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. Research Organisations

**Canadian Interdisciplinary Network for CAM Research (IN-CAM)**

The IN-CAM Outcomes Database

[www.outcomesdatabase.org](http://www.outcomesdatabase.org)

IN-CAM “have developed a database of outcome measures of particular importance to Complementary and Alternative Medicine (CAM) and Integrative Health Care (IHC) effectiveness and efficacy research in order to facilitate and support the assessment of CAM interventions through high quality research, and thus, to improve clinical practice and inform policy.”

“Although important in research on CAM and IHC interventions, the outcomes included in this Database are not limited or exclusive to CAM or IHC research; rather they are useful for the study of health interventions framed within a whole person perspective and focused on health and well-being”.

“Our goals are to:
1) include practical information on outcome measures within a framework of domains that makes them easily accessible, and
2) assist researchers and practitioners in framing their approach (research or clinical) within a whole person perspective and/or a wellness orientation.”

Tools to measure outcomes are listed under the following domains:

- Context of the Intervention
- Process of the intervention
- Holistic
- Health-related quality of life
- Spiritual
- Psychological
- Physical
- Social
- Individualized

Anyone contemplating a research project in CAM or IM will find this an invaluable resource.
**RAND Meeting on Integrative Medicine**

RAND held a meeting on 18 July 2012 with some of the leading thinkers on integrative medicine. The speakers were:

- Ian Coulter, Samuei Institute Chair in Policy for Integrative Medicine, and Senior Health Policy Analyst, RAND Corporation
- Wayne Jonas, President and Chief Executive Officer, Samuei Institute
- David Eisenberg, Executive Vice President for Health Research and Education, Samuei Institute
- Allen Fremont, Natural Scientist, RAND Corporation

The audio podcast of the meeting is available on:


"Integrative medicine combines the strengths of conventional medicine with effective and safe approaches in complementary and alternative medicine. In the past decade, the number of hospitals offering complementary therapies has more than doubled to over 20 percent; and, among Americans, 38 percent use integrative practices in their daily lives. Join us for a discussion on how hospitals, universities, and the U.S. military are using and teaching these methods, what research has found on the effectiveness of integrative practices, and the future of integrative medicine in the United States.

2. **Responses in Medical Journal of Australia to the “Friends of Science”**

**Medical and science must oppose intolerance and censorship**

Paul A Komesaroff, Amber Moore and Ian H Kerridge


**Friends of Science in Medicine should avoid threatening their own values**

“Science has always been — and should be — a battleground for contending views on what is true. Because of the close connection between knowledge and power, however, the risk is always present that those who command the dominant theories or ideologies will rely on their positions of influence to overcome those who oppose them. It is important that those who treasure tolerance and the value of open, unfettered discourse remain sensitive to these risks and — even when they personally disagree — to protect and foster the expression of contrary viewpoints.”

“When the nature of science and medicine is at stake, the importance of this task is especially pressing. We believe that the views promoted in a commissioned editorial in the Journal, by the Friends of Science in Medicine (FSM), exceed the boundaries of reasoned debate and risk compromising the values that FSM claims to support.”

“In its own words, the key objective of FSM is “countering the growth of pseudoscience in medicine”, where true science is defined as a set of practices characterised by “an experimental, evidence-based approach”. The strategy of the group — which deliberately and forcefully relies on the unquestioned eminence of its members — is to apply pressure on governments and educational
institutions to withdraw or prohibit funding for health practices referred to in a general sense as “complementary medicines”. The organisation models itself on similar groups in the United States and the United Kingdom and proudly refers to the success of these groups in having had funding removed from certain alternative medicine courses. It is clear that FSM aims to emulate this success in Australia through a campaign to influence public opinion and apply pressure on government and educational institutions."

