



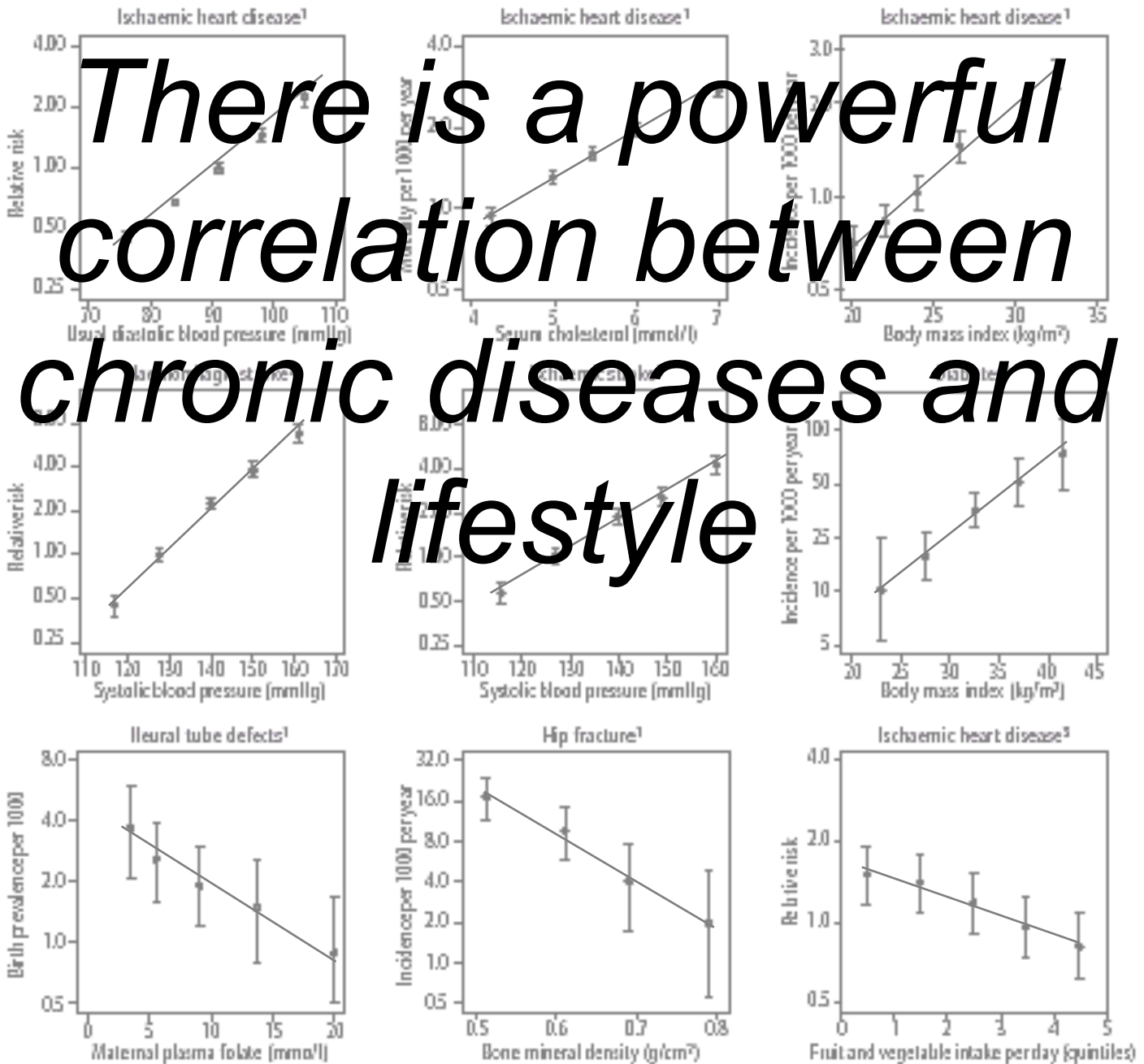
**UMFT**

Universitatea de  
Medicină și Farmacie  
„Victor Babeș”  
din Timișoara

# Complementary and Alternative Medicine in Health Promotion and Disease Prevention

