The purpose of this update on traditional medicine and complementary medicine (TM/CAM) is to inform healthcare professionals, researchers, funders and policy-makers about developments. The update provides links to new material published or released as well as links to classic resources on traditional, complementary and integrative medicine (IM) as we gather them for the web-site.

1. The Advisory Committee on Complementary Medicines (ACCM), Australia


“The Advisory Committee on Complementary Medicines (ACCM) was formed in January 2010 to advise and make recommendations to the Therapeutic Goods Administration (TGA) on the inclusion, variation or retention of a complementary medicine in the Australian Register of Therapeutic Goods.

ACCM may also provide advice to the TGA on any other matters concerning complementary medicines, and any other matters referred to it by the TGA (whether or not related to a complementary medicine). ACCM supersedes the Complementary Medicines Evaluation Committee (CMEC) and has an increased focus on the advisory role within the regulatory framework of complementary medicines.

A major role for ACCM is to provide scientific and policy advice relating to controls on the supply and use of complementary medicines in Australia. The ACCM provides this advice with particular reference to the safety and quality of products and, where appropriate, efficacy relating to the claims made for products.”

ACCM held its seventh meeting on 2nd September 2011 in Sydney. Extracts from the minutes were released on 12 April 2012.


Included in the minutes are sections on:
- Guidelines on levels and kinds of evidence to support claims
- Evaluation of new substances
- Safety or efficacy reviews
- Registration applications
- Regulatory reforms
- Adverse drug reactions associated with complementary medicines.

2. Swiss Government Report on Homeopathy

By Dana Ullman

http://www.huffingtonpost.com/dana-ullman/homeopathic-medicine-_b_1258607.html

“The Swiss government’s "Health Technology Assessment" on homeopathic medicine is much more comprehensive than any previous governmental report written on this subject to date. Not only did this report carefully and comprehensively review the body of evidence from randomized double-
blind and placebo controlled clinical trials testing homeopathic medicines, they also evaluated the "real world effectiveness" as well as safety and cost-effectiveness. The report also conducted a highly-comprehensive review of the wide body of preclinical research (fundamental physio-chemical research, botanical studies, animal studies, and in vitro studies with human cells).

[This] report evaluated systematic reviews and meta-analyses, outcome studies, and epidemiological research. This wide review carefully evaluated the studies conducted, both in terms of quality of design and execution (called "internal validity") and how appropriate each was for the way that homeopathy is commonly practiced (called "external validity"). ...

After assessing pre-clinical basic research and the high quality clinical studies, the Swiss report affirmed that homeopathic high-potencies seem to induce regulatory effects (e.g., balancing or normalizing effects) and specific changes in cells or living organisms.”

The Health Technology Assessment on Homeopathy was finalised in 2006 but published in book form in September 2011:

**Homeopathy in Healthcare: Effectiveness, Appropriateness, Safety, Costs**
By Gudrun Bornhöft and Peter Matthiessen


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### 3. Research Organisations

**Center for Integrative Medicine, University of Maryland School of Medicine (CIM)**

http://www.compmed.umm.edu/default.asp

Founded in 1991, CIM “is an inter-departmental center within the University of Maryland School of Medicine. A leading international center for research, patient care, education and training in integrative medicine, the CIM is a National Institutes of Health (NIH) Center of Excellence for research in complementary medicine. Emphasizing an approach to healing that values mind, body, and spirit, the Center is committed to: Evaluating the scientific foundation of complementary medicine; Educating health professionals and the public; and Integrating evidence-based complementary therapies into clinical care to help people achieve and maintain optimal health and well-being.”

**RAND Corporation: Complementary and Alternative Medicine**

http://www.rand.org/topics/complementary-and-alternative-medicine.html

“RAND Health is a major research division within the RAND Corporation, a non-profit institution headquartered in Santa Monica, California. RAND Health’s mission is to serve as the world’s most trusted source of objective analysis and effective solutions for improving health.” RAND Health includes more than 280 experts—physicians, economists, psychologists, mathematicians, organizational analysts, political scientists, psychometricians, medical sociologists, policy analysts, and statisticians.
“RAND conducts evidence-based research on alternative approaches to illness prevention and treatment as well as studies aimed at understanding the place of complementary and alternative medicines within the health care system.”

Integrated Healthcare Policy Consortium

http://ihpc.info/about/about.shtml

“The Integrated Healthcare Policy Consortium (IHPC) is a broad coalition of healthcare professionals, patients and organizations driving public policy ....”

