Complementary and Alternative Medicine (CAM)

- Common understanding: human being is a whole living system whose self-maintaining capacities be stimulated and supported to maintain health.
- Salutogenetic model => stimulation of self regulation processes
- Includes: modification of lifestyle, dietary change, bodily treatments, health psychology approaches and the use of naturally sourced, low-risk medicinal products (phytotherapy, homeopathy, anthroposophy) / 'Asian herbal medicinal products'
- Practised within and outside healthcare systems by MDs and practitioners
- Involves active patient involvement
Conventional Medicine

- Conventional medicine is based on natural sciences
- Natural science describes a (linear) cause and effect correlation
- Conventional medicine is reductionist in nature
- Illness results from biochemical or localised tissue disruption or specific pathogen; disease is an abnormal entity in the body
- Diseases are combated by intervention in a pathological process with the aid of chemical substances (drugs) or surgery
- Pathogenetic model of illness => suppression therapy
- Progress by research / black box model

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# Pathogenesis - Salutogenesis

<table>
<thead>
<tr>
<th>Pathogenesis</th>
<th>Salutogenesis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Why do people get ill?</td>
<td>How do people stay healthy?</td>
</tr>
<tr>
<td>Risk factors</td>
<td>Protection factors, resources</td>
</tr>
<tr>
<td>Aid by health care systems</td>
<td>Empowerment, self-help</td>
</tr>
</tbody>
</table>

**Saving from drowning**  
**Empowerment to swim**

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Definitions

**Conventional therapies**

Conventional therapies comprise all methods, regarded as accepted and/or validated (mainstream)

**Integrative medicine**

Combination of conventional and complementary therapies (WHO: best practice)

**Unconventional therapies**

Unconventional therapies comprise all methods, regarded as not accepted and/or validated

**Alternative medicine**

Therapies, excluding conventional standard therapies

**Complementary medicine**

Complementary therapies are used in addition to conventional standard therapies

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Complementary and Alternative Medicine

CAM therapies include:

- acupuncture
- anthroposophic medicine
- aromatherapy
- ayurveda
- herbal medicine/phytotherapy
- homeopathy
- kinesiology
- massage
- mind-body techniques
- naturopathic medicine
- qigong
- reflexology
- Tibetan medicine
- traditional Chinese medicine
- shiatsu
- yoga

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Integrative Medicine

- Healing-oriented medicine that takes account of the whole person (body, mind, and spirit), including all aspects of lifestyle.
- It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and CAM.
- Led by doctors who integrate CAM therapies or techniques into their conventional training.
- Practised within healthcare systems and institutions by MDs; can involve CAM practitioners working under MD supervision (manual therapists, art therapists etc.)
Integrating CAM and conventional medicine

Conventional

- Risk prevention
- Intervention medicine
- Passive therapy (key-and-lock principle)
- Suppressive therapy
- Bio-psycho-social model
- Reductionism

Complementary

- Strengthening of salutogenesis
- Regulative medicine
- Activation (stimulus-answer)
- Mind-body medicine
- Layer determinism
- Holism

Integration

Prevention/Pathogenesis

Health promotion/Salutogenesis

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Self regulation and sense of coherence
Salutogenesis / Hygiogenesis

Not the life circumstances that define happiness, but the ability of people to deal with them.

Aaron Antonovsky

Can such skills be trained?

Definition:
Patient’s competence is his ability

- to respond to the challenges of disease
- to remember their own as well as external resources
- to use these resources
- to consider individual needs
- to pursue own objectives
- to keep autonomy

Life-Style-Modification

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Prevention is more than early diagnosis or avoiding risk factors; it is about being and staying healthy and keeping disease from developing in the first place, which requires personal responsibility.

This concept of self-care requires a daily conscious focus on one’s physical, mental and emotional state and the ability to take corrective action whenever imbalance is sensed.

When one cannot correct the imbalance, one might consult a CAM health professional who helps her/him make the adjustments necessary to decrease the risk of developing chronic illness and to live in optimal health.
CAM use: Germany complete

Patient satisfaction

Subjective effectiveness of complementary therapies

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Allensbach 2007
Cancer: two perspectives

- Localized disease where newly mutated cancer cells begin to multiply uncontrollably.
- If primary tumour can be eliminated early by destructive means the patient will be ‘cured’.
- Treatment is focused on 3 traditional methods – surgery, radiotherapy and chemotherapy, bringing about adverse effects including immunosuppression.

- A systemic disease, i.e. of the whole organism.
- Need to look for the cause of the 'breakdown of health', resulting from weakness in the immune system, the mental and emotional state of the patient.
- CAM treatment non-invasive, individualised to support and enhance the body’s natural defences against cancer.