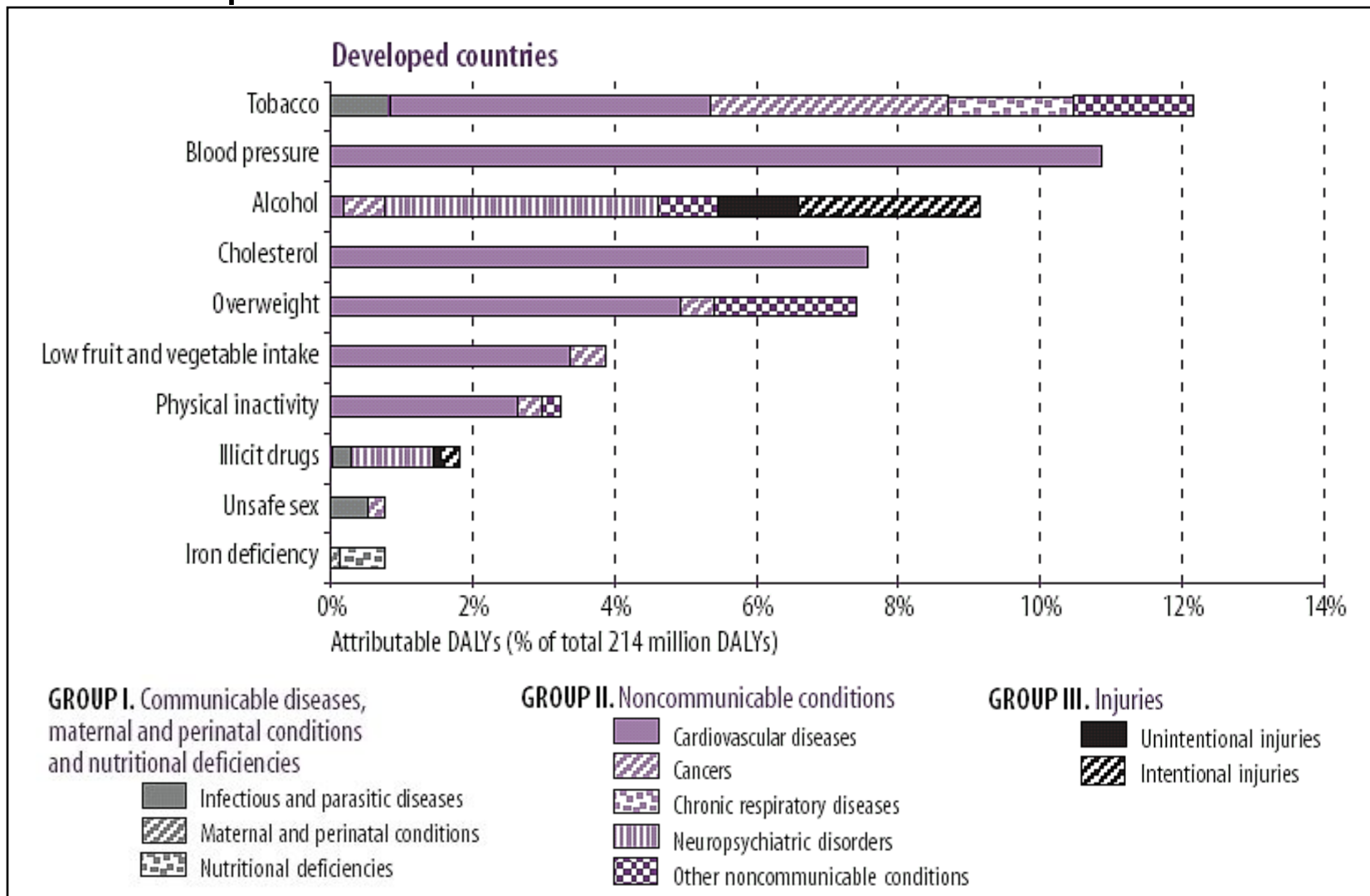
Simona Dragan

University of Medicine and Pharmacy Victor Babes  
Timisoara, Romania



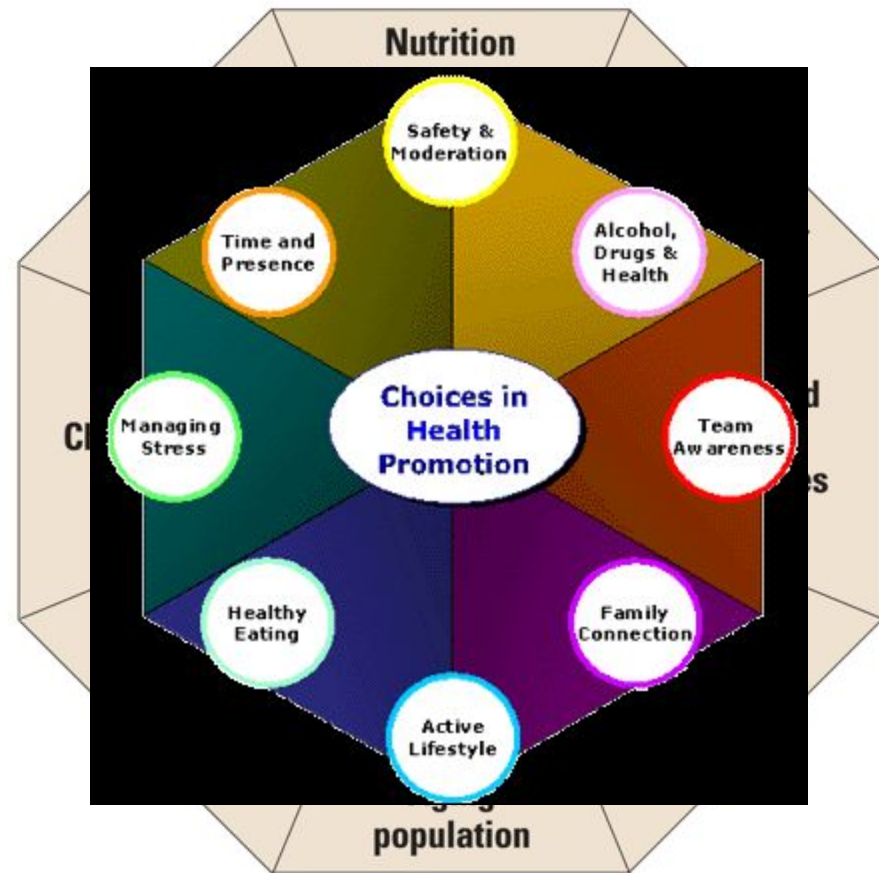
# DALYs reported for risk factors

WHO report 2010:83.



