

# FACT SHEET: COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM) & INTEGRATIVE MEDICINE (IM)

Community Medical Foundation for Patient Safety, [www.comofcom.com](http://www.comofcom.com)

## By the Numbers

- Americans spent approximately \$33.9 billion out-of-pocket dollars on CAM
- About 38% of adults used some form of CAM for health and wellness or to treat a variety of diseases and conditions totaling 38.1 million adults who made an estimated 354.2 million visits in the past 12 months
- \$14.8 billion out-of-pocket expenditures were spent on non-vitamin, non-mineral and natural products, or one-third of the total out-of-pocket spending on prescription drugs
- \$11.9 billion out-of-pocket expenditures were spent on CAM practitioner visits, or one-fourth of the out-of-pocket spending on physician visits

## Additional Resources

- <http://nccam.nih.gov/>
- <http://bravewell.org/>
- <http://integrativemedicine.arizona.edu/resources.html>
- [http://integrativemedicine.arizona.edu/about/helpful\\_links.html](http://integrativemedicine.arizona.edu/about/helpful_links.html)

For more information about CAM and IM  
Contact Donald Lefeber, Director of  
Integrated Health Care and Wellness at  
Community Medical Foundation for  
Patient Safety, 832-778-7777  
[djlefeber@comofcom.com](mailto:djlefeber@comofcom.com)

## What is CAM and IM?

**Complementary and Alternative Medicine (CAM)** is defined by the National Center of Complementary and Alternative Medicine as a group of diverse medical and health care systems, practices and products that are not generally considered to be a part of conventional medicines that are used either complementarily or alternatively to conventional medicine.

**Integrative Medicine (IM)** is an approach defined by the Bravewell Collaborative as health care that puts the patient at the center and addresses the full range of physical, emotional, mental, social, spiritual and environmental influences that affect a person's health. By employing a personalized strategy that considers the patient's unique conditions, needs and circumstances, IM uses the most appropriate interventions from an array of scientific disciplines to heal illness and disease and help the patient regain and maintain optimal health.

## Different Types of CAM

- *Alternative Medical Systems* such as Ayurveda, Homeopathy, Naturopathy and Traditional Chinese Medicine
- *Mind-Body Interventions*: prayer, meditation, positive visualization, guided imagery, art, and music or dance therapy
- *Biologically Based Therapies*: dietary supplements, herbal products
- *Manipulative and Body-based Systems*: chiropractic and osteopathic practices and massage
- *Energy Therapies*: Qi gong, Reiki, therapeutic or healing touch and electromagnetic field

## The 10 Most Common Uses for CAM and IM

- Back pain
- Neck pain
- Joint pain
- Arthritis
- Anxiety
- Cholesterol levels
- Head or chest cold
- Other musculoskeletal conditions
- Severe or migraine headache
- Insomnia

Please consult with your primary care doctor and pharmacist if you are using or planning to use CAM or IM as your *primary* treatment or therapy or as an *adjuvant* treatment or therapy to your regular, conventional treatment plan. Discuss your interest in CAM and IM and your health concerns with your doctor, nurse, pharmacist, and with your family and other care providers.