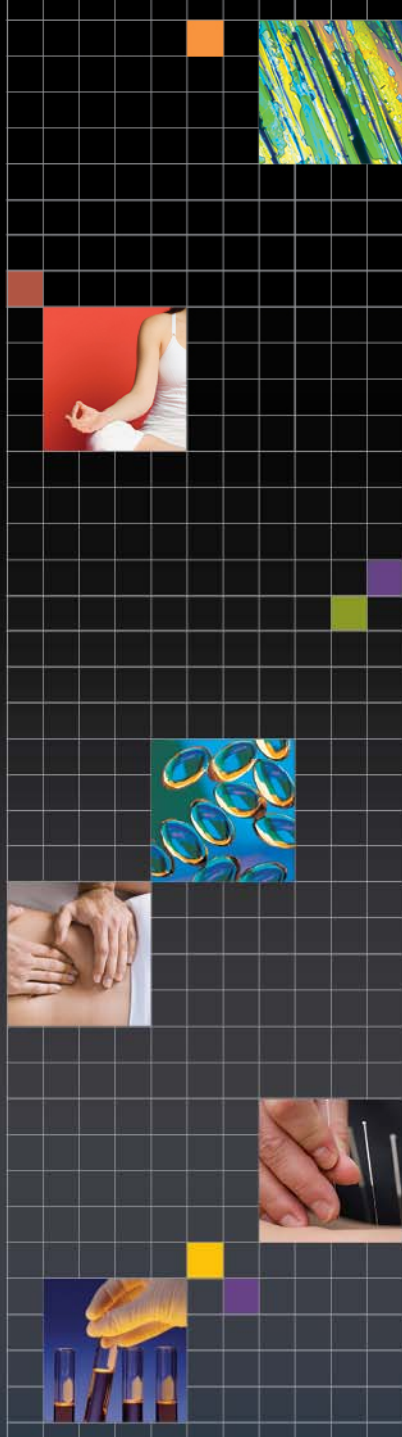


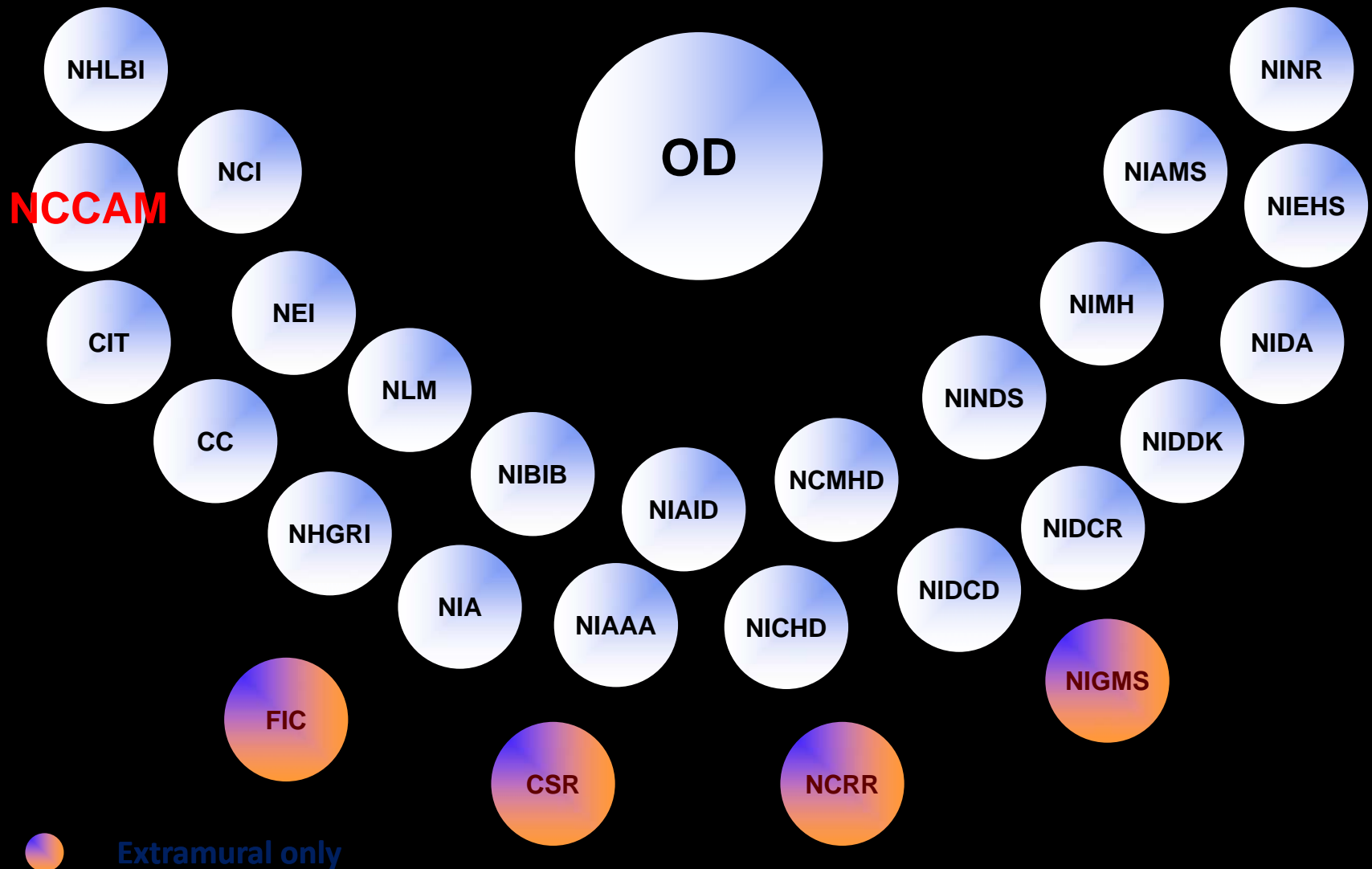
Complementary And Integrative Health Approaches For Seniors

Emmeline Edwards, PhD
Director
Division of Extramural Research
NCCAM/NIH

*Integrative Health and Seniors
GIH Integrative Health Funders Network
December 10, 2012*



NIH Consists of 27 Institutes and Centers



Legislative Language

“The general purposes of the National Center for Complementary and Alternative Medicine (NCCAM) are the conduct and support of basic and applied research...research training, and other programs with respect to identifying, investigating, and validating complementary and alternative treatment, diagnostic, and prevention modalities, disciplines and systems.”