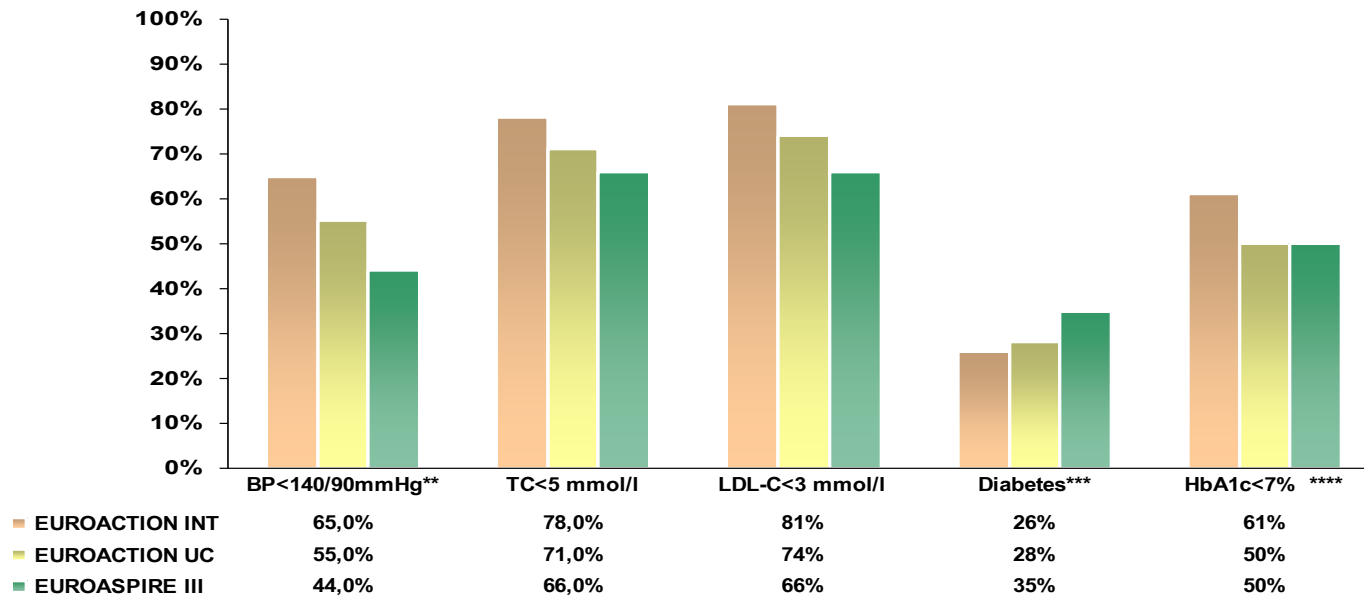
# Chronic Disease Epidemic: Contributing Influences

Among the major influences contributing to the epidemic of chronic disease are genetic vulnerability, the powerlessness and despair of poverty, the debility produced by chronic stress, and the fragmentation of family and community life that leads to isolation and a lessened sense of purpose and meaning.



