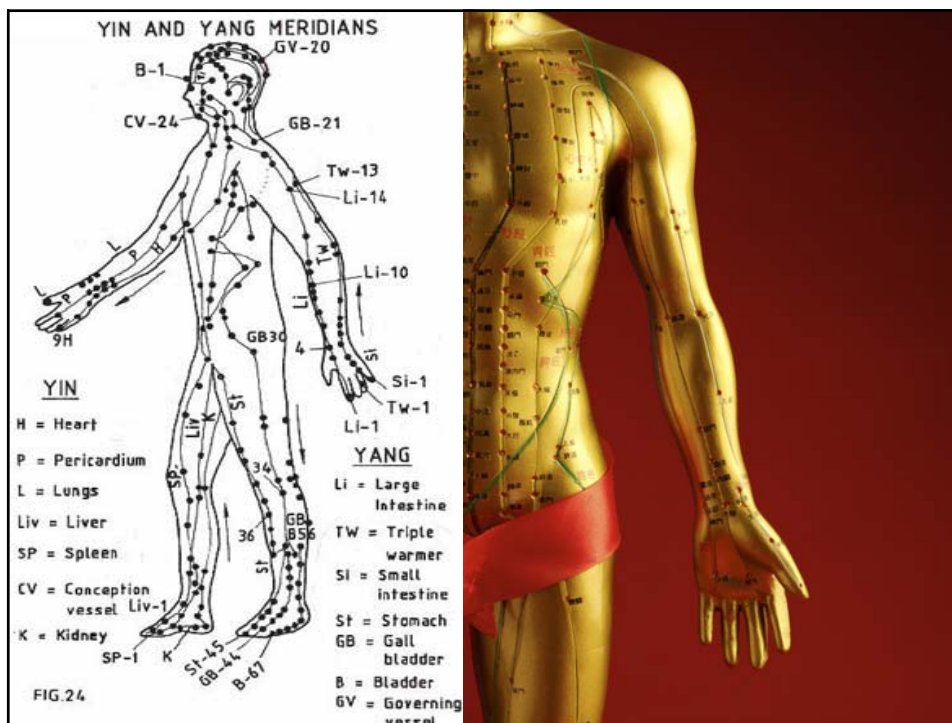
Managing Stress

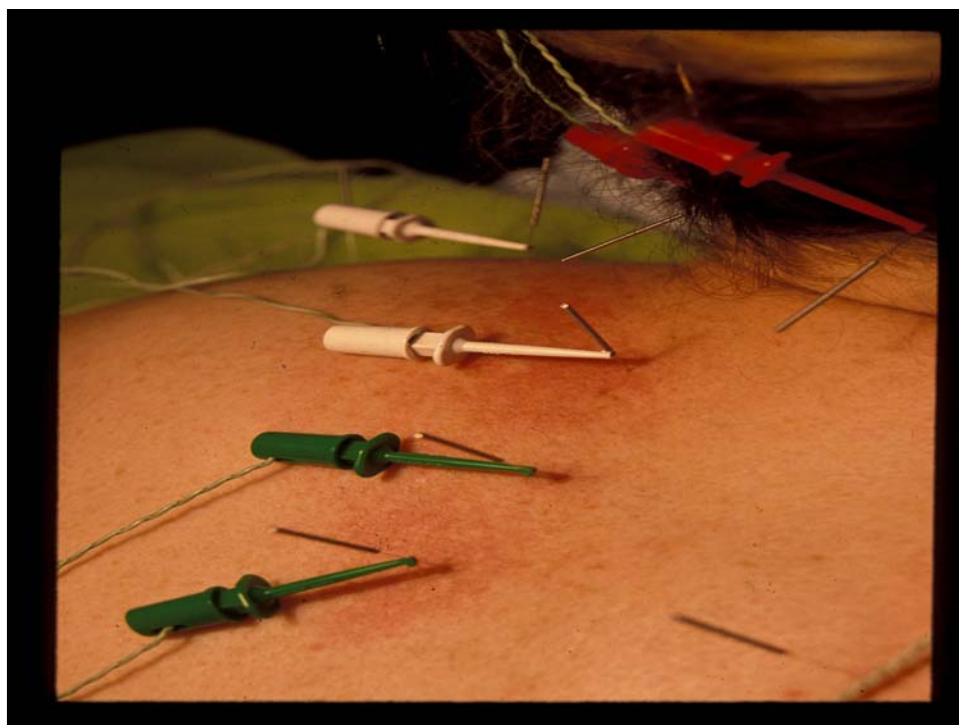
- Relaxation techniques
 - Deep, slow breathing
 - Listening to music
 - Meditation
 - Yoga
 - Tai Chi → a martial art designed to balance the body's "chi" to promote health and spiritual growth
 - **Acupuncture**