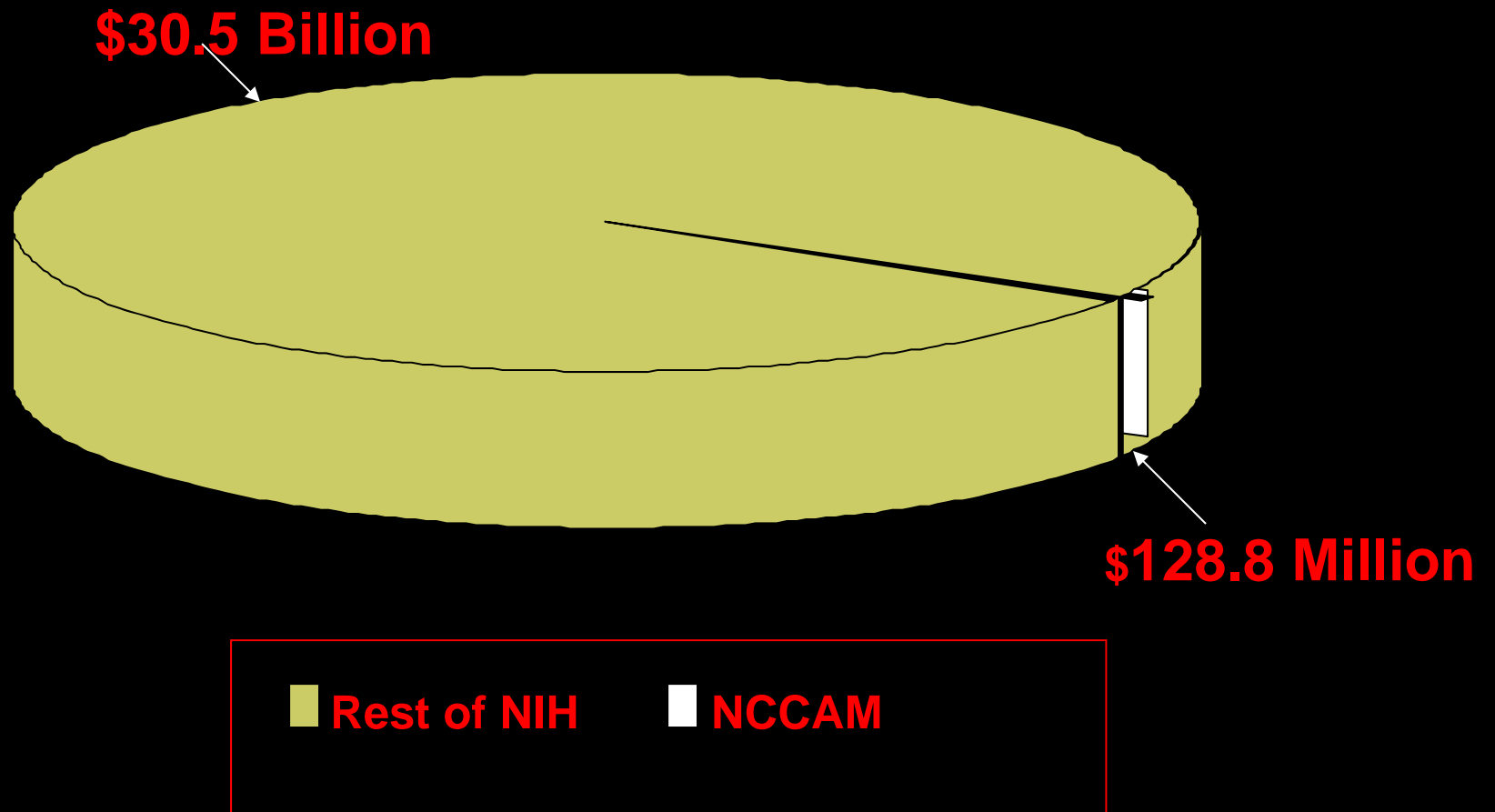
P.L. 105-277

October 1998

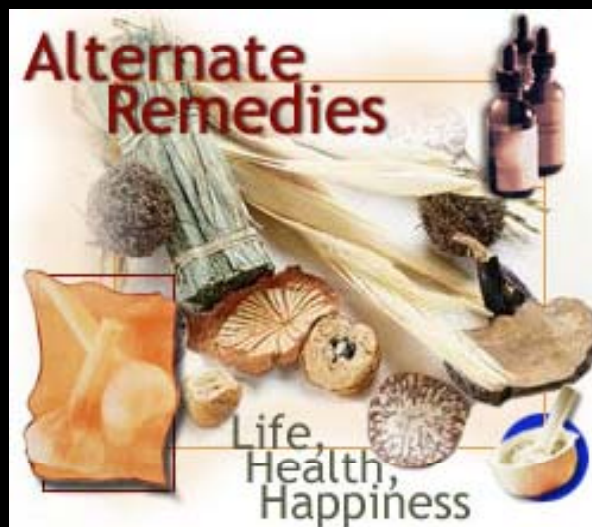
NCCAM Mission

- Explore complementary and alternative healing practices *using rigorous scientific methods* and develop the evidence base for safety and efficacy of CAM approaches
- Support the development and training of researchers in integrative medicine
- Disseminate authoritative information to the public and professionals