“The mission of the IHPC is to direct the national healthcare agenda toward a health-oriented, integrated system, ensuring all people access to the full range of safe and regulated conventional, complementary, and alternative healthcare professionals, therapies and products, and to the building blocks of health, including clean air and water as well as a healthy food supply.”

4. CAM Research - Citation Classics: 50 frequently cited articles

Citation classics in the integrative and complementary medicine literature: 50 frequently cited articles

By Wilson W.S. Tam, Eliza L.Y. Wong *, Faye C.Y. Wong, Annie W.L. Cheung
European Journal of Integrative Medicine
Volume 4, Issue 1, March 2012

Aim of the study: The objective of the current study is to characterise the most frequently cited articles published in integrative and complementary medicine (ICM) journals.

Materials and methods: We utilised the ISI Journal Citation Reports: Science Edition 2009 database in May 2011 to determine the most frequently cited published articles. The top 50 most cited articles were selected and evaluated according to the type of journal, country of publication, topic, study design, and year of publication.

Results: The 50 selected articles were published in 7 out of 16 journals between 1980 and 2009, the majority of which originated from the US.

The most common study design was literature and systematic reviews. The efficacy of ICM on pain was the most common topic, followed by the anti-inflammatory effect of ICM, prevalence of ICM utilisation, questionnaire development for pain, adverse effects of ICM, discussion of study design in ICM, chemical component of ICM, animal model testing, and obesity.

Conclusions: The findings provide a historical perspective on the scientific progress in integrative and alternative medicine. We revealed that majority papers (~60%) were published between 1995 and 2004, suggesting that ICM has gained increasing attention since 1995. In terms of study design, review-type and questionnaire-related studies constituted approximately 60% of the articles. The actual number of citations from these articles was lower than the articles from the citation classics in other medical fields. The review of the articles having the greatest public recognition could help to establish and expand the role of ICM.
5. Consumer Integration of TM/CAM

Complementary and alternative medicine use among older Australian women - a qualitative analysis

By Deirdre McLaughlin, Chi-Wai Lui and Jon Adams
BMC Complementary and Alternative Medicine 2012
http://www.biomedcentral.com/1472-6882/12/34/abstract

Background

The use of complementary and alternative medicines (CAM) among older adults is an emerging health issue, however little is known about older people’s experiences of using CAM and the cultural, geographical and other determinants of CAM use in this population. This study used qualitative methods to explore older women's views of CAM and reasons for their use of CAM. Participants for the project were drawn from the Australian Longitudinal Study on Women’s Health (ALSWH) 1921-1926 birth cohort. ...

Results

The women expressed a range of views on CAM which fell into three broad themes: "push" factors such as dissatisfaction with conventional health services, "pull" factors which emphasised the positive aspects of choice and self-care in health matters, and barriers to CAM use. Overall, the "push' factors did not play a major role in the decision to use CAM, rather this was driven by "pull" factors related to health care self-responsibility and being able to source positive information about types of CAM. A number of barriers were identified such as access difficulties associated with increased age, limited mobility and restricted transport options, as well as financial constraints.

6. Books

Evidence-based Healthcare in Context: Critical Social Science Perspectives

Edited by Alex Broom and Jon Adams
Publication: January 2012
http://www.amazon.co.uk/Evidence-Based-Healthcare-Context-Alex-Broom/dp/0754679810

"With new methods of treatment standardisation resulting in various benefits for patient outcomes, evidence-based medicine and evidence-based practice have emerged as defining features of western healthcare provision in recent years. Most health professions are now adopting some form of 'evidence-based' framework for clinical training and practice. However, the rise of evidence based healthcare has drawn sustained criticism regarding the limits of trial based evidence, the reductive character of epidemiological study designs, and the potential for an erosion of the importance of lay perspectives and clinical judgement.

"Evidence Based Healthcare in Context" introduces readers to the social, cultural and historical underpinnings of 'evidence' in healthcare, critically examining questions about what constitutes 'evidence' and 'effectiveness' from perspectives outside medicine, including those of patients, complementary medicine and midwifery.
It focuses on the application of contemporary theoretical debates around the nature of medical and health knowledge, providing readers with a series of critical analyses of the production, application and translation of 'evidence' in a range of healthcare contexts. Featuring cutting edge work from leading social scientists in the UK, US, Canada, Norway, Australia and New Zealand, this volume draws on the latest empirical research to provide a thorough critical overview of this important field of health research.”

