HOLISTIC APPROACH TO CF

An Overview
Only 1 in 5 pediatricians routinely ask their patients about CAM therapies.

<5% are knowledgeable about CAM therapies they are asked about.

Safety of treatments.
Outline

- Homeopathy vs CAM
  - What does DM’s mother practice?
- DM’s Case
  - Indications and safety
WHAT IS CAM?

- Complementary and Alternative Medicine
“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
"You gotta be kidding! Your back still hurts?!"
HOMEOPATHY
HOMEOPATHY

- 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
- “Like cures like”
HOMEOPATHY

2 principles:

1. Principle of Similars
   - A diseased 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
<table>
<thead>
<tr>
<th>Name</th>
<th>Treatment</th>
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<tbody>
<tr>
<td><em>Bryonia</em></td>
<td>(wild hops) Treat vomiting, diarrhea, inflammation, etc.</td>
</tr>
<tr>
<td><em>Calcarea carbonica</em></td>
<td>(calcium carbonate) treat symptoms of exhaustion, depression, anxiety</td>
</tr>
<tr>
<td><em>Hepar sulphuris</em></td>
<td>(inner layer of oyster shells) treat infection</td>
</tr>
<tr>
<td><em>Lycopodium</em></td>
<td>(club moss) treat symptoms of diarrhea, digestive upset, etc</td>
</tr>
<tr>
<td><em>Natrum muriaticum</em></td>
<td>(salt) used to treat conditions of excessive thirst and salt cravings</td>
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WHAT DOES DM’S MOTHER PRACTICE?

CAM: Biological-based Therapies
Oregano oil in bone broth
Garlic
Astragalus
Alfalfa
Glutathione
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

- *Antimonium tartaricum* - for rattling, unproductive cough
- *Carbo vegetabilis* - for difficulty breathing
- *Laurocerasus* - for collapsed lung
HEALTH CARE PROVIDERS APPROACH

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