NCCAM's Budget: 0.4% of the NIH Total

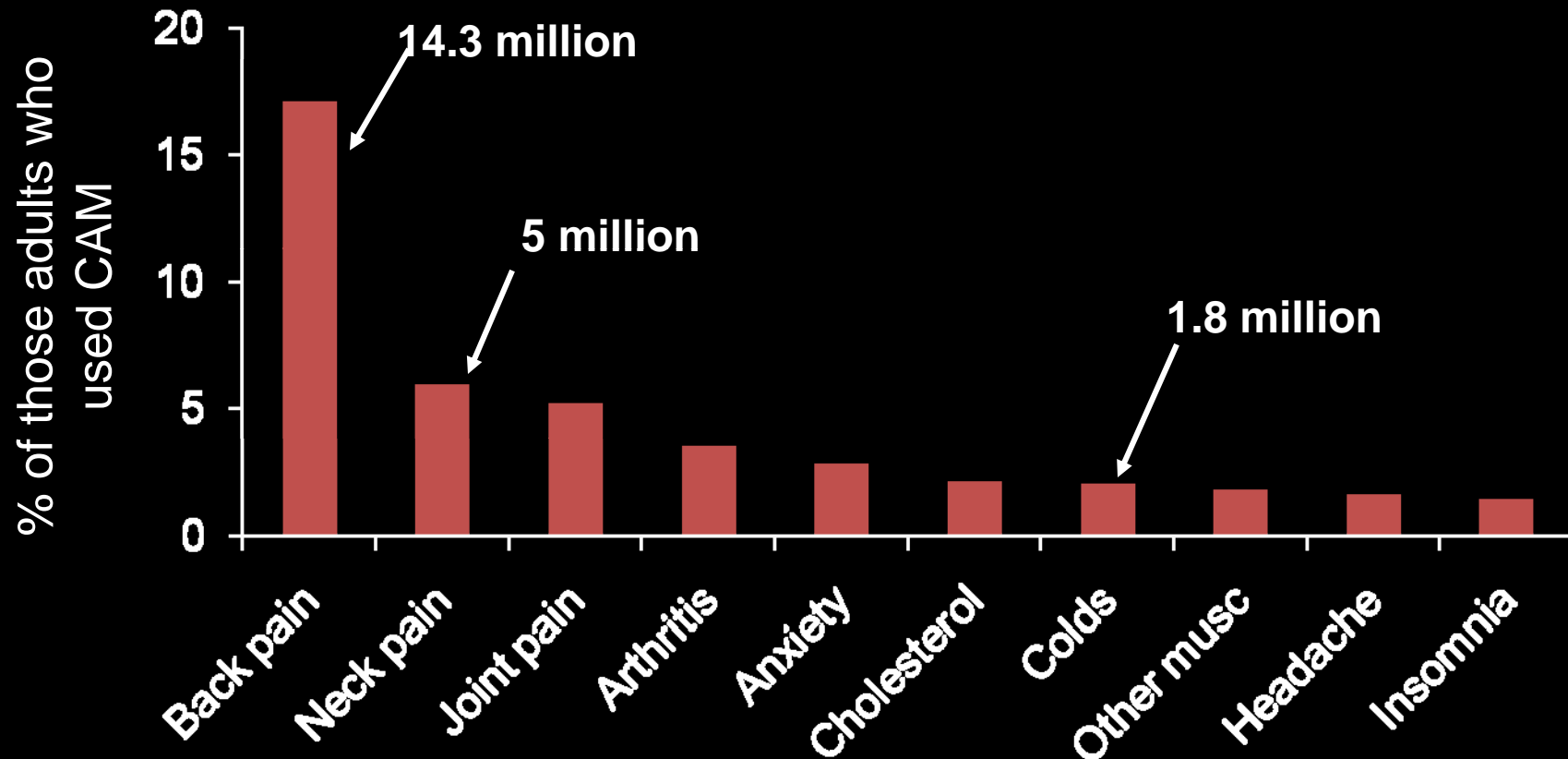


NHIS CAM Modules: 2002 and 2007



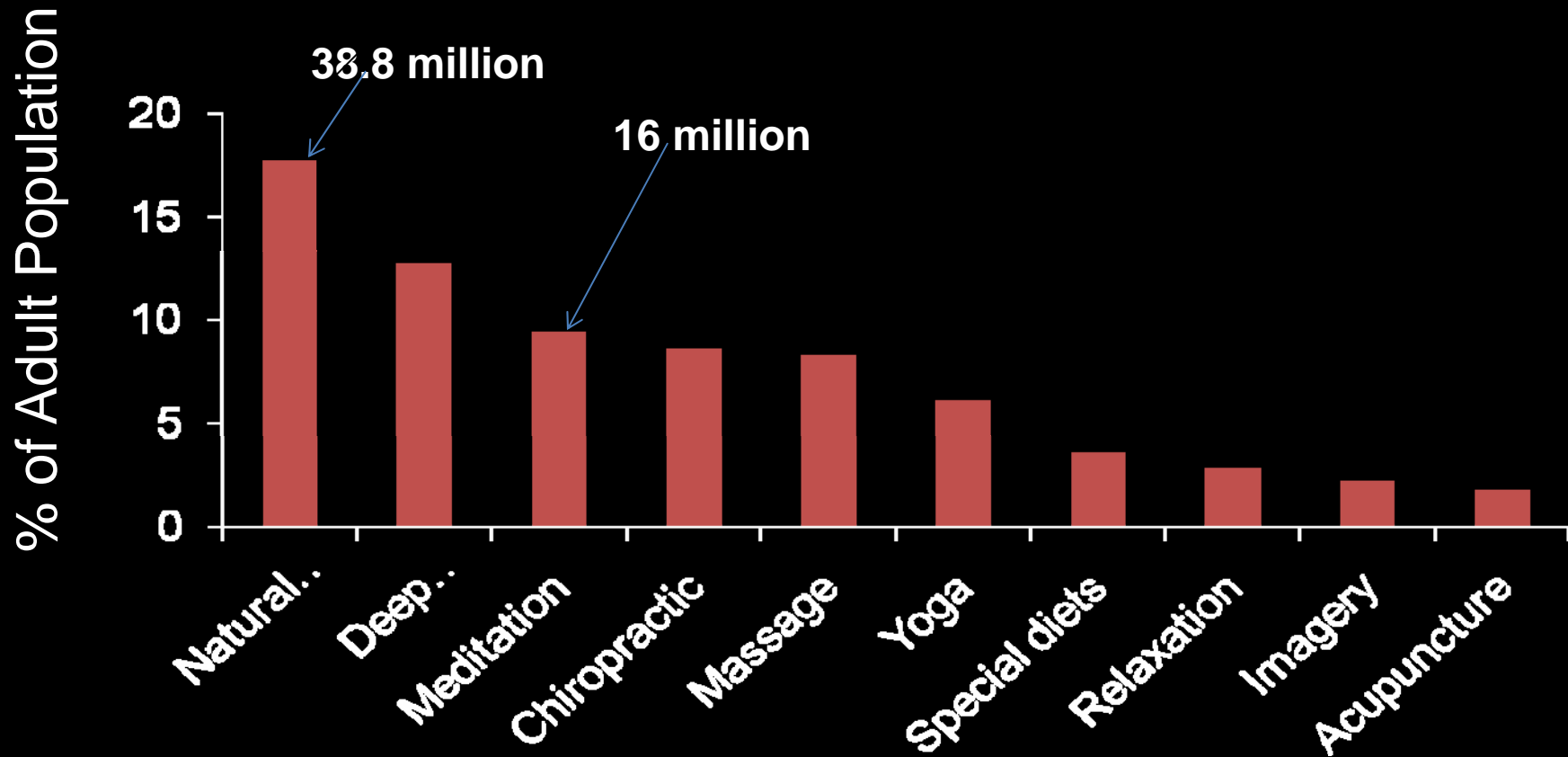
- 2007 Survey: 36 different CAM therapies for 81 different diseases/conditions