“We do not write to advocate complementary medicines. Indeed, two of us are physicians who practise exclusively in the field of Western medicine and are actively engaged in “conventional” laboratory and clinical research.” …

“We feel that the appropriate response to these problems is not to seek to suppress all approaches to health care which we cannot understand or with which we do not agree. Rather, it should be to establish a system of safeguards that minimise risk, while continuing to protect the rights of consumers to choose their own health care practices. Such safeguards should include legal, professional and conceptual criteria and target specific rogue practices while protecting and regulating others. We believe that any approach other than this would run the risk of threatening the core values and practices of science and medicine.”

[Article continues]

See also the interview with Paul Komesaroff:

http://www.abc.net.au/worldtoday/content/2012/s3546523.htm

The legitimacy of academic complementary medicine

Stephen P Myers, Charlie C Xue, Marc M Cohen, Kerryn L Phelps and George T Lewith

Standing up for common sense

“Science sets out to rigorously eliminate bias, not to assert it. The arguments mounted for the closure of complementary medicine courses in Australian universities by the Friends of Science in Medicine in a recent editorial in the Journal are highly emotive and, while having a gloss of superficial reasonableness, they do not stand up to critical review.” …

“Complementary medicine is a broad field in which generalisations have little value. The major professional and university-based disciplines of traditional Chinese medicine, chiropractic, osteopathy and naturopathy need to be differentiated from fringe practices, and the actions of rogue or unqualified practitioners should be viewed separately from the competence of the wider profession.” …

“The call for removal of complementary medicine courses from universities raises deeper issues. It has been argued that the purpose of universities is to conserve the diversity of ideas in the community, and that this is as important to the survival of knowledge as genetic diversity is to the survival of species.” …

“Science does not occur in a vacuum; it is a social phenomenon, a practice that is embedded in wider cultural values and power relationships in society. The debate on whether complementary medicine should be a university discipline, when seen from a sociological perspective, says much less about good science and much more about control and power.” … “This controversy is simply the latest episode in a long-contested battle between orthodox and divergent views.”
“Complementary medicine, like conventional medicine, is riddled with poor scientific methodology and lacks a comprehensive evidence base. The BMJ compiles and updates the evidence for medical interventions (3000 to date) and currently considers that 51% of medical treatment is of unknown effectiveness and that only 11% is definitively beneficial, with another 23% probably beneficial.” …

“Voltaire wrote in an essay on tolerance: “Think for yourselves and let others enjoy the privilege to do so too.” The dialogue about complementary medicine and its legitimacy as an academic discipline needs to be patient centred, evidence-based, mindful of culture, enabling of safe professional practice, and grounded in mutual respect and common sense. There is no sustainable rationale to support the removal of complementary medicine courses from a university environment. These courses clearly develop critical thinking and fulfil the criteria for legitimate university disciplines. We can see great danger for the public if complementary medicine practice is allowed to develop outside mainstream education.”

[See original article for references]

3. Conferences

Forthcoming conferences

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<tr>
<th>Date</th>
<th>Location</th>
<th>Conference Name</th>
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<tr>
<td>31 August – 2 September 2012</td>
<td>Melbourne, AUSTRALIA</td>
<td>AIMA 18th International Integrative Medicine Conference</td>
<td><a href="https://www.aima.net.au/">https://www.aima.net.au/</a></td>
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<tr>
<td>2-4 November 2012</td>
<td>Toronto, CANADA</td>
<td>7th IN-CAM Research Symposium</td>
<td><a href="http://www.incamresearch.ca/index.php?id=19.544.0,0,1,0">http://www.incamresearch.ca/index.php?id=19.544.0,0,1,0</a></td>
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4. Books

**Traditional, Complementary and Integrative Medicine: An International Reader**

By Jon Adams, Gavin Andrews, Joanne Barnes, Alex Broom and Parker Magin (Editors)

Publication Date: June 2012, to be launched in August 2012


“A ground-breaking collection of contemporary TCIM literature featuring respected research articles alongside fresh material. Bringing together the perspectives of a diverse range of international practitioners and academics, it provides essential guidance, insight and inspiration for those embarking upon study, practice or research in this field.”


