

Integrative Treatments: An Overview

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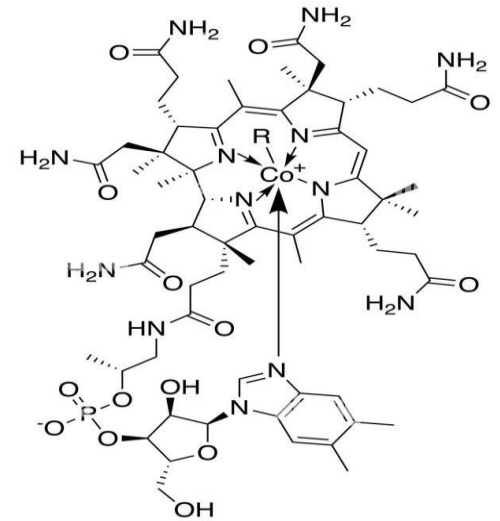
Objectives

1. Define three different classes of integrative treatments
2. Learn how to make an informed decision about the proper use of supplements
3. Identify what to communicate with your doctor about integrative treatments
4. Review two case studies related to integrative treatments

“Supplements” are broken down into two separate categories:
neutraceuticals and **phytochemicals**

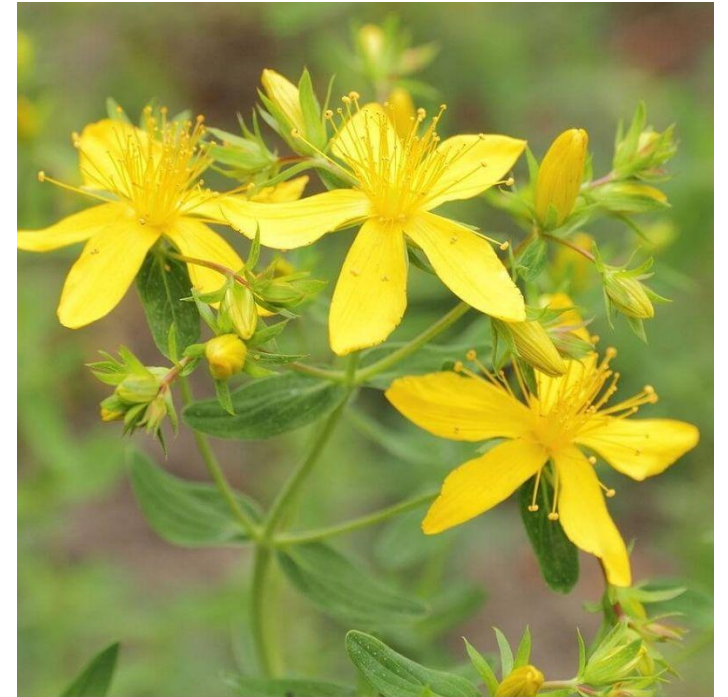
Neutraceuticals

- Combination of “nutrition” and “pharmaceutical”
- Supplemental form of the nutrients your body naturally uses
- May be vitamins, minerals, components of food
- Common examples: Vitamin B12, omega-3 fatty acids, biotin



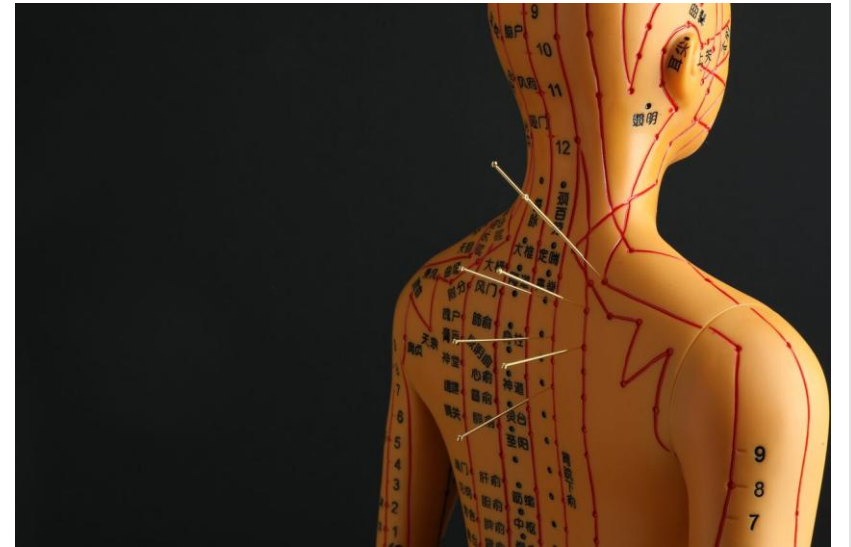
Phytoceuticals

- Combination of “phyto” (greek root for plant) and pharmaceutical
- Plant and herbal extracts used for health & wellness
- These extracts are not naturally produced by your body
- Extracts may be standardized or lab created
 - KSM-66 for Ashwagandha
- Common examples: Lavendar, Ashwagandha, St. John’s Wort



Mind-Body Interventions

- Movement or mindfulness-based activities
- Use one or multiple senses
- Can be medical or nonmedical
- Common examples: Yoga, meditation, weight training, cardiovascular exercise, acupuncture



Make An INFORMED Decision

Making an informed decision means weighing the potential risks, benefits, and current evidence around a treatment.