 - Sample of 23,000 adults

Adult Use of CAM for Selected Conditions: 2007



Barnes et al., 2008

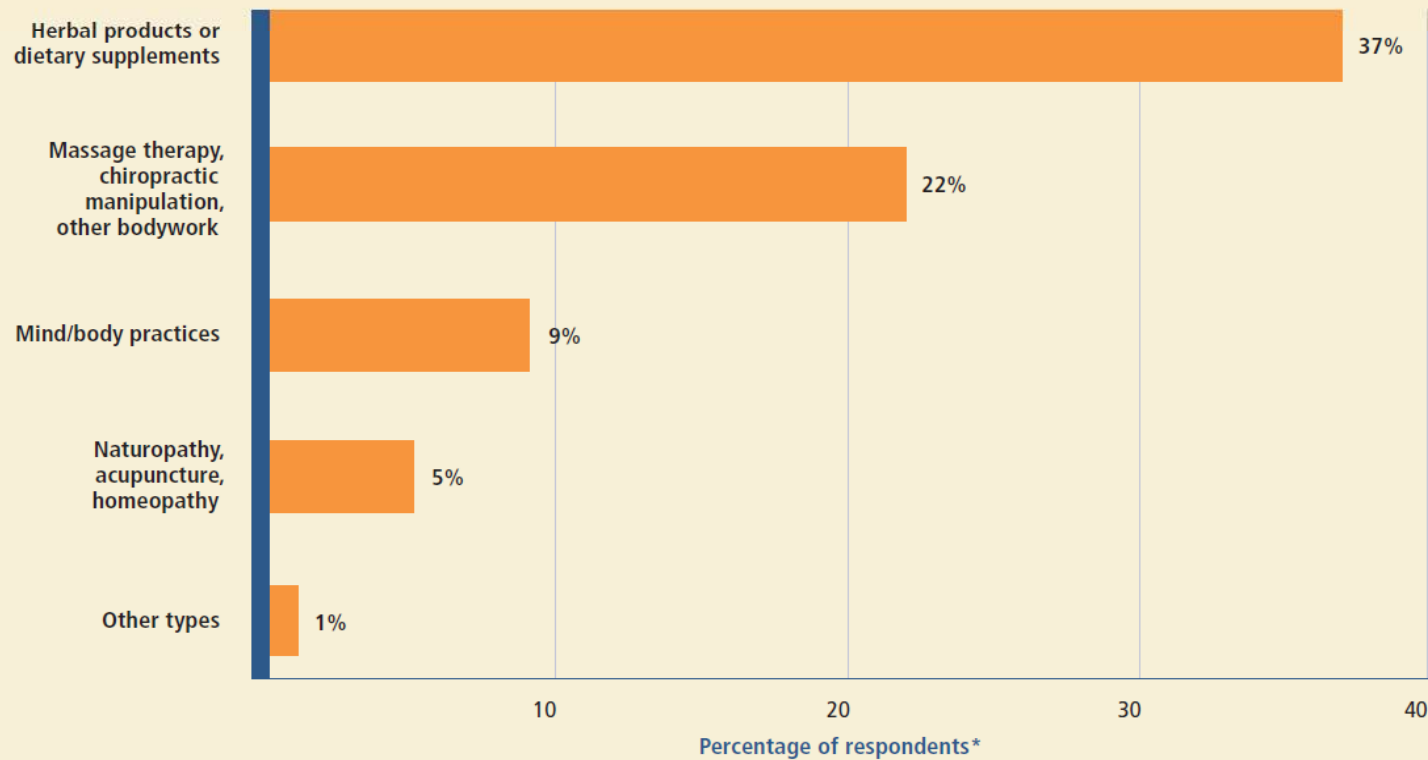
Adult Use of Selected CAM Therapies: United States, 2007