7. Journals

The first time a journal is listed, the contents of that edition will be given in full to give readers a sense of the scope of the publication. For subsequent editions, only some articles may be highlighted. Earlier editions of this newsletter are available from http://www.hsci.canterbury.ac.nz/enzcam/

African Journal of Traditional, Complementary and Alternative medicines (AJTCAM)
[First listed in ENZCAM Newsletter October 2011]
Volume 9, Number 3, 2012
http://journals.sfu.ca/africanem/index.php/ajtcam

Selected articles:
- Histological changes in male accessory reproductive organs in rats exposed to cigarette smoke and the protective effect of honey supplementation
- Medicinal plants and formulations used by the Soren clan of the Santal tribe in Rajshahi district, Bangladesh for treatment of various ailments
- Survey and scientific evaluation of medicinal plants used by the Pahan and Teli tribal communities of Natore district, Bangladesh
- Medicinal plants used for treatment of diabetes by the Marakh sect of the Garo tribe living in Mymensingh district, Bangladesh
- Radical scavenging activity of selected medicinal plants from Limpopo province of South Africa
- Qualitative content analysis of complementary topical therapies used to manage diabetic foot in Jordan

Alternative and Complementary Therapies
[First listed in ENZCAM Newsletter Q1 2011]
Volume 18, Number 2: April 2012
http://online.liebertpub.com/toc/act/18/2

Selected articles:
- Neurodegenerative Disease: Part 2—Top Herbs and Supplements for Addressing Alzheimer’s and Parkinson’s Disease
- What Every Clinician Should Know About Herb–Supplement–Drug Interactions
- Current Controversies in Nutrition: Which Fat Do We Denigrate? Dietary Fat and the Follies of History
- Herbal Formulas for Alleviating Symptoms of Tinnitus
- Therapeutic Gardens and Horticultural Therapy: Growing Roles in Health Care
- From Herbs to Medicines: Cocoa–Food and Medicine of the Gods
- Data Support Antioxidant Use During Chemotherapy: An Interview with Keith I. Block, MD
- Hops (Humulus lupulus): An Evidence-Based Systematic Review by the Natural Standard Research Collaboration
- Clinical Roundup: Selected Treatment Options for Female Infertility

Evidence-Based Complementary and Alternative Medicine (eCAM)
[First listed in ENZCAM Newsletter July 2011]
Published in April 2012
http://www.hindawi.com/journals/ecam/contents/

Selected articles:
- Traditional Chinese Herbal Products for Coronary Heart Disease: An Overview of Cochrane Reviews
- Safety and Efficacy of Tien-Hsien Liquid Practical in Patients with Refractory Metastatic Breast Cancer: A Randomized, Double-Blind, Placebo-Controlled, Parallel-Group, Phase Ila Trial
- The Efficacy of Gelam Honey Dressing towards Excisional Wound Healing
- Natural Product Nitric Oxide Chemistry: New Activity of Old Medicines
- Sulfotanshinone Sodium Injection for Unstable Angina Pectoris: A Systematic Review of Randomized Controlled Trials
- Atherosclerosis: An Integrative East-West Medicine Perspective
- Management of Hepatic Encephalopathy by Traditional Chinese Medicine
- Efficacy and Safety of a Chinese Herbal Medicine Formula (RCM-104) in the Management of Simple Obesity: A Randomized, Placebo-Controlled Clinical Trial
- Current Situation and Perspectives of Clinical Study in Integrative Medicine in China
- A Systematic Review of Xuezhikang, an Extract from Red Yeast Rice, for Coronary Heart Disease Complicated by Dyslipidemia
- Manual and Electroacupuncture for Labour Pain: Study Design of a Longitudinal Randomized Controlled Trial
- Integrative Laser Medicine and High-Tech Acupuncture at the Medical University of Graz, Austria, Europe
- Biomedical Teleacupuncture between China and Austria Using Heart Rate Variability—Part 2: Patients with Depression
- Complementary and Integrative Oncology in the Cross-Cultural Region of the Middle East and South Asia
- Astragalus Injection for Hypertensive Renal Damage: A Systematic Review

Journal of Evidence-Based Complementary & Alternative Medicine
[First listed in ENZCAM Newsletter April 2011]
Volume 17, Number 2: April 2012
http://chp.sagepub.com/content/17/2.toc?etoc

Selected articles:
- Role of Yoga in Preventing and Controlling Type 2 Diabetes Mellitus
- Meditation for Quality Improvement of Medical Encounters: Single-Intervention, Vedanta-Based Meditation Effects on Vital Signs and Mood Indices
- Lovastatin Content of Commercially Available Red Yeast Rice Supplements
- Treating Type 2 Diabetes: A Cross-sectional Audit of Naturopathic Standards of Care Using the Naturopathic Patient Database
- A Novel N of 1 Trial Design and Proposed Utility in Complementary and Alternative Medicine Research
- Myofascial Structural Integration: A Promising Complementary Therapy for Young Children With Spastic Cerebral Palsy

