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. Industry Organisations and Legislation

**Natural Products New Zealand**


Natural Products New Zealand is the national industry organisation for people involved in the functional foods, dietary supplements, complementary medicines, cosmetic products and nutraceuticals industries.

Founded in 2002 by industry and with support of the New Zealand Government’s business and export development agency, New Zealand Trade & Enterprise, NPNZ works to maximise the industry’s competitive advantage and increase the profile of New Zealand as a source of high quality natural products.

NPNZ provides a national voice for the New Zealand industry, representing members at all levels including communications with government, media, industry commentators and related professional bodies.

**Natural industry steadily growing**


Last year, the industry exceeded $1 billion revenue, with 71 per cent of revenue coming from exports. That's four times the amount of exports compared to seven years ago ... "The industry has continued to show significant growth – the quiet achiever of New Zealand's economy," [Michelle Palmer, the executive director], said. "It is now larger than the biotechnology and organics industries combined."

One of the most difficult things for people in the industry is staying ahead of changing regulations around the world. ... At last count, 60 per cent of countries Natural Products New Zealand companies export to are in the process of changing their regulations...

The National Health Products Bill is currently going through Parliament in New Zealand, to replace the "dinosaur" dietary supplement regulations 1985, she said. Mrs Palmer is collating the consensus of the industry's views to present to Parliament before the deadline on February 24. "The 1985 regulations are not enforced; they are old and out of step with other countries," she said. "It will step up the domestic market and create a level of reassurance for the public where all products available on the market will be of a very high quality."
2. Research Organisations

National Research Center in Complementary and Alternative Medicine (NAFKAM)

NAFKAM is organized as a center at the Faculty of Medicine, the University of Tromsø, Norway, and it is funded by the Norwegian Ministry of Health and Care Services.

NAFKAM promotes, implements and coordinates Norwegian research in complementary and alternative treatment. The center emphasises multidisciplinary research. In addition NAFKAM is working with education, consultancy services, international and national cooperation/network building and information. NAFKAM was designated as a WHO Collaborating Centre for Traditional Medicine in 2008.

The Registry of Exceptional Courses of Disease

This is a Scandinavian registry run by NAFKAM. The registry is collecting information from people who have experienced an exceptional course of disease after the use of alternative treatment compared to what was expected based upon medical examinations.

NIFAB - The National CAM Information Bank
http://www.nifab.no/om_nifab/information_in_english

In 2004 the Norwegian government gave the first budget appropriation for the creation of a national CAM information bank. The aim of this knowledge-based database is to provide Norwegian and English speaking users with unbiased research based information about complementary and alternative medicine (CAM). The National CAM Information Bank, NIFAB, was launched in May 2007. Read more at http://www.nifab.no/.

European Information Centre for Complementary & Alternative Medicine (EICCAM)
http://www.eiccam.eu/home.php?il=1&l=eng

The worldwide use of CAM (Complementary and Alternative Medicine) has grown considerably in the past 20 years. Analysing surveys done over the past ten years the general conclusion can be made that 20% of the EU-citizens have a clear preference for CAM healthcare; another 20% are regular users of CAM. More than 100 million citizens in the EU make use of CAM today.

The most commonly used CAM therapies in Europe are: homeopathy, phytotherapy (=herbal medicine), anthroposophic medicine, naturopathy, traditional Chinese medicine (including acupuncture), osteopathy and chiropractic.

The European Information Centre for Complementary and Alternative Medicine (EICCAM) has been created with the aim of providing and disseminating understandable, objective and high-quality information on the safety, effectiveness and efficiency of Complementary and Alternative Medicine
(CAM). EICCAM has been set up as a Public Utility Foundation under Belgian Law, with a Management Board and a Scientific Board.

**Research Facts**

http://www.eiccam.eu/home.php?il=7&l=eng

EICCAM Research Facts are intended to illustrate the type and quality of research that has been conducted into the effects and costs of specific complementary therapies on important health conditions or on an aspect of interest such as mechanism of action of a therapy.

Each fact sheet summarises a research study on a specific complementary therapy and then discusses the study's strengths and weaknesses. Potential implications of each study's findings for decision-making are discussed.