Barnes et al., 2008

TYPE OF CAM USED BY SENIORS

Figure 1 Type of CAM Used in the Past 12 Months

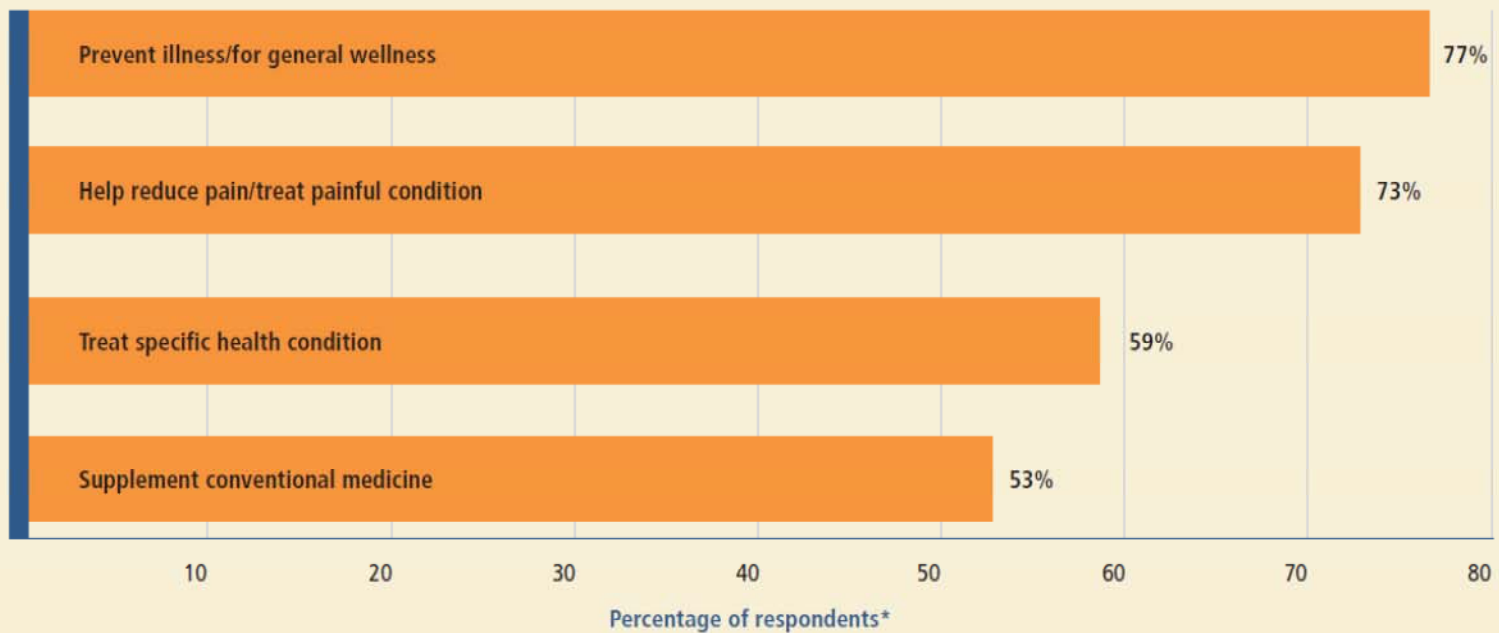


*Base: All respondents (n=1,013). Sampling error: ± 3.1 percentage points. Respondents could choose more than one answer.