# ‘A handful of pills is not enough’

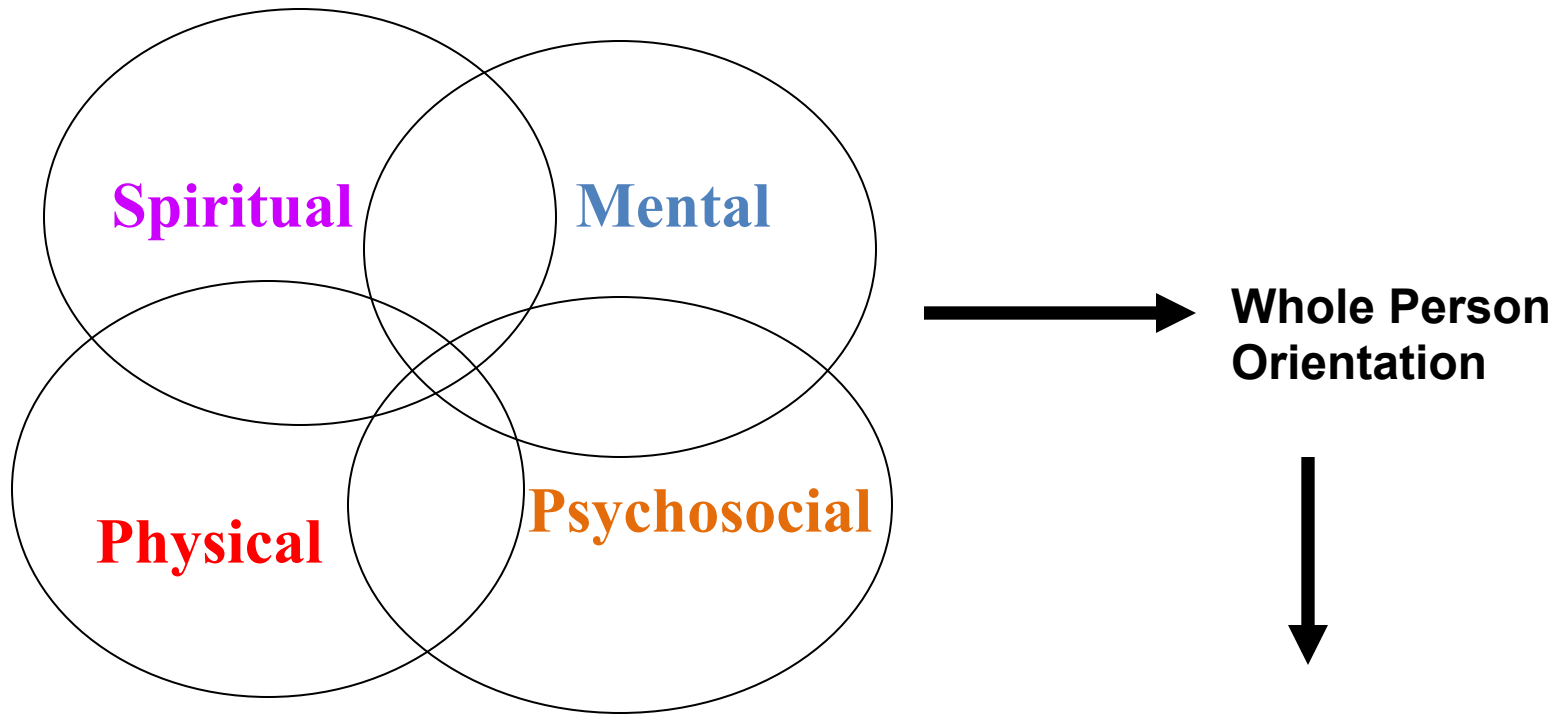
## EUROASPIRE III



# Management of psychosocial factors

	Class	Level	GRADE
Multimodal behavioural interventions, integrating health education, physical exercise and psychological therapy for psychosocial risk factors and coping with illness, should be prescribed.	I	A	Strong
In case of clinically significant symptoms of depression, anxiety and hostility, psychotherapy, medication or collaborative care should be considered. This approach can reduce mood symptoms and enhance health related quality of life, although evidence for a definite beneficial effect on cardiac endpoints is inconclusive.	Ila	A	Strong

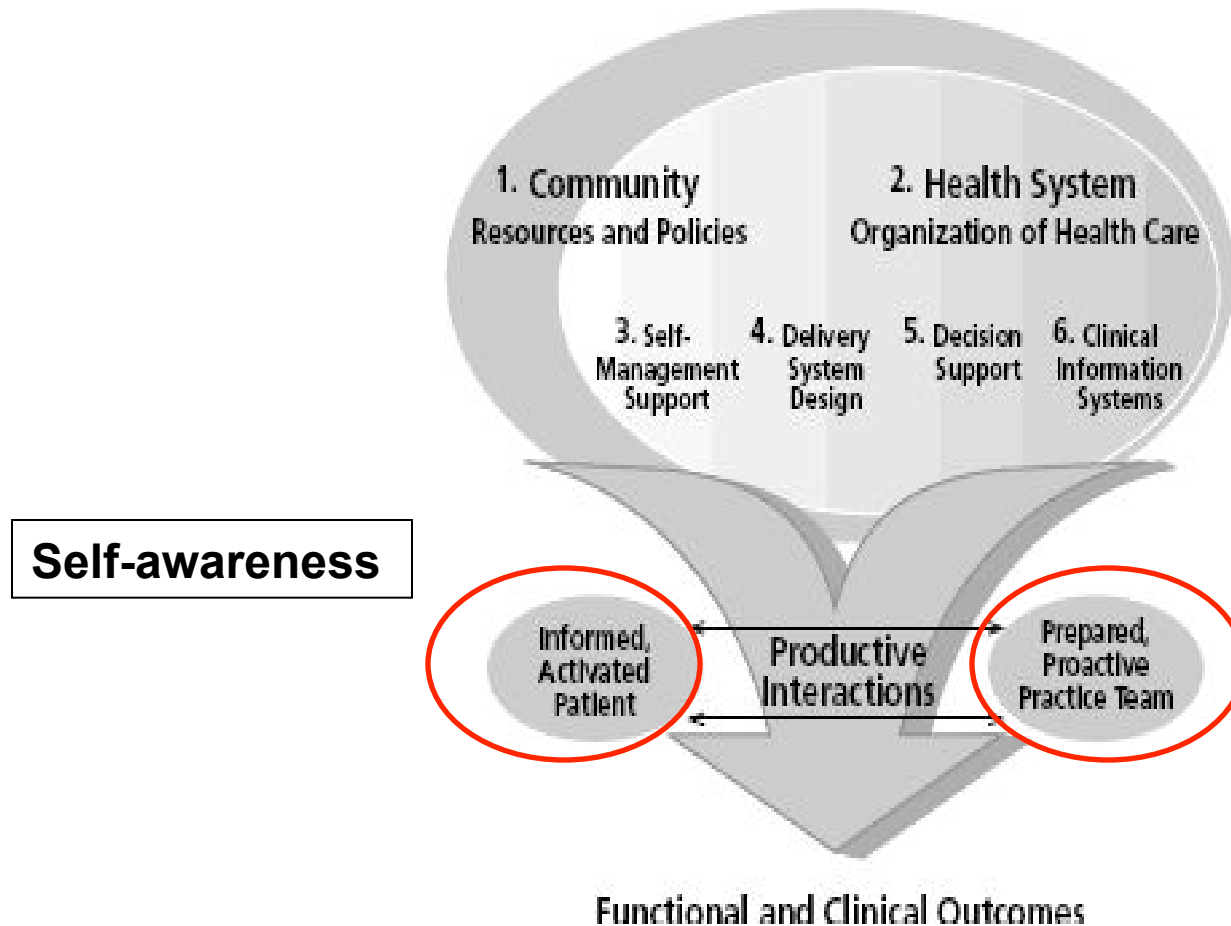
# Whole person approach



## Coordinated Integrated Care

Personalized care across acute and chronic problems, to include prevention and focus on the physical, social, environmental, emotional, behavioral and cognitive aspects of health care.