“Contributions come from practitioners and academics drawn from a diverse range of disciplines and professions across the globe. From perspectives on the significance of TCIM within public health policy to discourses on its influence in fields such as psychiatry and sociology, discrete chapters come together to provide an international map of the contemporary research, key debates and core issues which shape the field.”

“[The] reader is divided into three parts:
Part A focuses on the consumption of TCIM, including chapters on its use through the life-cycle and within the context of disease and health management;
Part B covers considerations for practitioners across the world, taking in issues over ethics, communication and education;
Part C features chapters on the role of evidence, research and knowledge production in TCIM and looks at what lies ahead for the field.”

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/](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 4: Month 2012**

[http://journals.sfu.ca/africanem/index.php/ajtcam](http://journals.sfu.ca/africanem/index.php/ajtcam)

Selected articles:
- Acupuncture in treating hepatic fibrosis: a review with recommendation for future studies
- Aromatherapy as an adjuvant treatment in cancer care – a descriptive systematic review
- Prevalence and predictors of traditional medicine utilization among persons living with AIDS (PLWA) on antiretroviral (ARV) and prophylaxis treatment in both rural and urban areas in South Africa
- Why HIV positive patients on antiretroviral treatment and/or cotrimoxazole prophylaxis use traditional medicine: perceptions of health workers, traditional healers and patients: a study in two provinces of South Africa
- Phytomedicine versus gonorrhoea: the Bapedi experience
- Development and evaluation of a novel four-electrode device system for monitoring skin impedance

**BMC Complementary and Alternative Medicine**
[First listed in ENZCAM Newsletter September 2011]

**July 2012**
http://www.biomedcentral.com/bmccomplementalternmed/content

Selected articles:
- Immunity to melanin and to tyrosinase in melanoma patients, and in people with vitiligo
- In vitro and in vivo anti-colon cancer effects of Garcinia mangostana xanthones extract
- Use of complementary and alternative medicine by mid-age women with back pain: a national cross-sectional survey
- A homeopathic remedy from arnica, marigold, St. John’s wort and comfrey accelerates in vitro wound scratch closure of NIH 3T3 fibroblasts
- Acupuncture for the treatment of tinnitus: a systematic review of randomized clinical trials
- A six-month Crossover Chemoprevention Clinical Trial of Tea in Smokers and Non-smokers: Study Design and Methodological Issues
- Effect of Zingiber officinale R. rhizomes (ginger) on pain relief in primary dysmenorrhea: a placebo randomized trial
- Development of an acupuncture treatment protocol by consensus for women undergoing Assisted Reproductive Technology (ART) treatment
- Antioxidant and acetylcholinesterase-inhibitory properties of long-term stored medicinal plants

**The EPMA Journal**
[First listed in ENZCAM Newsletter December 2011]

**Published in 2012**
http://www.epmajournal.com/

Selected articles:
- Expert recommendations to personalization of medical approaches in treatment of Multiple Sclerosis: an overview of family planning and pregnancy
- Time for new guidelines in advanced healthcare: the mission of The EPMA Journal to promote an integrative view in predictive, preventive and personalized medicine
- Behavior, nutrition and lifestyle in a comprehensive health and disease paradigm: skills and knowledge for a predictive, preventive and personalized medicine
- Methods for analysis of the cancer microenvironment and their potential for disease prediction, monitoring and personalized treatments
- Personalization of prostate cancer prevention and therapy: are clinically qualified biomarkers in the horizon?
Evidence-Based Complementary and Alternative Medicine (eCAM)
[First listed in ENZCAM Newsletter July 2011]
Published in July 2012
http://www.hindawi.com/journals/ecam/aims/