Source: AARP/NCCAM Survey of U.S. Adults 50+, 2010

REASONS FOR CAM USE BY SENIORS

Figure 4 Reasons for CAM Use



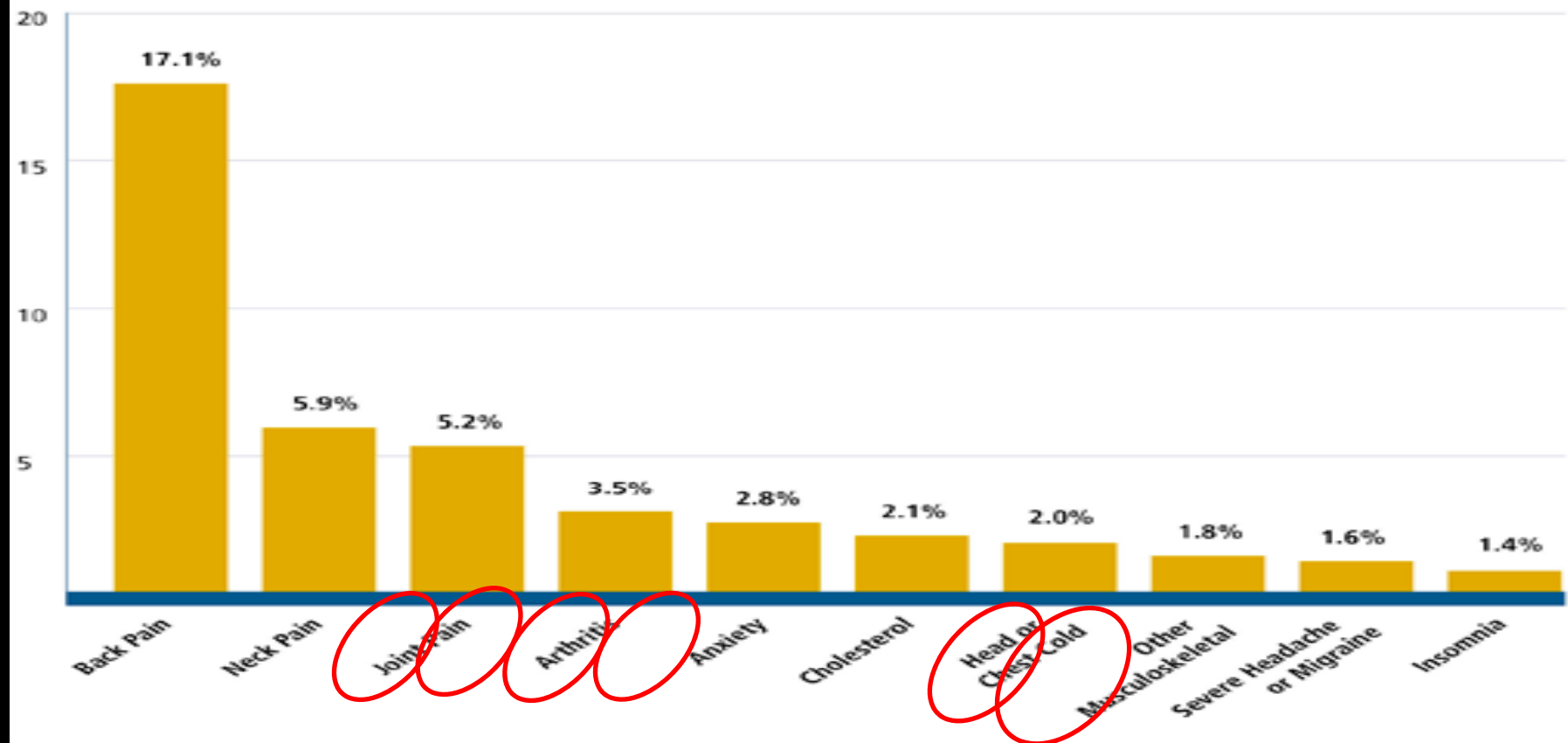
*Base: Respondents who used CAM in past 12 months or ever (n=539). Sampling error: ± 4.2 percentage points. Respondents could choose more than one answer.

Source: AARP/NCCAM Survey of U.S. Adults 50+, 2010

AARP and National Center for Complementary and Alternative Medicine Survey of US adults 50+, 2010

CAM strategies utilized most for Pain-related conditions

Diseases/Conditions for Which CAM Is Most Frequently Used Among Adults - 2007



Source: Barnes PM, Bloom B, Nahin R. CDC National Health Statistics Report #12. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007. December 2008.