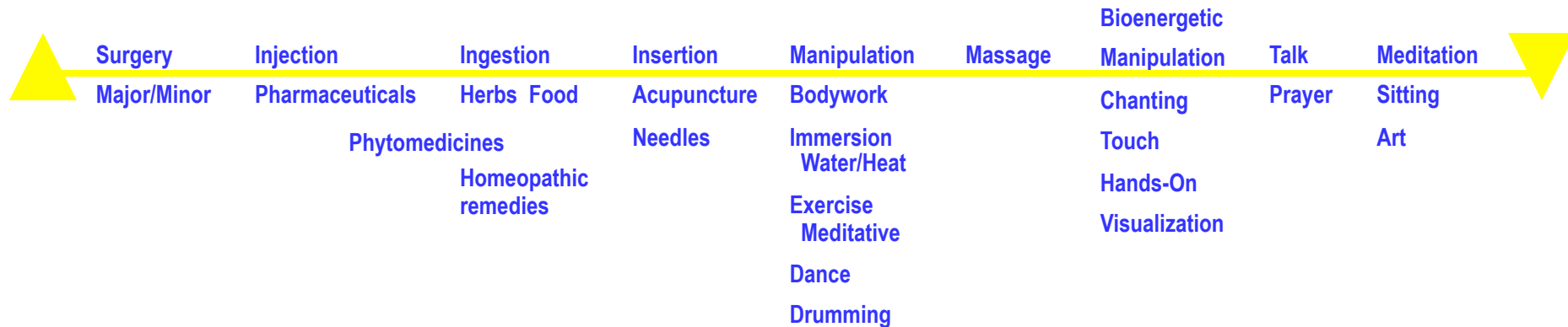
# Chronic Care Model





# Therapeutic Techniques in Biomedicine and CAM:

## Physical Invasiveness



## Techniques Favored by Selected Health Care Systems



# Health literacy

## E-literacy

### Reliable sources of information



# Shared responsibility of information

Cancer Knowledge Network Sites  Medical Professionals  Life After Cancer  Resident Rotation

**CURRENT** **ONCOLOGY** Life After Cancer Cancer Knowledge Network | Proudly Published by Multimed Inc.

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The CKN Team Exercise & Rehab Family Members Finances From our Editor Inspiration Integrative Therapy Sexuality & Fertility

## Talking to Cancer Patients about Complementary Therapies: Is It the Physician's Responsibility?

March 21st, 2011 Posted in Integrative Therapy

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 Print This Post

M.J. Verhoef phd,\* H.S. Boon phd,<sup>†</sup> and S.A. Page phd\*. Talking to Cancer Patients about Complementary Therapies: Is it the Physician's Responsibility? *Current Oncology* 2008, 15:S13-S17.



Bulletin Board

-  Medical Professionals News
-  Life After Cancer News
-  Resident Rotation News
- Breast Cancer Screening in BRCA1/2 Carriers
- Malnutrition Screening Programs in Adult Cancer

## Homeopathic medicines for adverse effects of cancer treatments

[\*Cochrane Database Syst Rev.\* 2009 Apr 15; \(2\):CD004845](#)

## Mistletoe therapy in oncology

[\*Cochrane Database Syst Rev.\* 2008 Apr 16;\(2\):CD003297](#)


**SYMPOSIUM “La Dolce Vita”**  
**What every cardiologist should know about  
eating and drinking**

**OLIVE OIL, BERRIES AND CHOCOLATE**


Michel de Lorgeril


TIMC-IMAG, *Cœur et Nutrition* UMR CNRS 5525, Grenoble, France

# Websites of professionals





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12345...206

 **Healthy lifestyle behaviours and cardiovascular mortality among Japanese men and women: the Japan collaborative cohort study** 78%

Healthy **lifestyle** behaviours and cardiovascular mortality among Japanese men and women:. Aims To examine the combined impacts of healthy **lifestyle** behaviours on cardiovascular disease (.

**Authors :** Eri Eguchi ; Akiko Tamakoshi **Date :** 01-02-12 **Item size :** 191 Kb  
**Ref :** European Heart Journal(2012) 33 (4) : 467-477.

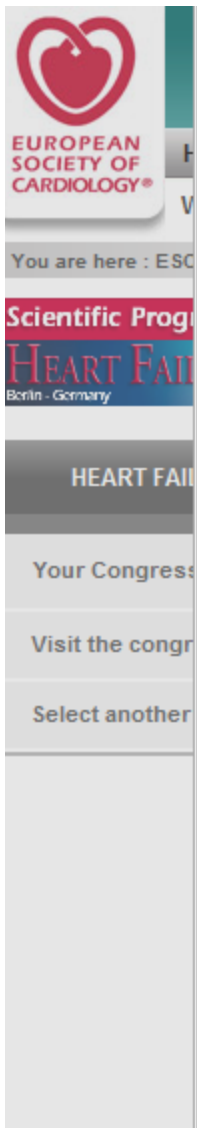
 **Lifestyle modification programmes for patients with coronary heart disease : a systematic review and meta-analysis of randomized controlled trials** 77%

To determine the efficacy of **lifestyle** modification programmes for coronary heart disease patients developed over the last decade (1999-2009) by means of a systematic review and meta-analysis. .



- **Risk factor screening** including the lipid profile may be considered in adult men  $\geq 40$  years old and in women  $\geq 50$  years of age or postmenopausal.
- The physician in **general practice** is the key person to initiate, coordinate and provide long-term follow-up for CVD prevention.
- The **practising cardiologist** should be the advisor in cases where there is uncertainty over the use of preventive medication or when usual preventive options are difficult to apply.
- Patients with cardiac disease may participate in **self-help programmes** to increase or maintain awareness of the need for risk factor management.
- **Non-governmental organisations** are important partners to health care workers in promoting preventive cardiology.
- The **European Heart Health Charter** marks the start of a new era of political engagement in preventive cardiology.