Acupuncture

- Latin: *acus* (needle) and *punctura* (puncture)
- A treatment that employs the induction of needles into specific tracks called, “meridians” to encourage or improve energy flow (Qi), to aid in health and healing.
- Earliest text source: *Huang Di Nei Jing* (Yellow Emperor’s Inner Classic), compiled during the first century B.C.

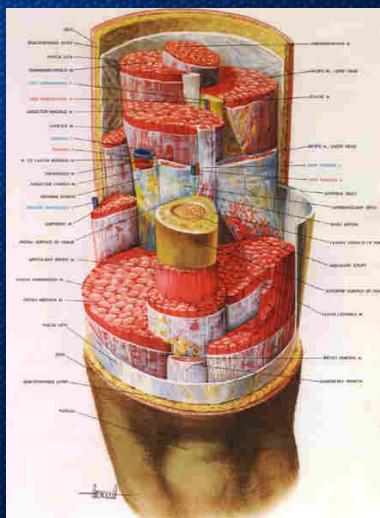
Acupuncture Energetics, A Clinical Approach for Physicians. Joseph M. Helms





Fascia

- Fascia & peri-neural sheaths are rich in an electrical semi-conductive matrix
- Fascia acts as a highway for transmission of Qi
- Most acupuncture points are found along muscle cleavages



Acupuncture for Chronic Pain Individual Patient Data Meta-analysis

- **Conclusions:** Acupuncture is effective for the treatment of chronic pain and is therefore a reasonable referral option.
- Significant differences between true and sham acupuncture indicate that acupuncture is more than a placebo. However, these differences are relatively modest, suggesting that factors in addition to the specific effects of needling are important contributors to the therapeutic effects of acupuncture.

Arch Intern Med. 2012;172(19):1444-1453. doi:10.1001/archinternmed.2012.3654

Indications for Acupuncture:

- Acute & Chronic Pain
- Spinal (back pain) issues (C,T,L-S)
- Fibromyalgia
- Strains/Sprains
- Arthritis (OA, RA)
- Tendonitis

Indications for Acupuncture:

- Peripheral Neuropathy
- Radiculopathy
- Sciatica
- Spinal Stenosis
- Post-surgical
- Many others...

Does Insurance Pay for Acupuncture?

Acupuncture Procedure Codes

97810, 97811 – without stim;

97813, 97814 – with stim.

YES – PA Workers Comp./Auto

YES – Some private insurances

NO – Medicare/Medicaid/PA Access

NO- Most HMO/PPO/Managed Care

Movement Therapies:

Tia Chi, Chi-Gung (Qi Gong), etc.

- “A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age,”

-Peter M. Wayne, assistant professor of medicine at Harvard Medical School. Director of the Tai Chi and Mind-Body Research Program at Harvard Medical School.

Yoga



Yoga Benefits

- Weight loss
- Decrease stress and anxiety
- Strengthening, conditioning, increased flexibility
- Lower blood pressure and cholesterol
- Improve posture
- Mental clarity
- Many others...

Yoga and Faith / Spirituality

- Classical yoga originates from Hinduism
- Teaches one to seek “enlightenment” through a series of exercises that unite the body, mind, and spirit.
- Many different branches of yoga (Ex: Bhakti, Hatha, Jnana, Karma, Mantra, Raja, etc)
- If practiced in its traditional form, may not be congruent with some peoples’ spiritual beliefs.