Selected articles:
- Local and Systemic Cardiovascular Effects from Monochromatic Infrared Therapy in Patients with Knee Osteoarthritis: A Double-Blind, Randomized, Placebo-Controlled Study
- Uncaria tomentosa—Adjuvant Treatment for Breast Cancer: Clinical Trial
- The Role of Acupuncture in Assisted Reproductive Technology
- Breast Milk Jaundice and Maternal Diet with Chinese Herbal Medicines
- How to Design the Control Group in Randomized Controlled Trials of Acupuncture?
- Long-Term Consumption of Platycodi Radix Ameliorates Obesity and Insulin Resistance via the Activation of AMPK Pathways
- Clinical Distribution and Molecular Basis of Traditional Chinese Medicine ZHENG in Cancer
- Cancer, Inflammation, and Insights from Ayurveda
- Neuroendocrine Mechanisms of Acupuncture
- Auricular Acupressure for Managing Postoperative Pain and Knee Motion in Patients with Total Knee Replacement: A Randomized Sham Control Study
- Green Tea Polyphenols for the Protection against Renal Damage Caused by Oxidative Stress
- Effectiveness of Mentha piperita in the Treatment of Infantile Colic: A Crossover Study
- Emerging Glycosylation Targeting and Drug Discovery from Chinese Medicine in Cancer Therapy
- A Longitudinal Follow-Up Study of Saffron Supplementation in Early Age-Related Macular Degeneration: Sustained Benefits to Central Retinal Function
- Reflexology versus Swedish Massage to Reduce Physiologic Stress and Pain and Improve Mood in Nursing Home Residents with Cancer: A Pilot Trial
- Medical Ethnobotany in Europe: From Field Ethnography to a More Culturally Sensitive Evidence-Based CAM
- Classification of Insomnia Using the Traditional Chinese Medicine System: A Systematic Review,
- Isolation of Antidiabetic Principle from Fruit Rinds of Punica granatum
- Vitamin E as an Antiosteoporotic Agent via Receptor Activator of Nuclear Factor Kappa-B Ligand Signaling Disruption: Current Evidence and Other Potential Research Areas

Explore: The Journal of Science and Healing
[First listed in ENZCAM Newsletter May 2011]
Volume 8, Number 4: July–August 2012
http://www.sciencedirect.com/science/issue/273308-1-s2.0-S1550830711X00101

Selected articles:
- A Calculation of National Wellness
- Distant Healing of Surgical Wounds: An Exploratory Study
- The Healing Experience—How Can We Capture It?
- Comparing Individual Preferences for Four Meditation Techniques: Zen, Vipassana (Mindfulness), Qigong, and Mantra
- You Cannot Wash Off Blood With Blood: Entering the Mind Through the Body
- Say Your Prayers, But Make ‘Em Quick: Replicating the Effects of Three Minutes of Prayer on Forgiveness
• Evidence-Based Integrative Medicine Updates: Tai Chi, Myofascial Release, Tetanic Electrical Stimulation, Omega-3 Fatty Acid Supplementation, Antioxidant Supplements
• Integrative Healthcare for the Military: A Samueli Institute/Department of Defense Partnership
• Innovations in Integrative Healthcare Education: Georgetown University’s Graduate Program in Complementary and Alternative Medicine: Training Future Practitioners of Integrative Healthcare

Journal of Medicinal Food
[First listed in ENZCAM Newsletter Q1 2011]
Volume 15, Number 7: July 2012
http://online.liebertpub.com/toc/jmf/15/7

Selected articles:
• Efficacy and Safety of Mixed Oriental Herbal Medicines for Treating Human Obesity: A Systematic Review of Randomized Clinical Trials
• Olive Leaf Extract as a Hypoglycemic Agent in Both Human Diabetic Subjects and in Rats
• Korean Mistletoe (Viscum album coloratum) Extract Improves Endurance Capacity in Mice by Stimulating Mitochondrial Activity
• Proteomic Analysis of Terminalia chebula Extract-Dependent Changes in Human Lymphoblastic T Cell Protein Expression

The Journal of Alternative and Complementary Medicine
[First listed in ENZCAM Newsletter Q1 2011]
Volume 18, Number 6: June 2012 (received in July 2012)
http://online.liebertpub.com/toc/acm/18/6