# Tai Chi – ESC website



## Effects of Tai Chi training on arterial compliance and muscle strength in female seniors : a randomized clinical trial

75%



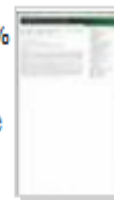
Effects of **Tai Chi** training on arterial compliance and muscle strength in female seniors :. **Tai Chi** practitioners are known to have better than average arterial compliance.

**Authors :** Xi Lu ; William WN Tsang **Date :** 04-01-12 **Item size :** 56 Kb  
**Ref :** European Journal of Preventive Cardiology (Published ahead of print)



## Tai Chi, arterial compliance, and muscle strength in older adults

75%



**Tai Chi**, arterial compliance, and muscle strength in older adults. **Tai Chi** practice has been found to improve muscle strength and cardiopulmonary function in older subject.

**Authors :** Xi Lu ; William WN Tsang **Date :** 04-04-12 **Item size :** 53 Kb  
**Ref :** European Journal of Preventive Cardiology (Published ahead of print)

A

## Association of tai chi and endurance training in the rehabilitation of elderly patients with chronic heart failure: a randomized pilot study

74%



Association of **tai chi** and endurance training in the rehabilitation of elderly patients with chronic heart failure:. To asses if **Tai Chi** added to endurance training (ET) i.

**Date :** 28-08-10 **Item size :** 24 Kb

A

## Additional beneficts of tai chi and endurance training in elderly patients with chronic heart failure: a randomized pilot study

73%



Additional beneficts of **tai chi** and endurance training in elderly patients with chronic heart failure:. To asses if **Tai Chi** added to endurance training (ET) is more effec.

# Yoga and mind-body techniques

## ESC website

### A Stress reduction in women with CHD may improve life, sleep quality, increase survival

67%



Educaton about risk factors, **relaxation techniques**, methods for self monitoring, cognitive restructuring and coping with stressful experiences in family and at work, or both, were provide.

Date : 16-04-11 Item size : 24 Kb



### Everything you want to try in cardiac rehabilitation

67%



Dr. D. Francis from London (Great Britain) talked about different **relaxation techniques** used in post-myocardial infarction patients. . These new, but previously well known components may.

Authors : Date : 31-08-08 Item size : 136 Kb



### Dubrovnik Cardiology Highlights 2011

67%



Speculation Could the Christian Church have adopted the **Yoga** Mantra breathing techniques to their own liturgies?. Results The same occurred with the slow breathing associated with **YOGA**.

ESC Date : 25-06-12 Item size : 1.9 Mb



### GIO mind-body exercise program increases heart rate variability and T-wave variability in patients with chronic heart failure

66%



Some forms of mind-body exercise (**yoga**, qui gong and tai chi) have been shown to restore heart rate variability.

Date : 16-04-11 Item size : 24 Kb



### CardioPulse ArticlesA new tool to fight coronary artery disease: The European Cook BookVerdi is in tune when it comes to blood pressure controlSustained benefits of a health project for middle-aged fo

66%



a **yoga** mantra and a Latin prayer have in common?. The tone gradually slows to reduce breathing to <10 bpm (an effect similar to **yoga** breathing exercises) and this reduces blood press.



# European Heart Journal



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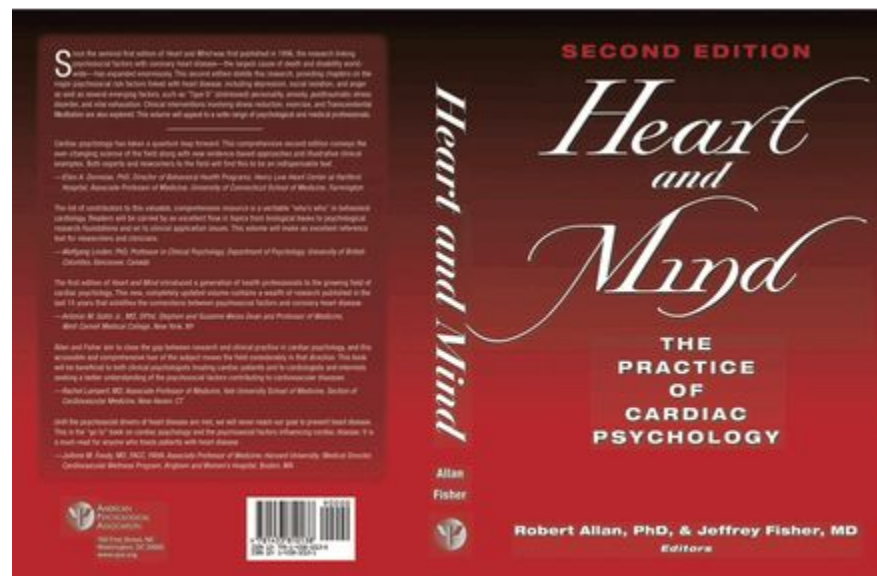
[CURRENT ISSUE](#) [ARCHIVE](#) [SEARCH](#)

[Oxford Journals](#) > [Medicine](#) > [European Heart Journal](#) > [Volume 33, Issue 10](#) > Pp. 1172-1180.


## Psychosocial risk factors and heart disease

**Despite the evidence linking psychosocial risk factors and heart disease, most patients choose the combination of steak, statins, and stents over psychotherapy to change their lifestyle**


Empirical evidence exists to support a link between three major psychosocial risk factors and coronary heart disease. Depression, social isolation, and anger/hostility all boast a significant database.