<http://www.catholic.com/magazine/articles/the-trouble-with-yoga>

Intention



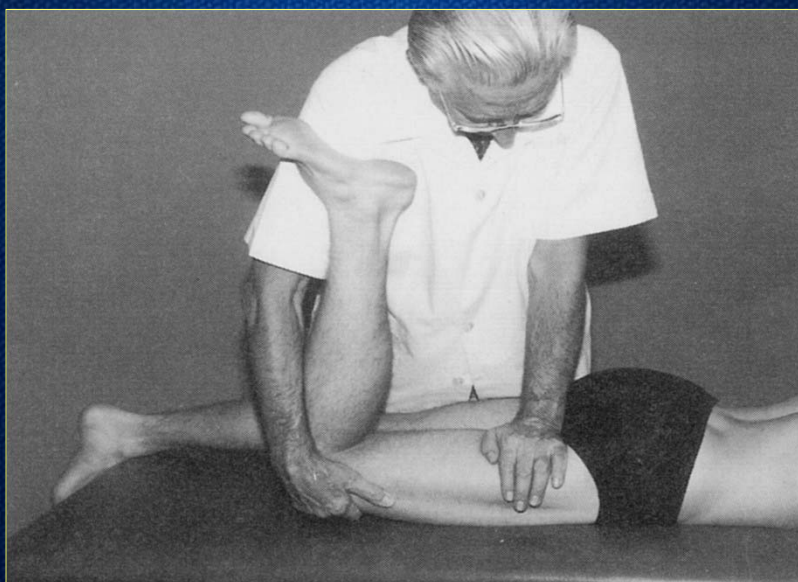
<http://www.globalaging.org/elderrights/world/popejp7.jpg>



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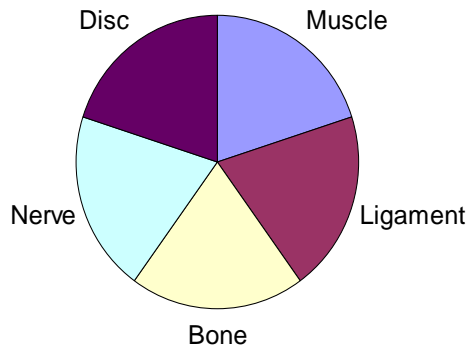
Manual Medicine



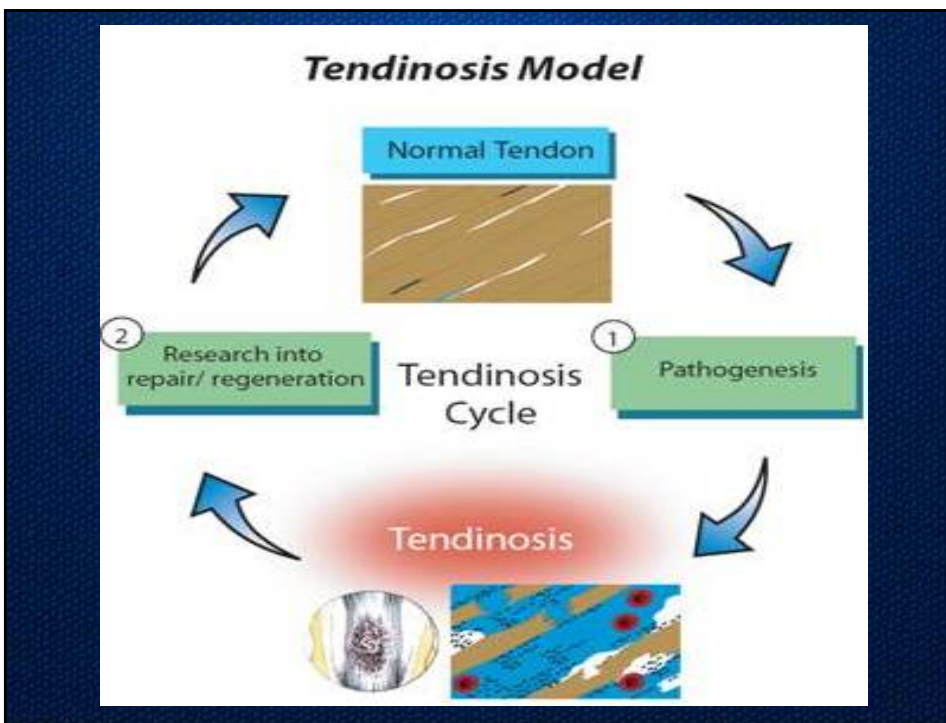
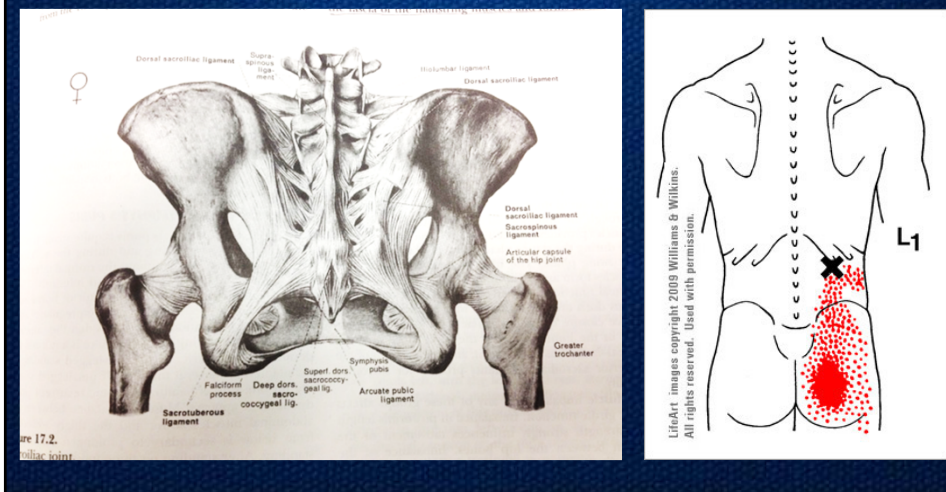