**Journal of Holistic Nursing**
[First listed in ENZCAM Newsletter April 2011]
**Volume 30, Number 1: March 2012**
[http://jhn.sagepub.com/content/30/1.toc](http://jhn.sagepub.com/content/30/1.toc)

Selected articles:
- A Concept Analysis of Person-Centered Care
- Becoming Whole: The Role of Story for Healing
- T.R.U.S.T.: An Affirming Model for Inclusive Spiritual Care
- Continuing Nursing Education for “T.R.U.S.T.: An Affirming Model for Inclusive Spiritual Care”
- Soothability and Growth in Preterm Infants
- Use of Creative Arts as a Complementary Therapy by Rural Women Coping With Chronic Illness
- Mind Magic: A Pilot Study of Preventive Mind-Body-Based Stress Reduction in Behaviorally Inhibited and Activated Children

**The Journal of Alternative and Complementary Medicine**
[First listed in ENZCAM Newsletter Q1 2011]
**Volume 18, Number 4: April 2012**
[http://online.liebertpub.com/toc/acm/18/4](http://online.liebertpub.com/toc/acm/18/4)

Selected articles:
- Stress-Reducing Effects of Real and Artificial Nature in a Hospital Waiting Room
- Reduction in Nausea and Vomiting in Children Undergoing Cancer Chemotherapy by Either Appropriate or Sham Auricular Acupuncture Points with Standard Care
- Clinical Effects of Scalp Electrical Acupuncture in Stroke: A Sham-Controlled Randomized Clinical Trial
- Chiropractic or Osteopathic Manipulation for Children in the United States: An Analysis of Data from the 2007 National Health Interview Survey
- A Model of Integrative Care for Low-Back Pain
- A Review of Tensions and Risks in Naturopathic Education and Training in Australia: A Need for Regulation
- Policy Implications of Complementary and Alternative Medicine Use in Australia: Data from the National Health Survey
- The Pulse Spectrum Analysis at Three Stages of Pregnancy
- Chinese Herbal Medicine Danshen Formulations for Preventing Renal Disease in Henoch-Schönlein Purpura: A Systematic Review and Meta-Analysis
- Hypertonic Dextrose Injections (Prolotherapy) for Knee Osteoarthritis: Results of a Single-Arm Uncontrolled Study with 1-Year Follow-Up
- Urut Melayu, the Traditional Malay Massage, as a Complementary Rehabilitative Care in Postpartum Stroke
- Low-Back Pain, Leg Pain, and Chronic Idiopathic Testicular Pain Treated with Chiropractic Care
8. NCCAM Clinical Digest

NCCAM Clinical Digest
Produced by the National Center for Complementary and Alternative Medicine (NCCAM) in the USA.

April 2012: Asthma and Complementary Health Practices
http://nccam.nih.gov/health/providers/digest/asthma

“Asthma is a chronic lung disease that affects people of all ages. It causes episodes of wheezing, coughing, shortness of breath, and chest tightness. Although there is no cure, most people with asthma are able to manage the disease with medications and behavioral changes.

Researchers also are studying various complementary health approaches for asthma relief. This issue provides information on “what the science says” about complementary health practices for asthma, including acupuncture, breathing exercises, and herbs and other dietary supplements.”

Produced for ENZCAM by
Heather McLeod and Ray Kirk

4 May 2012

New Zealand Centre for Evidence-based Research into Complementary and Alternative Medicine (ENZCAM)

ENZCAM is based within the Health Sciences Centre, University of Canterbury, Christchurch, New Zealand. The Centre was established in 2005 with the aim to research the efficacy and safety of Complementary and Alternative Medicine (CAM), with a particular focus on CAM in the New Zealand setting. The centre acts as a focal point to develop novel research ideas in the field of CAM and foster partnerships with researchers both within New Zealand and overseas.

http://www.hsci.canterbury.ac.nz/enzcam/

As the purpose of this series is to put in the public domain material and evidence that will progress the integration of complementary medicine into health systems, we would be delighted if you make use of it in other research and publications. All material produced for ENZCAM and made available on the web-site may be freely used, provided the source is acknowledged. The material is produced under a Creative Commons Attribution-Noncommercial-Share Alike licence.

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