# Phytotherapy: ESC website



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 **Nutraceuticals : what they are and how they work** 63% 



Herbalism is also referred to as botanical medicine, medical herbalism, herbal medicine, herbology and **phytotherapy**. .

**Date :** 03-12-10 **Item size :** 158 Kb

 **ESC CONGRESS 2009-Silymarin (flavonolignans complex from milk thistle) protects endothelial progenitor cells against senescence and apoptosis induced by rapamycin.** 61% 

SILYMARIN (FLAVONOLIGNANS COMPLEX FROM MILK THISTLE) PROTECTS ENDOTHELIAL PROGENITOR CELLS AGAINST SENESCENCE AND APOPTOSIS INDUCED BY RAPAMYCIN Andrzej Parzonko, Marek Naruszewicz Department of Pharma.

**Authors :** Marek Naruszewicz **Date :** 02-09-09 **Item size :** 3.7 Mb

 **Towards a systematic scientific approach in the assessment of efficacy of an herbal preparation: Hawthorn (Crataegus spp.)** 59% 

Principles and practice of **phytotherapy**. .

## The Potential Influence of Plant Polyphenols on the Aging Process

E. Paul Cherniack

The Geriatrics Institute, University of Miami Miller School of Medicine, Division of Geriatrics and Gerontology, and the Geriatrics and Extended Care Service and Geriatric Research Education, and Clinical Center (GRECC) of the Miami Veterans Affairs Medical Center, Miami, FL, USA

[European Heart Journal](#)  
**Flavanols and Cardiovascular Disease Prevention**  
European Heart  
Journal. 2010;31(21):  
2583-2592. © 2010 Oxford  
University Press



NIH Public Access  
Author Manuscript

Phytomedicine. Author manuscript; available in PMC 2011 August 1.

Published in final edited form as:

Phytomedicine. 2010 August ; 17(10): 744–752. doi:10.1016/j.phymed.2010.01.009.

### Cardioprotective properties of *Crataegus oxycantha* extract against ischemia-reperfusion injury

Jayachandran Kesavan Swaminathan<sup>1,2</sup>, Mahmood Khan<sup>1</sup>, Iyappu K Mohan<sup>1</sup>, Karuppaiyah Selvendiran<sup>1</sup>, S. Niranjali Devaraj<sup>2</sup>, Brian K. Rivera<sup>1</sup>, and Periannan Kuppusamy<sup>1</sup>

<sup>1</sup>Center for Biomedical EPR Spectroscopy and Imaging, Davis Heart and Lung Research Institute, Department of Internal Medicine, The Ohio State University, Columbus, OH 43210



European Heart Journal (2012)  
doi:10.1093/eurheartj/ehr441

NIH-PA Author Manuscript

### Nutrition in cardiovascular disease

## Plant sterols and cardiovascular disease: a systematic review and meta-analysis<sup>†</sup>

Bernd Genser<sup>1,2\*†</sup>, Günther Silbernagel<sup>3†</sup>, Guy De Backer<sup>4</sup>, Eric Bruckert<sup>5</sup>, Rafael Carmena<sup>6</sup>, M. John Chapman<sup>7,8</sup>, John Deanfield<sup>9</sup>, Olivier S. Descamps<sup>10</sup>, Ernst R. Rietzschel<sup>11</sup>, Karen C. Dias<sup>2</sup>, and Winfried März<sup>1,12,13</sup>

<sup>1</sup>Mannheim Institute of Public Health, Social and Preventive Medicine, Medical Faculty Mannheim, University of Heidelberg, Heidelberg, Germany; <sup>2</sup>Instituto de Saúde Coletiva, Federal University of Bahia, Salvador, Brazil; <sup>3</sup>Division of Endocrinology, Diabetology, Nephrology, Vascular Disease, and Clinical Chemistry, Department of Internal Medicine, Eberhard Karls University, Tübingen, Germany; <sup>4</sup>Department of Public Health, Ghent University, Ghent, Belgium; <sup>5</sup>Division of Endocrinology and Metabolism, Hôpital de la Pitié-Salpêtrière, Paris, France; <sup>6</sup>Division of Endocrinology and Nutrition, Department of Medicine, University Hospital, Valencia, Spain; <sup>7</sup>Dyslipidemia, Inflammation and Atherosclerosis







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Pascal Da Silva MBAcC



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## RESEARCH INTO ACUPUNCTURE

Low back pain: early management of persistent non-specific low back pain

Full guideline  
May 2009

National Collaborating Centre  
for Primary Care



## NICE recommends acupuncture

The British Acupuncture Council, the UK's largest professional body for the practice of acupuncture, fully supports NICE's (National Institute for Health and Clinical Excellence) decision that *acupuncture be made available on the NHS for chronic lower back pain.*

# Internet Impact on Decisions/ Actions of Patients

Of the 60% of patients who use online health information (e-patients):

60% say the information affected a decision about how to treat an illness or condition

53% say it led them to ask their physician new questions or to get a second opinion

