This program is sponsored by the International Foundation for Gastrointestinal Disorders. The views and opinions expressed in this presentation do not necessarily reflect the official position of IFFGD. Information and resources shared should not replace any medical care you are receiving. Finally, it is important to always consult with your doctor or other health care provider before making decisions about your treatment.

The following slides were presented during the educational portion of IFFGD’s 2020 Virtual Advocacy Event. To view this presentation and the all videos available during this program, please visit https://bit.ly/Adv_Edu.

Introduction to Complementary Alternative Medicine (CAM) in Gastrointestinal Illness

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CAM use is common in the USA

- Approximately 35% of the adult population in the USA use CAM

- Most (~ 50%) do not tell their doctors!!

- More common among younger, women, higher education, severe symptoms, poor satisfaction with standard therapy


Types of CAM for GI Disorders

- Acupuncture
- Herbs and non-vitamin non-mineral supplements
  - Ginger, peppermint, and probiotics or digestive enzymes
- Mind-body therapies
  - Gut-directed hypnosis, cognitive behavioral therapy (CBT), biofeedback, meditation, yoga, and tai chi
- Manipulative-type therapies,
  - Yoga, chiropractic or osteopathic manipulation, massage, and craniofacial therapies.
CAM Use is More Common in Individuals with GI Conditions than Those Without

CAM Therapies included:
- Herbs, non-vitamin non-mineral supplements
- Manipulative therapies
- Mind body therapies
- Special diets
- Movement therapies
- Acupuncture
- Ayurved
- Chelation
- Homeopathy
- Naturopathy
- Traditional healers


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Reasons for, and Perceived Benefits of, CAM Use for GI Conditions

<table>
<thead>
<tr>
<th>Reasons for CAM Use</th>
<th>Perceived Benefits of CAM Use</th>
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<tbody>
<tr>
<td>General wellness or disease prevention</td>
<td>It is natural</td>
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<tr>
<td>Can be practiced/done on your own</td>
<td>Treats the cause and not just the symptoms</td>
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<tr>
<td>Therapy + medical treatment would help</td>
<td>Improve immune function</td>
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<td>Improve energy</td>
<td>Focuses on the whole person, mind, body, &amp; spirit</td>
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<tr>
<td>Medical treatments don’t work for health problem</td>
<td>Medications cause side effects</td>
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<tr>
<td>Improve memory or concentration</td>
<td>Improve athletic or sports performance</td>
</tr>
<tr>
<td>Part of your upbringing</td>
<td>Medical treatments were too expensive</td>
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