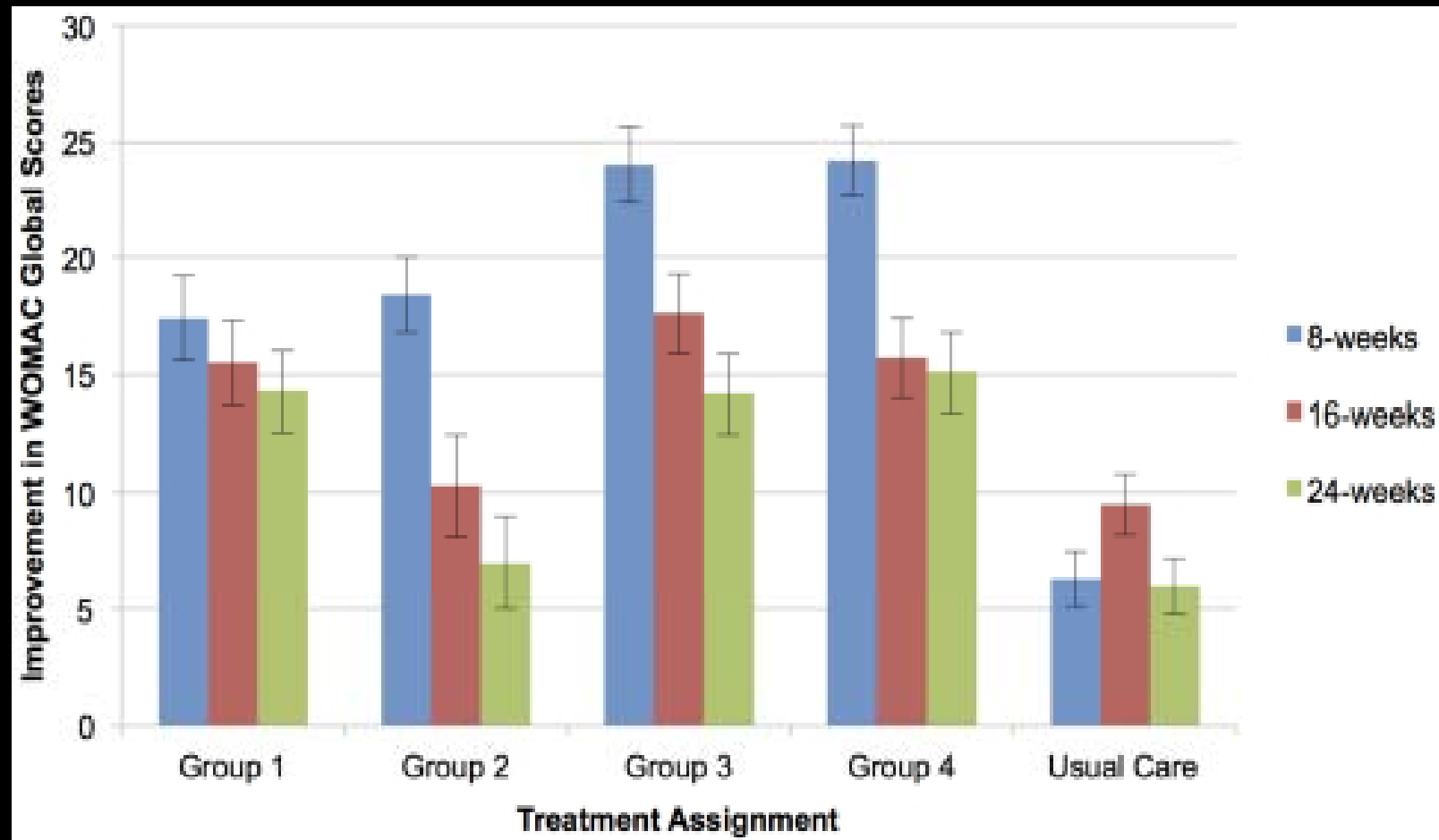
NCCAM/NIH RESEARCH HIGHLIGHTS



**NATURAL
PRODUCTS**

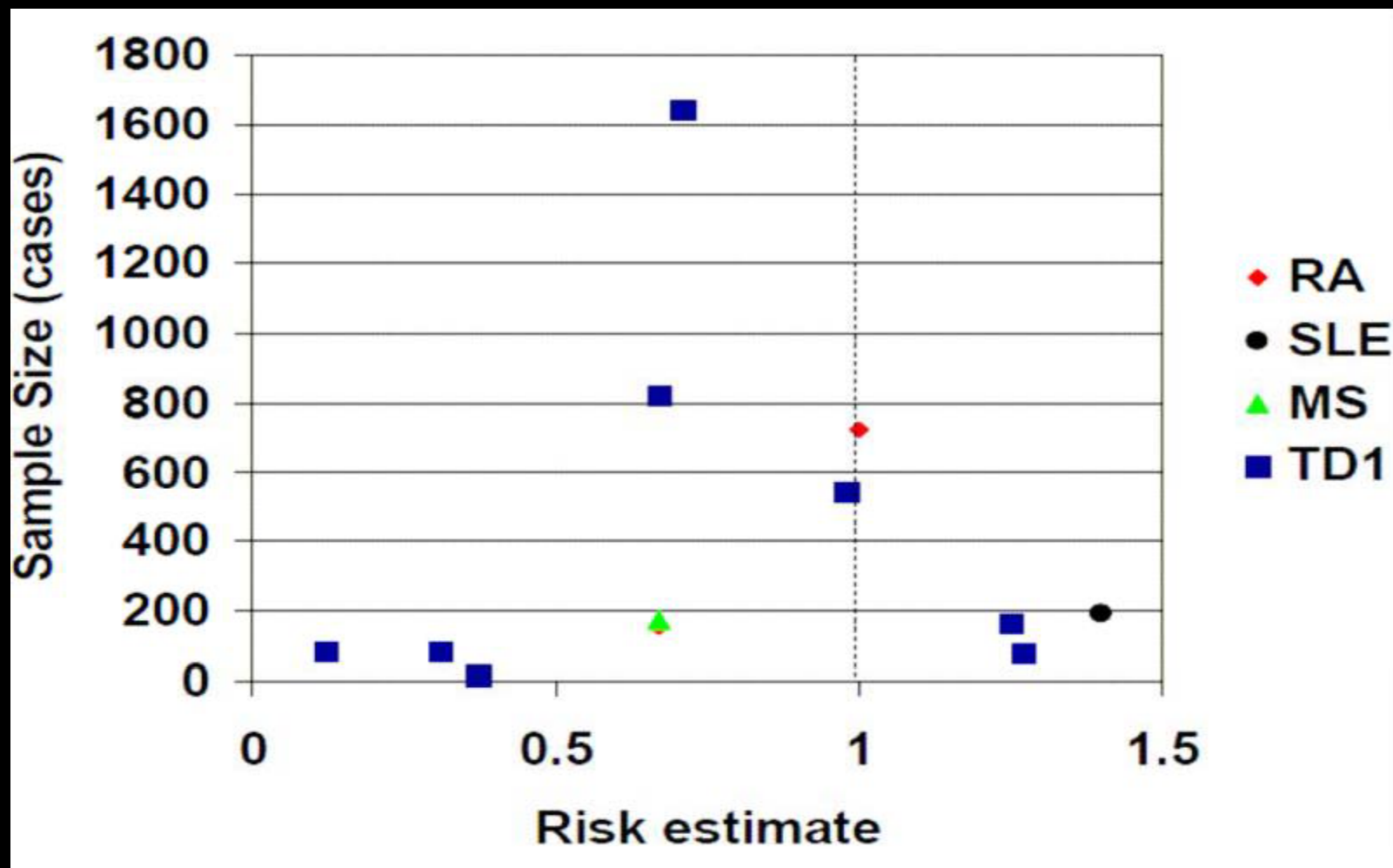
**MIND & BODY
APPROACHES**

EFFICACY OF MASSAGE IN OSTEOARTHRITIS IN THE ELDERLY



Perlman & al.
PloS One, 7(2), 2012S

Vitamin D and Fish Oil for Autoimmune Disease, Inflammation and Joint Pain



5R01AR059086-03

PI: KAREN H COSTENBADER

Mental Practice in Chronic, Stroke-Induced Hemiparesis

Table 2

Mean MP + RTP Group Scores on Outcome Measures After and 3 Months After Administration

