

Contents

| | |
|--|-----------|
| <i>Contributors</i> | xv |
| <i>Preface</i> | xxi |
| 1 Complementary and Alternative Medicines — The Introductory Perspective | 1 |
| <i>Ian N. Olver</i> | |
| Introduction | 2 |
| What do We Mean by CAM? | 3 |
| The Classification of CAM | 4 |
| Researching CAM | 5 |
| Regulation of CAM | 7 |
| What to Tell the Public about CAM | 8 |
| What Medical Practitioners and Students Should Know about CAM | 10 |
| Integrate CAM on What Basis? | 10 |
| References | 12 |
| 2 Beyond the Classification of Complementary and Alternative Medicine (CAM): Towards a Systematic Approach to Understanding CAM | 13 |
| <i>Veronica M. Raszeja</i> | |
| Introduction | 14 |
| Towards the Classification of CAM — A Global and Historical View | 14 |
| Some Examples of Different Systems of CAM Classification | 18 |

| | | |
|----------|--|------------|
| | Towards a Systematic Approach to Understanding CAM | 20 |
| | Conclusion | 28 |
| | Acknowledgements | 28 |
| | References | 28 |
| 3 | Complementary and Alternative Medicine Used by Patients with Cancer: Evidence for Efficacy and Safety | 31 |
| | <i>Carlo Pirri</i> | |
| | Popular CAM Approaches and Evidence for Use | 32 |
| | Summary Conclusions | 68 |
| | Acknowledgements | 70 |
| | References | 70 |
| 4 | The Regulation of Complementary and Alternative Medicine | 89 |
| | <i>Ken Harvey</i> | |
| | Introduction | 90 |
| | Definitions | 90 |
| | The Regulation of Practitioners | 91 |
| | The Regulation of Products | 92 |
| | Current Controversies and Problems | 94 |
| | Conclusion | 98 |
| | References | 99 |
| 5 | Perspective on Chinese Medicine in Complementary and Alternative Medicine | 103 |
| | <i>James Flowers</i> | |
| | Introduction | 104 |
| | Applications of Chinese Medicine | 106 |
| | A Heretical Thought — The Power of God Without God | 113 |
| | Diagnostic Techniques | 117 |
| | Conclusion | 117 |
| | Acknowledgements | 118 |
| | References | 118 |

| | | |
|----------|--|------------|
| 6 | Disentangling the Evidence: The Efficacy of Meditation in People with Cancer | 121 |
| | <i>Deborah Black, Leigh Wilson and Ramesh Manocha</i> | |
| | Introduction | 122 |
| | What is Meditation? | 122 |
| | The Meditation Research Debate | 123 |
| | The Australian Experience | 125 |
| | The Extant Evidence | 126 |
| | Conclusion | 136 |
| | References | 138 |
| 7 | Should Spirituality and Prayer be Part of Complementary Therapies? | 143 |
| | <i>Ian N. Olver</i> | |
| | Spiritual Well-Being | 145 |
| | Prayer | 146 |
| | Designing Studies of Prayer | 150 |
| | Results of a Study of Intercessory Prayer | 152 |
| | References | 153 |
| 8 | From Traditional Medicines to Drug Discovery | 157 |
| | <i>Monica C. Robotin</i> | |
| | Background | 158 |
| | Plants in Western Medicine — The Role of Ethnopharmacology | 161 |
| | Using Plants as Sources of Therapeutic Agents | 163 |
| | Approaches to Drug Discovery and Development | 165 |
| | Factors Influencing the Contribution of Ethnomedicine to Drug Development | 171 |
| | Some Pros and Cons of Using Plants as Starting Points for a Drug Development Programme | 174 |
| | Steps in Moving from Traditional Medicine to Candidate Drug and Beyond | 176 |
| | Natural Compounds Currently Used in Cancer Therapy | 177 |
| | What is the Future of Natural Medicines in Drug Discovery? | 179 |
| | References | 181 |