3. **Practitioner Organisations**

**PHAA establishes a new CAM special interest group**


The Public Health Association of Australia (PHAA) has established a new Special Interest Group (SIG) on 'Evidence, Research and Policy in Complementary Medicine'. This new group is a major boost to the NORPHCAM vision and programme helping to develop rigorous public health debate, research and scholarship focused upon complementary medicine in Australia and internationally.

The SIG is proud to announce that early work is focused upon developing collaborative ties and activities with the equivalent SIG at the American Public Health Association (APHA) ... For information on the new PHAA SIG please see the link below:


4. **Books**

**Clinical Research in Complementary Therapies, 2nd Edition**

*Principles, Problems and Solutions*

Edited by George Thomas Lewith, Wayne B. Jonas and Harald Walach

Published December 2010


“There is a considerable and increasing interest in research related to complementary therapies to establish a base of research results which will support practice. However, not all therapies can be treated the same way, either from the same perspective of what health and treatment are, or channelled through the process of randomized, controlled trials. This book analyzes the key questions often asked and the controversies debated in complementary medicine research, and offers clear guidance written by experts in this field.”
Randomized Controlled Trials: Questions, Answers and Musings, 2nd Edition
By Aleandro R. Jadad, Murray W. Enkin
Published 2007


Randomized controlled trials are one of the most powerful and revolutionary tools of research. This book is a convenient and accessible description of the underlying principles and practice of randomized controlled trials and their role in clinical decision-making.

Structured in a jargon-free question-and-answer format, each chapter provides concise and understandable information on a different aspect of randomized controlled trials, from the basics of trial design and terminology to the interpretation of results and their use in driving evidence-based medicine. The authors end each chapter with their musings, going beyond the evidence or citations, and sometimes even beyond orthodox correctness to share their thoughts and concerns about different aspects of randomized controlled trials, and their role within the health system.

Updated to include insights from the last decade, this second edition challenges over-reliance on randomized controlled trials by debating their strengths and limitations and discussing their optimal use in modern healthcare. It also includes a new and increasingly relevant chapter on the ethics of randomized trials.

5. 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 35: Special Issue 2012
Traditional medicine in the era of HIV/AIDS in South Africa
http://journals.sfu.ca/africanem/index.php/ajtcam/issue/view/73

Selected articles:
- In Vitro Testing of African Traditional Medicines for Cytotoxic, Immune Modulatory and Anti-HIV Activities
- A Model for the Incorporation of the Traditional Healers into the National Health Care Delivery System Of South Africa
- Traditional Complementary and Alternative Medicine: Knowledge, Attitudes and Practices of Health Care Workers in HIV and AIDS Clinics in Durban Hospitals
- Perspectives of Traditional Health Practitioners on the Use of Microbicides for the Prevention of HIV
The Immunomodulatory Effects of Sutherlandia Frutescens Extracts in Human Normal Peripheral Blood Mononuclear Cells
Evaluation of Traditional Medicines I: Identification of Phela Using Different Chromatographic Techniques
Evaluation of Traditional Medicines II: The Use Of Metabolite Peak-Kinetics
Evaluation of Traditional Medicines III: The Mechanism of Immune Modulation by Phela.

Alternative and Complementary Therapies
[First listed in ENZCAM Newsletter Q1 2011]
Volume 18, Number 1: February 2012
http://online.liebertpub.com/toc/act/18/1

Selected articles:
- Neurodegenerative Disease: Part 1—Common Pathways to Brain Injury in Alzheimer’s and Parkinson’s Disease
- Diagnostic Challenges and Treatment Options for Thyroid Conditions
- Integrative Nurse Coaching for Health and Wellness
- Patients and Evidence Motivate Hospitals’ Increase in CAM Services
- American Indian Health: Integrating Traditional Native Healing Practices and Western Medicine
- Botanical Medicines and Ionizing Radiation: Part 2—Radiosensitizing Herbs
- Moving Forward in Integrative Oncology: An Interview with Gary E. Deng, MD, PhD
- Peripheral Vascular Disease: An Integrative Approach: A Natural Standard Monograph
- Clinical Roundup: Selected Treatment Options for Chronic Prostatitis

Complementary Therapies in Clinical Practice
[First listed in ENZCAM Newsletter June 2011]
Volume 18, Number 1: February 2012
http://www.ctcpjournal.com/issues