What is your main pain generator?

UNDERSTANDING PAIN PATTERNS



Pain Patterns



Regenerative Bio-medicine

- Prolotherapy
- Platelet-rich plasma (PRP)
- Others...



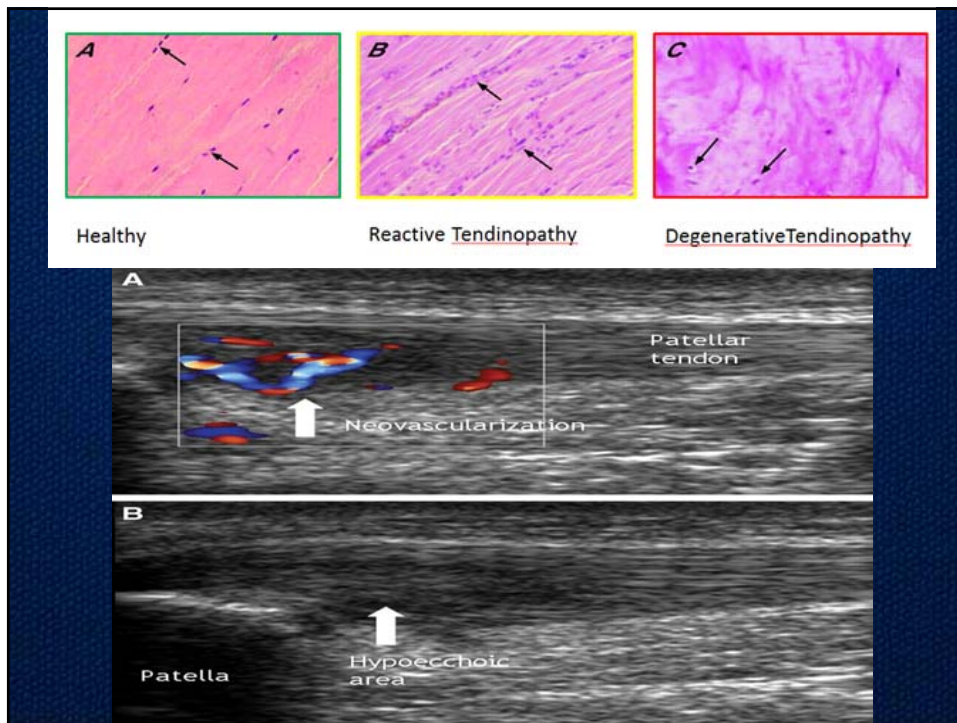
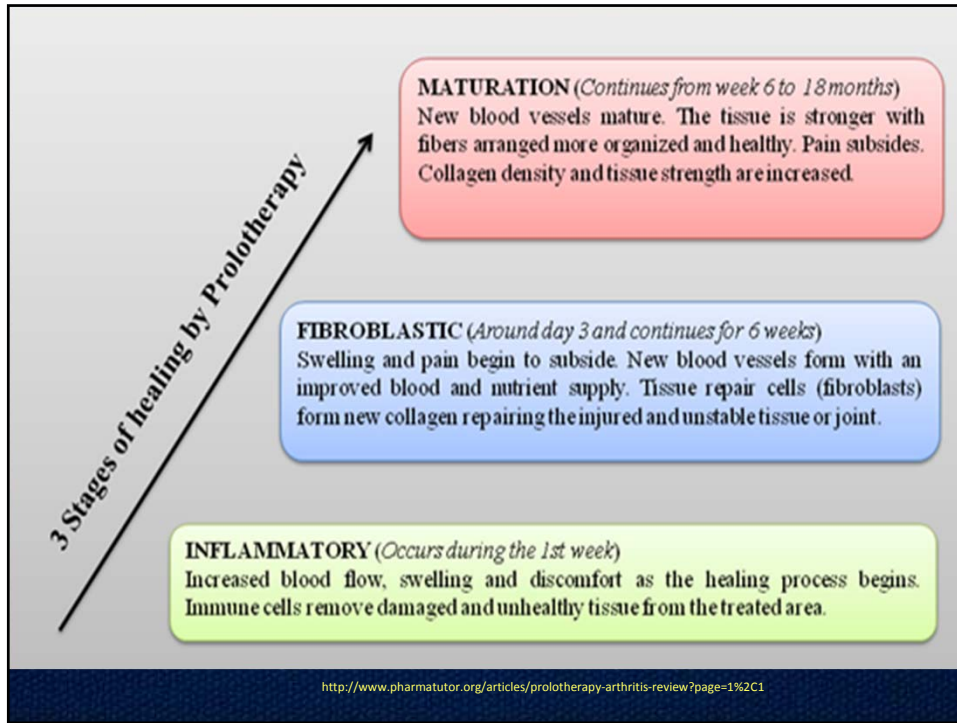
PROLOTHERAPY:

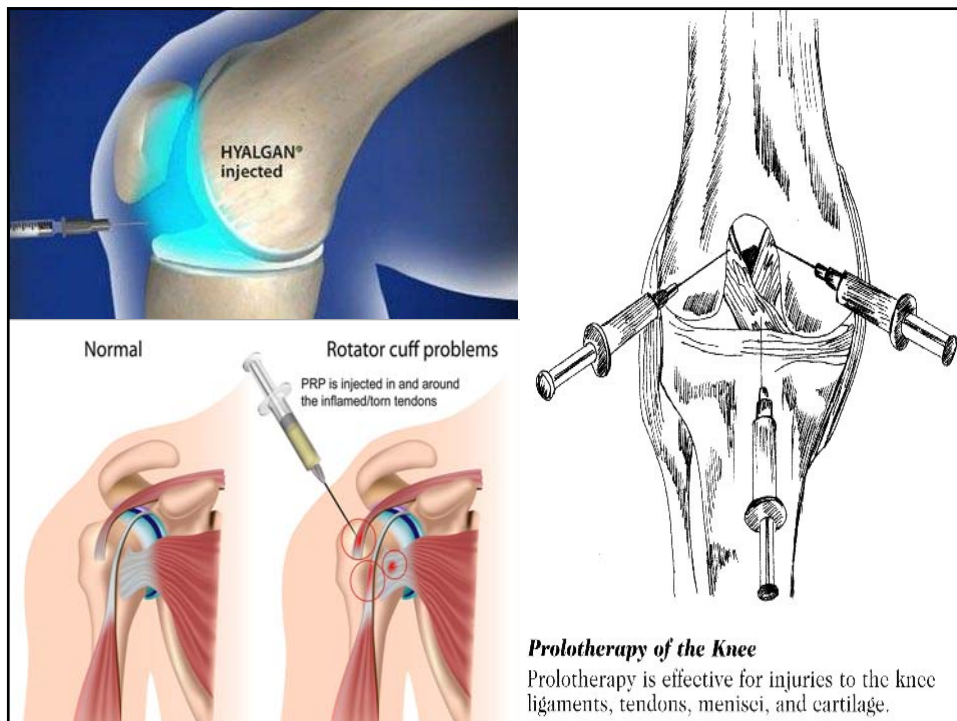
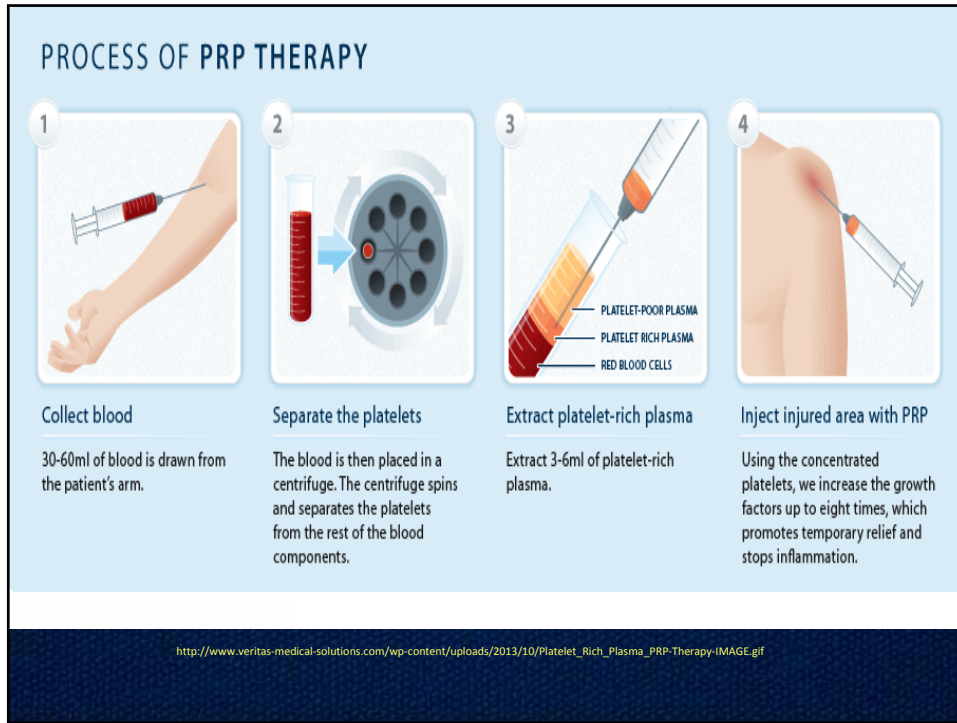
- Proliferative, “Prolotherapy”, not a new concept.
- method of injecting an anesthetic and an irritant (usually dextrose) into ligaments or tendons that are injured – torn or weakened.

