

Complementary and Alternative Medicine and Lupus

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Complementary and Alternative Medicine

- * Catch all title
- * Licensed professionals or certified instructors
- * High usage
 - * Chronic Diseases

Why CAM?

- * Active participant in health care
- * Improve sense of well being
- * Quality of life
 - * Physical
 - * Emotional
 - * Social
 - * Financial

Why CAM?

- * Improve symptoms
 - * Lupus symptoms
 - * Non-lupus symptoms

Acupuncture

- * Ancient practice
 - * Thousands of years
- * Different forms

Acupuncture

- * Types

- * Traditional Chinese Medicine (TCM)

- * Japanese

- * Korean Hand

TCM Acupuncture

- * Most common
- * Can include
 - * Herbs
 - * Electro-acupuncture
 - * Moxibustion
 - * Gua sha
 - * Cupping

Japanese Acupuncture

- * Less stimulation
 - * Thinner needles
 - * Less points

Korean Hand Acupuncture

- * Uses hand to treat entire body
- * Also may use
 - * Warming herbs
 - * Acupressure
 - * Cupping

Acupuncture: What's the Evidence?

- * Chronic pain
 - * Low back
 - * OA of the knee -
 - * fibromyalgia

Acupuncture: What's the Evidence?

- * Very little in medical literature for lupus
- * Pilot study
 - * Potential benefit without risk

Herbal Supplements

- * Herb: plant that has stems and leaves and dies back at the end of the growing season
- * Used loosely
- * “medically” active

Herbal Supplements

- * 2800 BC
- * TCM
- * Ayurveda (*ah-yer-veh-duh*) in India -
- * Core medical approach
 - * Africa
 - * Asia
 - * Middle East
 - * Latin America

Herbal Supplements

- * Allopathic or Western medicine
 - * First pharmaceuticals
 - * 1864 National Institute of Medical Herbalists
 - * 1 of 3 meds prescribed in Germany

Herbal Supplements

- * FDA
 - * Supplements not drugs
 - * Cannot make treatment claims
 - * +/- clinical trials
 - * Purity, quality, availability

Herbal Supplements

- * EU

- * Tested like pharmaceuticals -

Herbal Supplements

- * Clinical studies
 - * Primarily Asia
 - * Are some in US
- * Conventional wisdom

Herbal Supplement Safety

- * Licensed practitioner
 - * Quality
 - * Interactions
 - * Side effects
- * Tell all your providers about all of your supplements
- * Not meant to replace

Herbal Supplement Sources

- * Reliable source
- * Get what pay for
- * Use brands used in clinical trials

Herbal Supplement Interactions

- * Potential interactions

- * <https://nccih.nih.gov/health/herbs/ataglance.htm>

Essential Oils

- * Mixtures of volatile organic compounds originating from a single botanical source and contribute to the flavor and fragrance of the plant

Essential Oils

- * Concentrated oil from plants
 - * Leaves -
 - * Bark
 - * Flowers
- * Organic

Essential Oils ABC's

- * Grades: A, B, C, D
- * “Pure Essential Oils”
- * Do your research first?
 - * Consumable that cannot be consumed -
 - * Price -
 - * Smell -

Essential Oils: Safety

- * Just because it's grade A pure or from an organic source, doesn't mean it's 100% safe

Essential Oils

- * Guidance from practitioner
- * Let all providers know what you are using
- * Not replacement for your treatment

Essential Oils: Safety

Start slow

- * Caution in
 - * Pets
 - * Infants
 - * Children
 - * Elderly
 - * Chronic disease

Essential Oils: Safety

- * Know your supplier
 - * Latin name
 - * No carriers unless blend or says diluted
 - * Origen
 - * Instructions for use and storage -

Essential Oils: Ways to Use

- * Topically
- * Aromatherapy
- * Ingested

Essential Oils: Topical

- * Most oils
- * Beware of hot oils
 - * Dilute in carrier oil
- * Caution with those that cause sun-sensitivity -
 - * Apply under clothes
 - * Avoid sun to area for 24 hours
- * Avoid sensitive skin, mucous membranes
 - * Eyelids and eyes
 - * Lips/mouth
 - * Private areas
 - * Armpits

Essential Oils: Aromatherapy

- * Effect every one (animals too) in area
- * Smelling vs diffusing
 - * Concentration
 - * Duration

Essential Oils: Ingested

- * Caution!
 - * Highly concentrated
 - * Need to be “food grade”
- * Cooking vs “therapeutic”
- * Majority of reported fatalities due to ingestion

Essential Oils

- * Research
 - * Lab
 - * Clinical
- * Many are small
- * Some show potential benefit -

Essential Oil: Cautions

- * Contraindications and interactions
 - * <https://nccih.nih.gov/health/herbs/ataglance.htm>

Resources

- * <https://nccih.nih.gov/health/whatiscam/chinesemed.htm>
- * <https://nccih.nih.gov/health/herbsataglance.htm>
- * https://www.cancer.gov/about-cancer/treatment/cam/patient/aromatherapy-pdq?redirect=true#section/_3
- * For essential oils, go to the website below and click on the letter the oil begins with then find it in the list <https://nccih.nih.gov/health/atoz.htm>