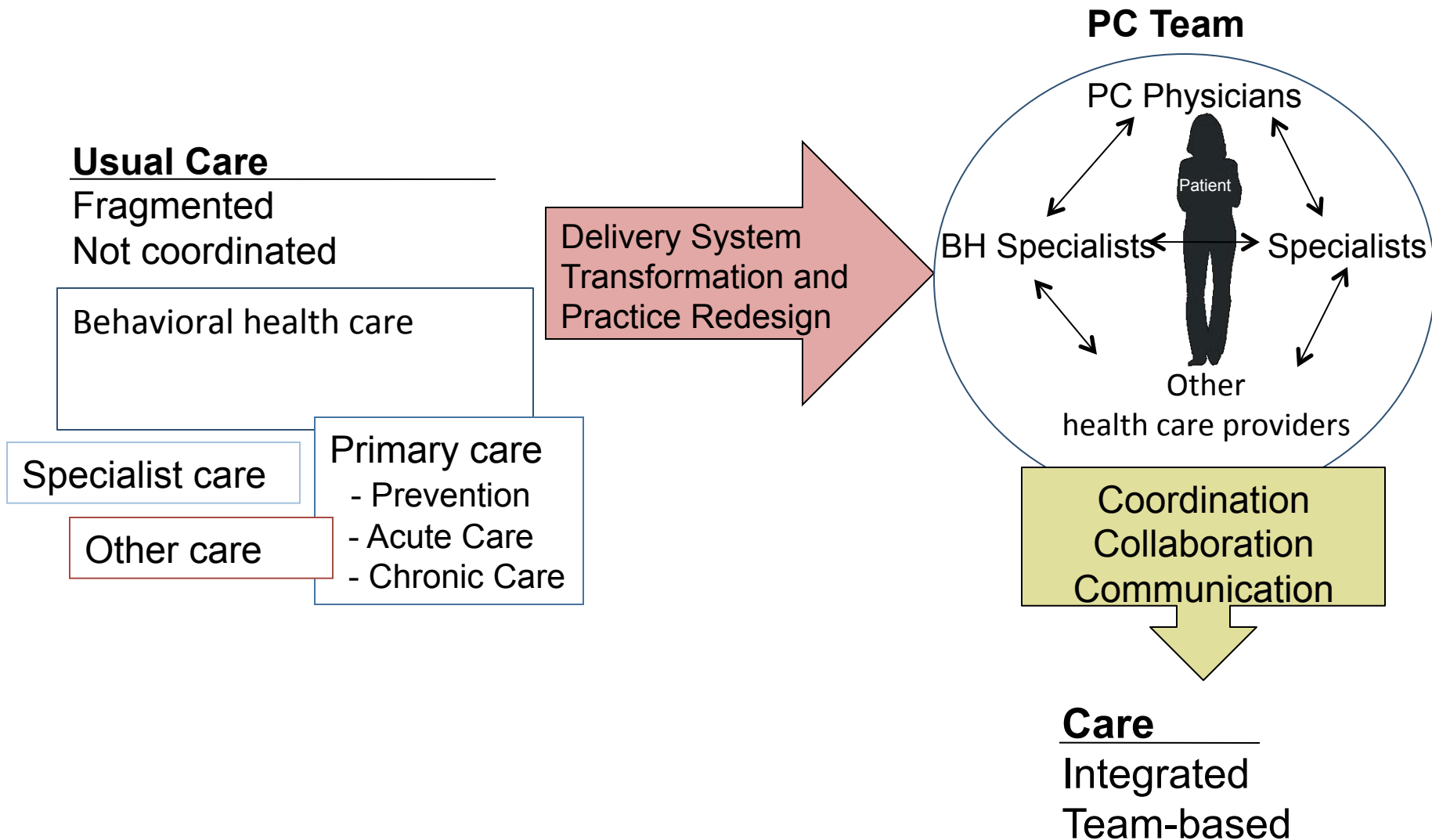
49% say it changed the way they think about diet, exercise, or stress management

60% say they or someone they know has been helped

Source: Pew Internet & American Life Project

<http://www.pewinternet.org/reports/2009/8-The-Social-Life-of-Health-Information.aspx>

# Integrated patient-centered care



# Ambulatory for prevention and integrative medicine



Charité Ambulanz für Prävention und Integrative Medizin



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Land der Ideen  
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Ausgewählter Ort 2008

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► **Klassische Naturheilkunde**  
Ernährungsmedizin  
Pflanzenheilkunde  
Akupunktur  
Qi Gong  
Homöopathie

## Klassische Naturheilkunde

In der CHAMP-Ambulanz bieten wir Ihnen ein breites Angebot an traditionellen naturheilkundlichen Therapien. Ziel ist es, die Selbstheilungskräfte des Organismus zu stärken. Die Therapien können auch gut mit konventionellen Therapien kombiniert werden. Wir arbeiten hierbei eng mit der Klinik für Physikalische Therapie und Rehabilitation zusammen. Folgende naturheilkundliche Therapien werden bei uns durchgeführt:

- Pflanzenheilkunde
- Ernährungsmedizin
- Ordnungstherapie
- Bewegungstherapie
- Schröpfen
- Neuraltherapie
- Blutegeltherapie

[zehntausendschritte.de](http://zehntausendschritte.de)  
>> das Projekt 10.000 Schritte

### Terminankündigungen

**15.10.2012-neuer Kurs**  
Stressbewältigung durch Achtsamkeit  
>> mehr Infos

**18.10.2012-Vortrag**  
Tricksen Sie die Erkältung aus  
>> mehr Infos

**20.10.2012-Workshop**  
Qi Gong für Frauen



# E-resource guides on CAM for healthy aging





## **The Model for Aging Well** (NRC data from 9000 surveys on QOL of older adults)

12 strengths grouped into three thematic categories: physical health, outlook on life and connection to others and the community.

**Possible CAM therapies contribution to increase strenghts:**

- Acupuncture
- Osteopathy
- Shiatsu
- Massage
- Naturopathy
- Anthroposophy
- Nutrition, physical activity
- Relaxation techniques, Meditation
- Spirituality



# Together...with CAM for Health!



HEALTH AND  
CONSUMERS