Selected articles:
• Can We Help Just by Good Intentions? A Meta-Analysis of Experiments on Distant Intention Effects
• A Brief Review of Current Scientific Evidence Involving Aromatherapy Use for Nausea and Vomiting
• A Review on Citrullus colocynthis Schrad.: From Traditional Iranian Medicine to Modern Phytotherapy
• Western Acupuncture in a NHS General Practice: Anonymized 3-Year Patient Feedback Survey
• Utilization of Group-Based, Community Acupuncture Clinics: A Comparative Study with a Nationally Representative Sample of Acupuncture Users
• The Effect of Qigong on Menopausal Symptoms and Quality of Sleep for Perimenopausal Women: A Preliminary Observational Study
• The Effect of TJ-15 Plus TJ-17 on Atopic Dermatitis: A Pilot Study Based on the Principle of Pattern Identification
• Influence of a Specific Ginger Combination on Gastropathy Conditions in Patients with Osteoarthritis of the Knee or Hip
• Development of a Chinese Medicine Pattern Severity Index for Understanding Eating Disorders
• Therapeutic Effectiveness of Ageratina pichinchenensis on the Treatment of Chronic Interdigital Tinea Pedis: A Randomized, Double-Blind Clinical Trial
• Clinical Efficacy of Manasamitra Vataka (an Ayurveda Medication) on Generalized Anxiety Disorder with Comorbid Generalized Social Phobia: A Randomized Controlled Study
• Capacity for Clinical Research on Herbal Medicines in Africa
The Journal of Alternative and Complementary Medicine
[First listed in ENZCAM Newsletter Q1 2011]
Volume 18, Number 7: July 2012
http://online.liebertpub.com/toc/acm/18/7

- Qigong Exercise for the Treatment of Fibromyalgia: A Systematic Review of Randomized Controlled Trials
- The Cognitive-Enhancing Effects of Bacopa monnieri: A Systematic Review of Randomized, Controlled Human Clinical Trials
- Relaxation Practice and Physiologic Regulation in a National Sample of Older Taiwanese
- Effects of Auricular Acupuncture on Anthropometric, Lipid Profile, Inflammatory, and Immunologic Markers: A Randomized Controlled Trial Study
- Feasibility of a Nutritional Supplement as Treatment for Pediatric Bipolar Spectrum Disorders
- Long-Term Effect of Acupuncture for Treatment of Tinnitus: A Randomized, Patient- and Assessor-Blind, Sham-Acupuncture-Controlled, Pilot Trial
- Chia Seed Supplementation and Disease Risk Factors in Overweight Women: A Metabolomics Investigation
- A Complex, Nonlinear Dynamic Systems Perspective on Ayurveda and Ayurvedic Research
- Case Report: Ayurvedic Intervention in Metastatic Liver Disease
- Emerging Economies’ Need for Cheap, Efficient Health Care Makes Western Anti-Homeopathy Rhetoric Irrelevant: Observations from the Canadian Homeopathy Conference, October 2011

6. Clinical Integration of TM/CAM

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

July 2012: Chronic Pain and Complementary Health Practices
http://nccam.nih.gov/health/providers/digest/chronicpain.htm

“Pain is the most common health problem for which adults use complementary health practices. Many people with conditions causing chronic pain turn to these practices to supplement other conventional medical treatment, or when their pain is resistant or in an effort to advert side effects of medications. Despite the widespread use of complementary health practices for chronic pain, scientific evidence on efficacy and mechanisms whether the therapies help the conditions for which they are used and, if so, how is, for the most part, limited. However, the evidence base is growing, especially for several complementary health practices most commonly used by people to lessen pain.

This issue highlights the research status for several therapies used for common kinds of pain, including arthritis, fibromyalgia, headache, low-back pain, and neck pain.”

Produced for ENZCAM by
Heather McLeod and Ray Kirk

6 August 2012
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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