This applies for all treatments, not just integrative treatments.

Most treatments have some research behind them, even if limited or lower strength of evidence

Challenges In Making Informed Decisions

- Most supplements are not evaluated by the Food & Drug Administration
- Supplements do not have central quality control requirements
- Look for supplement verification and testing from independent companies
 - US Pharmacopeia
 - NSF International
 - Consumerlab

Challenges In Making Informed Decisions

- Levels of licensure and training vary depending on what kind of practitioner you see
- Medical knowledge of risks and side effects of supplements may be limited
- Certain physical treatments may be harmful for people with certain health conditions
 - Accupuncture and clotting disorders
 - Massage therapy and active blood clots
- Make sure to vet each provider for adequate training and experience

What To Tell Your Provider...

- Which supplements and physical treatments
 - Mind-body practices are often overlooked but important to communicate with your clinician!
- The dose and strength of each supplement
- How you are taking the supplements
- Your general diet and physical activity routine

Case Study 1

Mina

52 y/o female

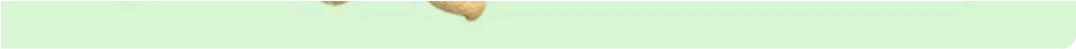
Medical History: Type 2 Diabetes and Atrial Fibrillation

Medications: Sitagliptin (Januvia), Apixaban (Eliquis), and Amiodarone

Family History: Alzheimer Dementia (maternal aunt), Type 2 Diabetes (mother and father), Depression (brother)

Case Study 1 Mina

Mina Sees This Article Online



Foods high in omega-3 fatty acids support a healthy brain and cognition.

Credit: Photo composite by Crystal Cheng for Verywell Health; Getty Images

Key Takeaways

- Omega-3 fatty acids benefit brain health and may help in avoiding cognition problems.
- Of the several types of omega-3 fatty acids, the form with the greatest impact on brain health is docosahexaenoic acid (DHA).
- It's recommended that people get omega-3 fatty acids through foods such as fish, but supplements are generally considered safe.

Source: [verywellhealth.com](https://www.verywellhealth.com)

Case Study 1 Mina

Mina buys a supplement



Source: amazon.com

Case Study 1

Mina

1. What are the risks of taking high-doses of Omega-3 fish oils with Mina's health history?
2. Are the claims of the article true?

Case Study 2

John

- 19 y/o male
- Medical History: None
- Family History: Depression (both parents)

John presents to his primary care physician reporting low mood, trouble sleeping, low energy, decreased appetite and concentration issues over the past 3 weeks.

Case Study 2 John

John is diagnosed with Major Depressive Disorder and started on Sertraline



Case Study 2 John

After two weeks, John goes through a breakup and starts feeling worse. His friend tells him that she started taking St. Johns Wort which has cured her depression. Seeing no relief from the Sertraline, John decides to buy St. Johns Wort from his local health store.

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St. John's Wort

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HERBAL HEALTH

100 Capsules HERBAL SUPPLEMENT

DIRECTIONS: For adults, take one (1) capsule three times daily. Capsules may be opened and prepared as a tea.

Supplement Facts		
Serving Size 1 Capsule		
Amount Per Serving		%Daily Value
St. John's Wort Extract (<i>Hypericum perforatum</i>) (aerial) (Standardized to contain 0.3% Hypericin, 0.9 mg)	300 mg	**

****Daily Value not established.**

Other Ingredients: Gelatin, Dicalcium Phosphate. Contains <2% of: Silica, Vegetable Magnesium Stearate.

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Case Study 2

John

On month later, taking both Sertraline and St. John's Wort daily, John's roommate notices he is confused, sweating, and appears stiff.

Case Study 2

John

1. What is happening with John?
2. What might have prevented John from developing this condition?

A 3D rendering of a field of dark grey question marks. In the center, one question mark is highlighted in a bright orange color. The word "Questions?" is written in white, sans-serif font across the orange question mark.

Questions?

Resources

- US Pharmacopeia: www.usp.org
- Consumerlab: www.consumerlab.com
- NSF International: www.nsf.org
- National Center for Complementary and Integrative Health: <https://www.nccih.nih.gov/>