Selected articles:
- Effect of an integrated support programme on the concerns and wellbeing of women with breast cancer: A national service evaluation
- Complementary and alternative medicine use amongst Palestinian diabetic patients
- Ginger to reduce nausea and vomiting during pregnancy: Evidence of effectiveness is not the same as proof of safety
- Tai Chi effects on neuropsychological, emotional, and physical functioning following cancer treatment: A pilot study
- The healers journey: A literature review
- Delivering shiatsu in a primary care setting: Benefits and challenges
- Place visualization: Conventional or unconventional practice?
- Use of complementary and alternative medicine by patients seen at the dermatology department of a tertiary care center
- Impact of self-administered relaxation and guided imagery techniques during final trimester and birth
- Episiotomy pain relief: Use of Lavender oil essence in primiparous Iranian women
Complementary Therapies in Medicine
[First listed in ENZCAM Newsletter May 2011]
Volume 20, Number 1-2: February-April 2012
http://www.complementarytherapiesinmedicine.com/issues

Selected articles:
- Randomised controlled trial with medical leeches for osteoarthritis of the knee
- Measuring possible effect on health-related quality of life by tactile massage or relaxation in patients
- Osteopathic manipulative treatment effectiveness in severe chronic obstructive pulmonary disease: A pilot study
- A network-based analysis of traditional Chinese medicine cold and hot patterns in rheumatoid arthritis
- A pilot study to compare the views of traditionally trained and CAM-trained therapists using the clinical exemplar of the management of neck/upper limb pain to assess barriers to effective integration of approaches
- Factors influencing the use of complementary and alternative medicine and whether patients inform their primary care physician
- Measuring differential beliefs in complementary therapy research: An exploration of the Complementary and Alternative Medicine Beliefs Inventory (CAMBI)
- Evaluating the impact of cancer on complementary and alternative medicine use, distress and health related QoL among Australian women: A prospective longitudinal investigation
- Complementary medicine and safety: A systematic investigation of design and reporting of systematic reviews
- Placebo effect was influenced by publication year in three-armed acupuncture trials
- Future perspectives of personalized medicine in traditional Chinese medicine: A systems biology approach
- Quality of herbal medicines: Challenges and solutions

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

Selected articles:
- Hematopoietic Cell Transplant and Use of Massage for Improved Symptom Management: Results from a Pilot Randomized Control Trial
- Potent Antifungal Activity of Pure Compounds from Traditional Chinese Medicine Extracts against Six Oral Candida Species and the Synergy with Fluconazole against Azole-Resistant Candida albicans
- Traditional Chinese Herbal Patch for Short-Term Management of Knee Osteoarthritis: A Randomized, Double-Blind, Placebo-Controlled Trial
- Systematic Review of Chinese Herbal Medicines for Preventing in-Stent Coronary Restenosis after Percutaneous Coronary Intervention
- Reliability and External Validity of AMSTAR in Assessing Quality of TCM Systematic Reviews
- Effect of Human Placental Extract on Health Status in Elderly Koreans [Note: the use of human placenta was recently the topic of television news stories in New Zealand]
The Effects of Meditation on Perceived Stress and Related Indices of Psychological Status and Sympathetic Activation in Persons with Alzheimer's Disease and Their Caregivers: A Pilot Study

A Survey of Complementary and Alternative Medicine Use in Cancer Patients Treated with Radiotherapy in Thailand

Acupuncture Use among American Adults: What Acupuncture Practitioners Can Learn from National Health Interview Survey 2007?

Acupuncture for the Treatment of Opiate Addiction

History and Mechanism for Treatment of Intracerebral Hemorrhage with Scalp Acupuncture

The Journal of Alternative and Complementary Medicine
[First listed in ENZCAM Newsletter Q1 2011]

Volume 18, Number 2: February 2012

http://online.liebertpub.com/toc/acm/18/2

Patient–Practitioner–Remedy: Quantum Interactions in Living Systems

The Shortcomings of Clinical Trials Assessing the Efficacy of Probiotics in Irritable Bowel Syndrome

Analysis on Postmortem Tissues at Acupuncture Points in the Image Datasets of Visible Human Project