| | | |
|-----------|--|------------|
| 9 | Creating an Integrative Oncology Centre: The SolarisCare Experience | 187 |
| | <i>David Joske</i> | |
| | Introduction | 188 |
| | History and First Steps | 189 |
| | Selection of Therapies | 191 |
| | Selection of Therapists | 191 |
| | Training of Volunteers | 192 |
| | Governance and Next Steps | 193 |
| | Research and Measuring Efficacy | 193 |
| | Minimising Medico-Legal Risk and Medical Misadventure | 197 |
| | SolarisCare Current Structure and Activities | 197 |
| | Five Barriers to Complementary Therapy Use in Cancer Care | 199 |
| | Recommendations for Sustainability and Future Research | 201 |
| | Conclusions | 202 |
| | Acknowledgements | 204 |
| | References | 204 |
| 10 | The Emergence of New Consumerism in Health-Care: The Empowered Health Consumer and the Role of Complementary and Alternative Medicine | 207 |
| | <i>Liz Paslawsky</i> | |
| | Background | 208 |
| | Changes in the Health-Care Landscape | 208 |
| | Societal Factors Influencing Consumer Attitudes and Behaviour | 215 |
| | Patients Currently Using CAM are Seeking Something Different to Standard Medical Care | 217 |
| | CAM and the Concern of Lack of Disclosure | 218 |
| | Implications for the Medical Profession, Health Policy-Makers, Funders and Health Designers | 219 |
| | Conclusion | 224 |
| | References | 224 |

| | | |
|-----------|---|------------|
| 11 | Interaction Between Complementary and Alternative Medicines and Conventional Medicines | 227 |
| | <i>Stephen J. Clarke and Andrew J. McLachlan</i> | |
| | Introduction | 228 |
| | Mechanisms of CAM–Drug Interactions | 229 |
| | Conclusion | 249 |
| | References | 249 |
| 12 | Australian Doctors and Complementary Medicine — Don’t Ask, Don’t Tell and Don’t Know | 261 |
| | <i>Lesley Braun</i> | |
| | Defining CM — Outside the Scope of Medical Education and Practice? | 262 |
| | Integrative Medicine — The New CM | 264 |
| | What Medical Practitioners Know and Think about CM | 265 |
| | Australian GPs’ Attitudes and Knowledge about CM | 266 |
| | Hospital Doctors’ Attitudes and Knowledge about CM | 268 |
| | Anaesthetists | 269 |
| | Poor Information Sources Used | 270 |
| | Knowledge and Communication are Vital | 270 |
| | Education is Urgently Required | 271 |
| | Future Implications for Medical Practitioners | 272 |
| | References | 272 |
| 13 | Cancer, Primary Care and Complementary Therapies | 277 |
| | <i>Kerryn Phelps</i> | |
| | Motivations for Patients Seeking Complementary Therapies | 279 |
| | Quality, Safety and Efficacy | 281 |
| | Integrative Medicine | 281 |
| | Motivation for Doctors to Develop Expertise in Complementary Therapies | 284 |

| | | |
|-----------|--|------------|
| | The Primary Care Team | 286 |
| | Self-Prescribing | 287 |
| | Access and Affordability | 288 |
| | References | 289 |
| 14 | Complementary and Alternative Medicine: The Perspective of a Medical Oncologist | 291 |
| | <i>Ray Lowenthal</i> | |
| | Is Everything Natural Harmless? | 294 |
| | What is Evidence? | 295 |
| | The Mind–Body Relationship | 296 |
| | Are Vitamins Harmless? | 297 |
| | The Immune System and Cancer | 298 |
| | Diet and Cancer | 299 |
| | Exotica | 300 |
| | Conclusion | 301 |
| | The Future | 301 |
| | References | 302 |
| 15 | Complementary and Alternative (or Unproven) Therapies: Perspectives of a Surgeon | 305 |
| | <i>Tom Reeve</i> | |
| | Introduction | 306 |
| | Comments on Definitions | 307 |
| | Background from the Diffident Surgeon | 307 |
| | What Happened before CAM Moved Upmarket? | 309 |
| | Why Embrace CAM — Are Patients Driving the Agenda? | 310 |
| | What CAM Therapies are Available? | 312 |
| | How are These Modalities Related to Surgical Practice? What Special Skills are Related to Their Utility for the Surgeon? | 313 |
| | Frequently Asked Questions in Relation to CAM | 314 |
| | Conclusion | 323 |
| | References | 323 |