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1. The whole (system) is greater than the sum of its parts

2. Systems are hierarchically organized and categorized in subsystems

3. Systems have characteristics, which can not be detected in the subsystems => System characteristics

4. Interactions exist between the elements of one layer (system layer) and between the (hierarchical) layers (complex system theory; non-linearity)

5. According to the model of functional causality never only one single element acts directly on an other. It always acts by the network of the whole system on other elements
Cancer patients using CAM

- Over one third of cancer patients use some form of CAM, varying among countries from 14.8% to 73.1%.
  (Molassiotis A et al, 2005).

- CAM use (since cancer diagnosis) in children with cancer ranges from 6% to 91%.
  (Bishop FL et al, 2010).
Patients‘ motivations

Cancer patients use CAM to…

- increase the body's ability to overcome cancer,
- improve physical and emotional well-being,
- help with side effects of conventional treatment,
- feel more ‘in control’ of their situation,
- maintain a positive attitude towards the future
- adopt and maintain an active coping life-style.
Delivery of CAM cancer care

- Hospitals and clinics that run an integrative cancer care service within a conventional medical setting; in particular anthroposophic hospitals have broad experience providing a multi-professional team approach for cancer patients.

- CAM therapies used in outpatient settings or private clinics include nutrition, mind–body therapies, psychological therapies, physical and ‘hands-on’ therapies, herbal medicines, acupuncture, anthroposophic medicine and homeopathy.

- Parallel to medical settings in private consultations with CAM health professionals.

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## Complementary therapies in cancer

<table>
<thead>
<tr>
<th>Evidence of complementary therapies in oncology</th>
<th>Oxford LoE/Gr</th>
<th>AGO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Viscum album L. (mistletoe)</td>
<td>1a B</td>
<td>+/-</td>
</tr>
<tr>
<td>Ginseng (cancer associated fatigue)</td>
<td>3b B</td>
<td>+/-</td>
</tr>
<tr>
<td>Selen</td>
<td>1b D</td>
<td>-</td>
</tr>
<tr>
<td>High dose Vitamin C</td>
<td>1b C</td>
<td>-</td>
</tr>
<tr>
<td>Chinese herbal remedies</td>
<td>1b B</td>
<td>+/-</td>
</tr>
<tr>
<td>Antioxidants (supplement)</td>
<td>1b B</td>
<td>-</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>2b D</td>
<td>-</td>
</tr>
<tr>
<td>Acupuncture (reduce vomiting by chemotherapy / pain / fatigue)</td>
<td>1-2b B</td>
<td>+</td>
</tr>
<tr>
<td>Qi Gong/Yoga/MBSR (Mindfulness-Based Stress Reduction)</td>
<td>2/3b B</td>
<td>+</td>
</tr>
<tr>
<td>Proteolytic enzymes adjuvant in chemotherapy</td>
<td>3b B</td>
<td>-</td>
</tr>
<tr>
<td>Thymus / spleen extract</td>
<td>4 C</td>
<td>-</td>
</tr>
<tr>
<td>Co-enzyme Q 10</td>
<td>4 D</td>
<td>-</td>
</tr>
</tbody>
</table>

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Anthroposophic hospitals and clinics

Art therapies, curative eurythmy, physiotherapy, massage, manual therapy

state of the art technologies

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Mistletoe Therapy (Viscum album L.)

- Mistletoe (Viscum album L.) is the most frequently used remedy in oncology in Germany
- 50,000 pat./year are treated with mistletoe in Germany
- 50-70% of all patient in oncology use mistletoe (for a period)
- 1/3 adjuvant, 2/3 palliative stage

Reasons for mistletoe use in patients opinion:
- Reduction of side-effects of chemotherapy 85%
- Stimulation of the immune system 82%
- Reduction of the relapse rate 70%
- Alternative to a chemotherapy 35%

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Mistletoe therapy and QoL

Scientific evidence demonstrates……..

- Beneficial effects of mistletoe extracts in breast and gynaecological cancer (OS and QuoL)
- Reduction of side-effects of conventional therapies (chemotherapy, radiation)
- Positive effect on Quality of Life (QoL) in many different tumour entities
- Improvements mainly in regard to coping, fatigue, sleep, exhaustion, energy, nausea, vomiting, appetite, depression, anxiety, ability to work, and emotional and functional well-being.
Many cancer patients use CAM in addition to conventional cancer treatment

Complementary medicine (CAM) is based on a salutogenetic concept

Pathogenetic and salutogenetic concepts complement one another

Cancer is a disease of the whole system (modern concepts/immunology)

Cancer patients are best served by a combination of conventional medicine and CAM

There is increasing evidence for the effectiveness of CAM in cancer (OS ↑; QoL ↑)

More research and research grants are needed to assess the usefulness of CAM treatment in cancer patients

Conclusion