Complementary, Alternative, or Integrative Health - Understanding Drug-Supplement Interactions

Maria Perno Goldie, RDH, MS  mariardhms@gmail.com

2. At the end of the course, the participant will be able to:
   - Evaluate common drug-supplement interactions;
   - Discuss medications and supplement use and their effect on the liver;
   - Identify the differences between complementary and alternative medicine (CAM), and integrative therapy;
   - Research available resources that can be used to help treat patients who use supplements and prevent complications.

3. Definitions
   - If a non-mainstream practice is used together with conventional medicine, it’s considered “complementary.”
   - If a non-mainstream practice is used in place of conventional medicine, it’s considered “alternative.”
   - “Integrative” health care involves bringing conventional and complementary approaches together in a coordinated way.

4. Complementary and Alternative Medicine (CAM)
   - A group of diverse medical and healthcare systems, practices, and products that are not presently considered to be part of conventional medicine
   - Natural health products
Prayer
Massage Therapy
https://nccih.nih.gov/
Whole medical systems
Mind-body medicine
Biologically based practices
Manipulative and body-based practices
Energy medicine

5. It has been estimated that between 30-40 percent of the general population in the U.S. are using or have used complementary/alternative medicine in the past year.

In the U.S., herbal medications are considered Dietary Supplements and are regulated by the Dietary Supplement Health and Education Act (DSHEA) of 1994.


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