

HOLISTIC APPROACH TO CF

An Overview



IMPORTANCE

- ① Only 1 in 5 pediatricians routinely ask their patients about CAM therapies
- ① <5% are knowledgeable about CAM therapies they are asked about
- ① Safety of treatments

OUTLINE

- ⊙ Homeopathy vs CAM
 - ⊙ What does DM's mother practice?
- ⊙ DM's Case
 - ⊙ Indications and safety

WHAT IS CAM?

- ① Complementary and Alternative Medicine

CAM

- ③ “A group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine.” -*National Center for Complementary and Alternative Medicine*

THE DIFFERENCE

- ⊙ Complementary Medicine
 - ⊙ Used together with conventional medicine

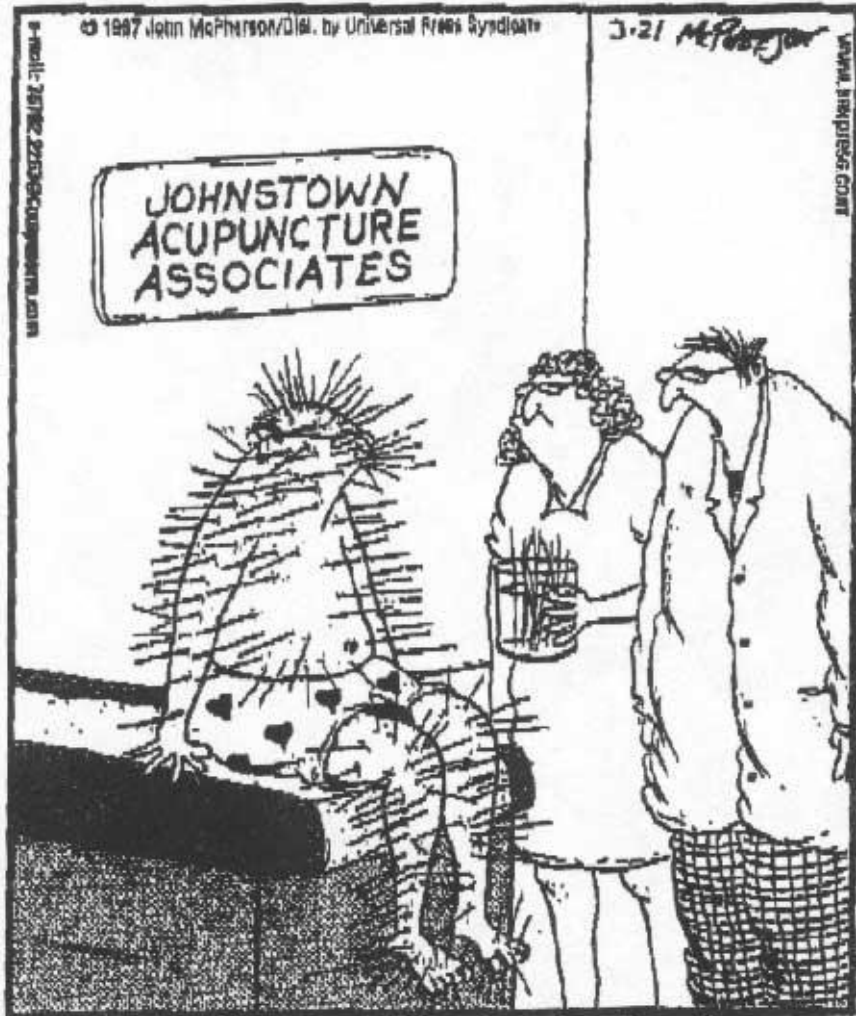
- ⊙ Alternative Medicine
 - ⊙ Used in place of conventional medicine

PREVALENCE

- ◎ 2007 National Health Interview Survey
 - ◎ ~3.9 million adults & 900,000 children used CAM in the previous year
- ◎ 75% of CF pts use CAM (2008)
- ◎ 53% informed their doctors of their use (2008)

- ⊙ 5 main domains:
 - ⊙ Whole medical systems
 - E.g. homeopathy, naturopathy
 - ⊙ Mind-Body Medicine
 - ⊙ Biologically-Based Therapies
 - ⊙ Manipulative/Body-Based Practices
 - ⊙ Energy Therapies

CLOSE TO HOME JOHN McPHERSON



"You gotta be kidding! Your back *still* hurts?!"