| | | |
|-----------|--|------------|
| 16 | Mind over Medicine: Revealing the Blame Game | 327 |
| | <i>Deborah Gray</i> | |
| | Living the Big Truth | 328 |
| | Soulmate Sisters | 329 |
| | The Goddess Versus the GP | 330 |
| | The Secret Blame Game | 333 |
| 17 | Barriers to Conducting Complementary and Alternative Medicine Clinical Trials | 337 |
| | <i>Byeongsang Oh and Haryana M. Dhillon</i> | |
| | Introduction | 338 |
| | Discrepancies of CAM Definitions | 340 |
| | Diversity of CAM Therapies | 341 |
| | Discrepancies of Paradigms Between CAM and Conventional Medicine | 342 |
| | Lack of Evidence-Based CAM Research | 344 |
| | Evaluating the Outcome | 345 |
| | Limited Research Funding for CAM Research | 347 |
| | Ethics Approval for CAM Research | 348 |
| | Recommendations | 352 |
| | Conclusion | 353 |
| | References | 353 |
| 18 | Teaching Complementary and Alternative Medicines to Medical Students | 357 |
| | <i>Craig Hassed</i> | |
| | Introduction | 358 |
| | The Definition and Aims of Modern Medicine | 360 |
| | What is Currently Being Taught on CAM? | 365 |
| | What Should a CAM Curriculum Cover? | 366 |
| | Conclusion | 369 |
| | References | 369 |

| | | |
|-----------|---|------------|
| 19 | The Consumer Experience — Case Studies of Complementary Therapy Use Among People Diagnosed with Cancer | 373 |
| | <i>Vivienne O'Callaghan</i> | |
| | Obtaining the Stories | 374 |
| | An Overview of the Respondents and the Therapies Used | 375 |
| | The Experiences of the Women with Breast Cancer | 375 |
| | The Experiences of People with Other Types of Cancer | 386 |
| | Art Therapy | 392 |
| | Alternative Therapies | 393 |
| | Conclusion | 394 |
| | References | 396 |
| 20 | Evaluating Complementary and Alternative Medicine | 399 |
| | <i>Jaklin A. Elliott</i> | |
| | Introduction | 400 |
| | Defining CAM | 401 |
| | CAM is Good | 404 |
| | CAM is Bad | 408 |
| | Conclusion: CAM is ... | 413 |
| | References | 413 |
| 21 | Complementary and Alternative Medicine: The Perspective of a Cancer Patient | 419 |
| | <i>Loretta Marron</i> | |
| | Introduction | 420 |
| | Alternative Medicines | 421 |
| | The Growth in Cancer Scams and Scammers | 426 |
| | The Growth in CAM Products | 428 |
| | Fighting for Good Information | 430 |
| | CAM in the Future | 432 |
| | Making Informed CAM Choices | 433 |
| | Acknowledgements | 433 |
| | References | 433 |

| | |
|--|------------|
| 22 Complementary and Alternative Medicine Use by Adult Cancer Patients: An Overview | 439 |
| <i>Carlo Pirri</i> | |
| Introduction | 440 |
| Background | 440 |
| CAM Use by Cancer Patients | 442 |
| Patient–Clinician Communication and Decision-Making | 443 |
| Efficacy and Safety of CAM | 449 |
| Acknowledgements | 451 |
| References | 451 |
| <i>Index</i> | 461 |