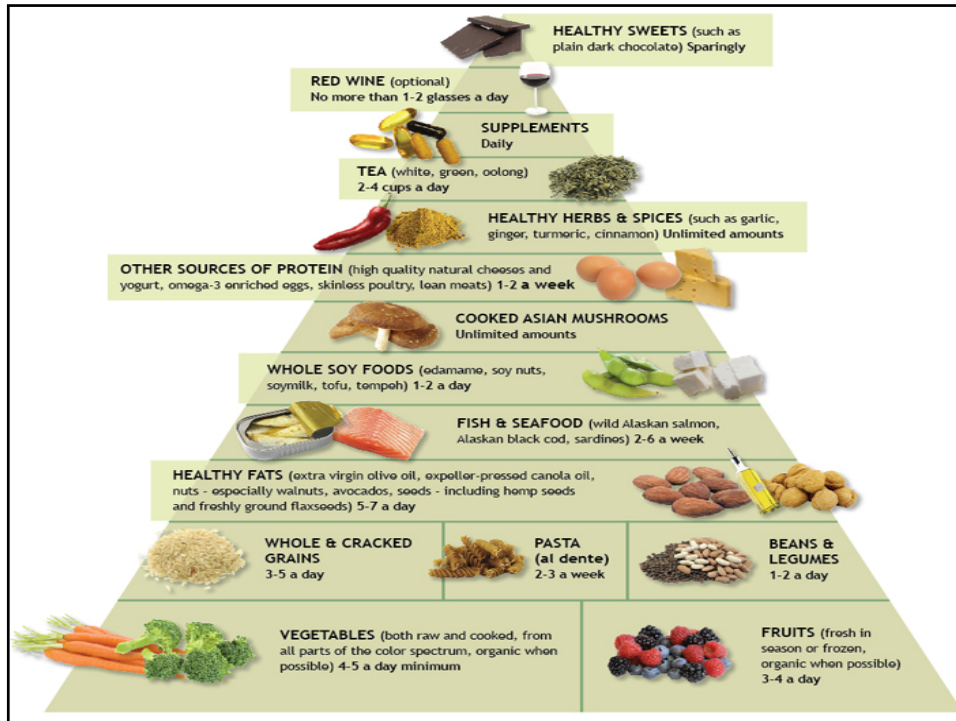
Prolotherapy of the shoulder.
The rotator cuff tendons are frequent sites of treatment.



<https://www.caringmedical.com/prolotherapy-news/frozen-shoulder-treatment/>







THANK YOU !



“Seek not to know all the answers but, to understand the questions”

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