Hegu Acupuncture for Chronic Low-Back Pain: A Randomized Controlled Trial

Effects of Noninvasive Electroacupuncture at Hegu (LI4) and Sanyinjiao (SP6) Acupoints on Dysmenorrhea: A Randomized Controlled Trial

Effect of Whole-Body Vibration Exercise on Balance in Women with Fibromyalgia Syndrome: A Randomized Controlled Trial

Utilizing Mobile Networks for the Detection of Clinically Relevant Interactions Between Chemotherapy Regimens and Complementary and Alternative

The Analgesic Effect of Thermal Therapy After Total Knee Arthroplasty

A Homeopathic Approach to Treat Patients with Advanced Gallbladder, Periampullary, and Liver Carcinomas: A Report of 3 Cases

6. Conferences

A Mechanism-Based Natural Product Development Conference

21 and 22 September 2012, Whistler Mountain Convention Centre, British Columbia, Canada

http://www.naturalproductswhistler.com/

“We are bringing together some of the leading thinkers in the natural medicines and science fields. They will explore the discovery and development of therapeutic natural product medicines from the perspectives of systems biology, clinical and preclinical studies, and quality assurance.”

Convenor, Professor Basil Roufogalis, Pharmaceutical Chemistry, University of Sydney
5th Western Africa Network of Natural Products Research Scientists
August 6–9, 2012, Iloko, Osun State, Nigeria

http://journals.sfu.ca/africanem/index.php/ajtcam/announcement/view/25

Theme: Tackling non-infectious diseases with medicinal plants and natural products. A special Session will also be devoted to Traditional Medical Practitioners presentations

Information on the background of WANNPRES can be found: www.wannpres.net

Online registration: http://ocs.wannpres.net/index.php/waamps/waamps

7. Health System and Academic Integration of TM/CAM

Integrative Medicine in America
http://www.bravewell.org/current_projects/mapping_field/

A new publication from the Bravewell Collaborative, “Integrative Medicine in America: How Integrative Medicine Is Being Practiced in Clinical Centers Across the United States” provides current data on the patient populations and health conditions most commonly treated with integrative strategies.

In a survey of 29 U.S. integrative medicine centers, 75 percent reported success using integrative practices to treat chronic pain and more than half reported positive results for gastrointestinal conditions, depression and anxiety, cancer and chronic stress.

“With chronic health issues costing the U.S. economy more than $1 trillion a year, it’s essential to find the most effective ways to treat and prevent the most prevalent conditions,” said Donald Abrams, MD, co-author of the report and professor of clinical medicine at the University of California San Francisco. “This report demonstrates how an integrative approach is being used to improve patient outcomes.”

With thanks to John Weeks for the link
http://www.huffingtonpost.com/john-weeks/integrative-medicine_b_1281103.html

USA Indian Health Service

Includes Licensed Naturopaths, Acupuncturists and Chiropractors in Loan Repayment Program

“A bit of integrative medicine history was made in January 2012 when the U.S. Indian Health Service (IHS) quietly announced that licensed naturopathic doctors, acupuncturists and chiropractors would be included in 2012 in the IHS' student loan repayment programs.

The announcement magnetized students and recent graduates. ... The inclusion was immediately celebrated by the American Association of Naturopathic Physicians (AANP). The American Chiropractic Association followed suit with a release to their own members. ... The AANP letter suggests hopefully that "this paves the way for inclusion in all federal loan repayment programs and is a significant step towards equity in education for naturopathic students.""

Source: John Weeks
http://www.huffingtonpost.com/john-weeks/integrative-medicine_b_1251375.html
8. Clinical Integration of TM/CAM

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

February 2012: The Flu, the Common Cold, and Complementary Health Practices

http://nccam.nih.gov/health/providers/digest/coldflu.htm

Each year, approximately 5 to 20 percent of Americans come down with the flu. Although most recover without incident, flu-related complications result in more than 200,000 hospitalizations and between 3,000 and 49,000 deaths each year. Colds generally do not cause serious complications, but they are among the leading reasons for visiting a doctor and for missing school or work.

To prevent or treat these illnesses, some people turn to complementary health practices such as herbs or vitamins and minerals. This issue provides information on “what the science says” about some of these practices for the flu and for the common cold, including zinc, vitamin C, echinacea, and probiotics.

Produced for ENZCAM by
Heather McLeod and Ray Kirk

9 March 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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