HOMEOPATHY

HOMEOPATHY

- ① Seeks to stimulate the body's ability to heal itself by giving very small doses of highly diluted substances that in larger doses would produce illness or symptoms
- ① “Like cures like”

HOMEOPATHY

- ◎ 2 principles:
 1. Principle of Similars
 - A disease can be cured by a substance that produces similar symptoms in healthy people
 2. Principle of Dilutions
 - The lower the dose of medication, the greater its effectiveness

HOMEOPATHY

- ⊙ Regulation
 - ⊙ No safety and efficacy testing
 - ⊙ FDA requires standards for strength, purity, and packaging
 - At least 1 major indication, list of ingredients, dilution, safety instructions



CLASSICAL VS NON-CLASSICAL HOMEOPATHY

- ⊙ Classical
 - ⊙ Use one remedy at a time
 - ⊙ Base prescription on incidental/constitutional symptoms
- ⊙ Non-Classical
 - ⊙ Use remedies mainly in-place of OTC

HOMEOPATHIC REMEDIES

Name	Treatment
<i>Bryonia</i>	(wild hops) Treat vomiting, diarrhea, inflammation, etc.
<i>Calcarea carbonica</i>	(calcium carbonate) treat symptoms of exhaustion, depression, anxiety
<i>Hepar sulphuris</i>	(inner layer of oyster shells) treat infection
<i>Lycopodium</i>	(club moss) treat symptoms of diarrhea, digestive upset, etc
<i>Natrum muriaticum</i>	(salt) used to treat conditions of excessive thirst and salt cravings

WHAT DOES DM'S MOTHER PRACTICE?

CAM: Biological-based Therapies

DM'S USE

- ⊙ Oregano oil in bone broth
- ⊙ Garlic
- ⊙ Astragalus
- ⊙ Alfalfa
- ⊙ Glutathione



OREGANO OIL

⦿ Treatment

- ⦿ Respiratory tract disorders - coughs, asthma, croup, and bronchitis
- ⦿ GI disorders
- ⦿ Allergies, sinusitis, cold and flu

⦿ Safety

- ⦿ Generally recognized as safe
- ⦿ Possibly unsafe during pregnancy
- ⦿ Large amounts can cause GI upset





GARLIC

⦿ Treatment

- ⦿ Fever, coughs, headache, stomachache, sinus congestion
- ⦿ Asthma, bronchitis, shortness of breath, fighting stress and fatigue, and maintaining healthy liver function

⦿ Safety

- ⦿ Possibly unsafe if used topically - severe skin irritation, in large amounts, or pregnant/lactation
- ⦿ Do not take with fish oil, Vit E





ASTRAGALUS

⊙ Treatment

- ⊙ Upper respiratory infections, to strengthen and regulate the immune system, anemia, liver protectant, anti-inflammatory, diabetes
- ⊙ Decreased mucus production

⊙ Safety

- ⊙ Possibly safe when used orally and appropriately
- ⊙ >28g might cause immunosuppression



ALFALFA



⊙ Treatment

- ⊙ Asthma, diabetes, indigestion
- ⊙ Diuretic for kidney conditions
- ⊙ Vitamins A, C, E, K

⊙ Safety

- ⊙ Possibly safe when used orally and appropriately
- ⊙ Likely unsafe when used excessively and long term
- ⊙ Photosensitivity reactions
- ⊙ Interference with Vitamin E absorption/activity
- ⊙ Drug-induced lupus reactions
- ⊙ Do not take with Warfarin



GLUTATHIONE



⊙ Treatment

- ⊙ Asthma, liver disease, immune function, heart disease, lung diseases – CF, treating diabetes

⊙ Safety

- ⊙ Possibly safe orally, inhaled*, intramuscularly, intravenously for most adults – side effects not known
- ⊙ Not safe for pt with asthma



OTHER CF HOLISTIC REMEDIES

- ⊙ *Help breakdown mucus*
 - ⊙ Thyme, Indian tobacco, anise, hyssop, licorice root, rosemary
- ⊙ *For acute infection*
 - ⊙ Coneflower, goldenseal, thyme, wild indigo



CF HOMEOPATHIC REMEDIES

- ① *Antimonium tart* - for rattling, unproductive cough
- ① *Carbo vegetabilis* - for difficulty breathing
- ① *Laurocerasus* - for collapsed lung



HEALTH CARE PROVIDERS APPROACH

- ③ Ask if they are using complementary and/or alternative therapies
- ③ Remember- be cultural competent
- ③ Be knowledgeable about popular CAM uses within your scope of practice
- ③ Discuss safety/drug interactions with pt