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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](https://bit.ly/Adv_Edu).

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## 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<sup>1</sup>
- Most (~ 50%) do not tell their doctors!!
- More common among younger, women, higher education, severe symptoms, poor satisfaction with standard therapy

Tindle HA, et al.. Altern Ther Health Med 2005;11:42-9  
van Tilburg MA, BMC Complement Altern Med 2008;8:46.

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## 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.

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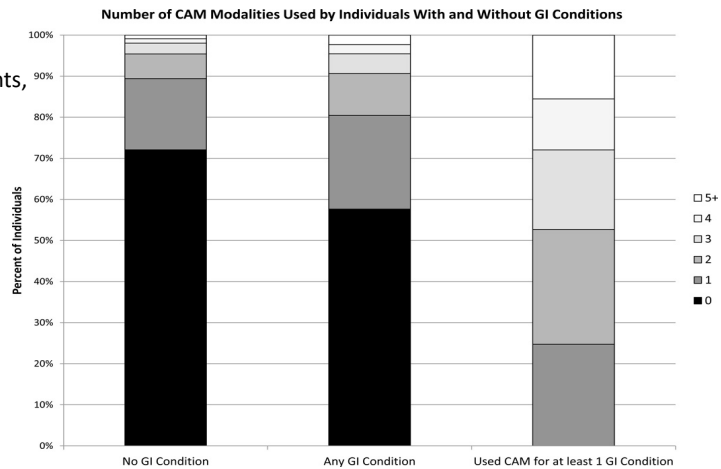


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# CAM Use is More Common in Individuals with GI Conditions than Those Without

## CAM Therapies included:

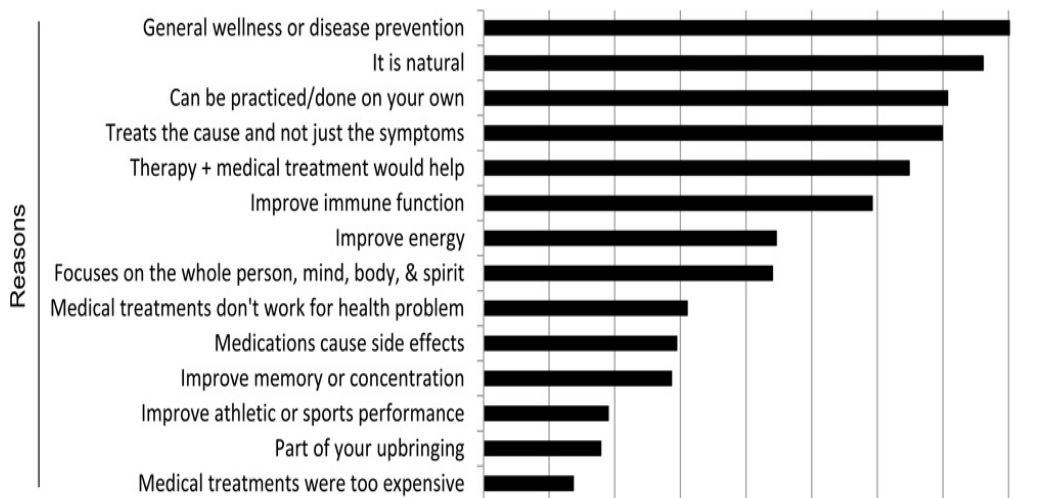
- Herbs, non-vitamin non-mineral supplements,
- Manipulative therapies
- Mind body therapies
- Special diets
- Movement therapies
- Acupuncture
- Ayurved
- Chelation
- Homeopathy
- Naturopathy
- Traditional healers



Dossett ML, Davis RB, Lembo AJ, Yeh GY. CAM use by US adults with GI conditions  
*Am J Gastroenterol.* 2014;109(11):1705-1711

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



Dossett ML, Davis RB, Lembo AJ, Yeh GY. CAM use by US adults with GI conditions  
*Am J Gastroenterol.* 2014;109(11):1705-1711

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