Measure	POST	POST-3	Change*	T*
FM	32.95 (10.6)	32.11 (12.2)	-0.84	0.817
ARAT	24.48 (16.2)	24.42 (17.3)	-0.06	0.923
AMAT	2.33 (1.2)	2.45 (1.3)	+0.12	0.898
Functional				
AMAT Quality	2.23 (1.2)	2.40 (1.3)	+0.17	0.819
AMAT Time	15.85 (18.8)	16.86 (20.4)	+1.01	0.967
BB	13.19 (12.9)	12.79 (12.2)	-0.40	0.892

Note. Numbers in parentheses are standard deviations; "AMAT Functional" denotes AMAT Functional Ability Scale; "AMAT Quality" denotes AMAT Quality of Movement Scale; "AMAT Time" denotes time taken to perform AMAT movements;

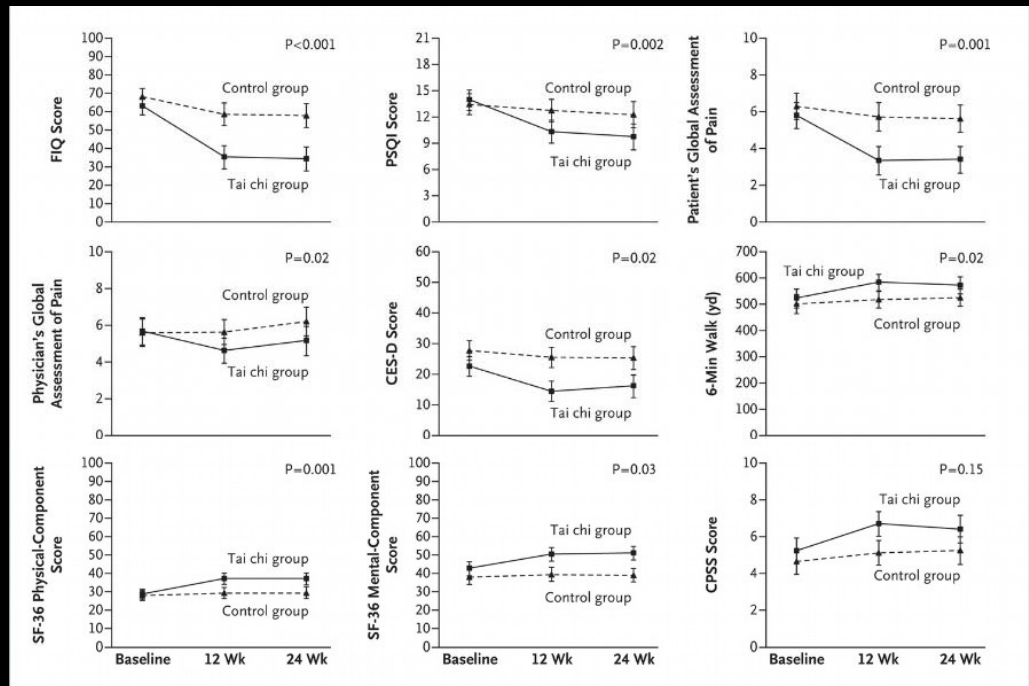
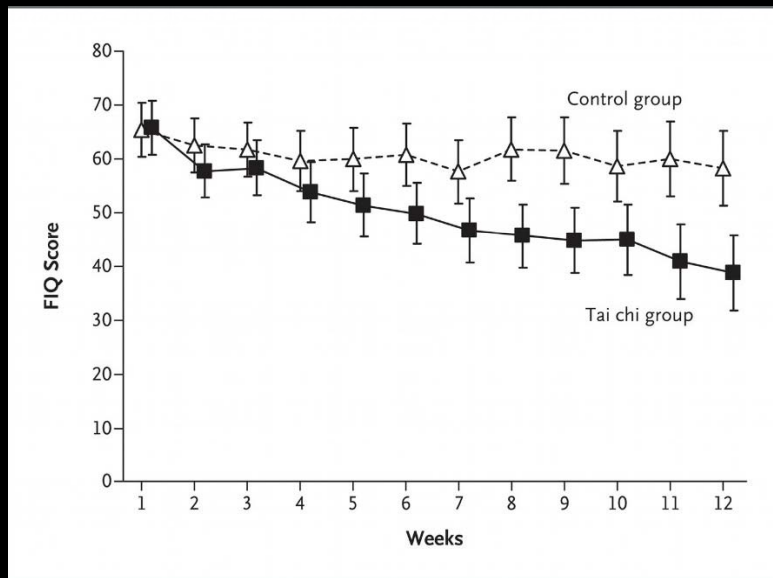
* denotes that computation was based on change from POST to POST-3, per the purpose of the current study.

Tai Chi provided significant, moderate clinical benefit for Fibromyalgia



- R21AT003621 – Tai Chi for fibromyalgia (PI: Wang, Tufts University Medical Center)
 - Wang et al. (2010) A randomized trial of tai chi for fibromyalgia. *N Engl J Med*, 368(8):743-54.
 - Study rationale: fibromyalgia is likely due to complex set of neuro-muscular factors, which include poor tolerance to high intensity exercise; hence a low-intensity, movement-based procedure like Tai Chi could be beneficial.
 - Pilot study (n=66) of a difficult condition to treat, which found significant and substantial benefit that persisted at 3 months post-intervention
 - Tai Chi intervention – 60 min. class 2 x week for 12 week; home practice of 20+ min/day
 - Control was a wellness education + stretching class 2 x week for 12 week; home practice of 20+ min/day (stretching)

Tai Chi group had significant, clinically meaningful benefit compared to control

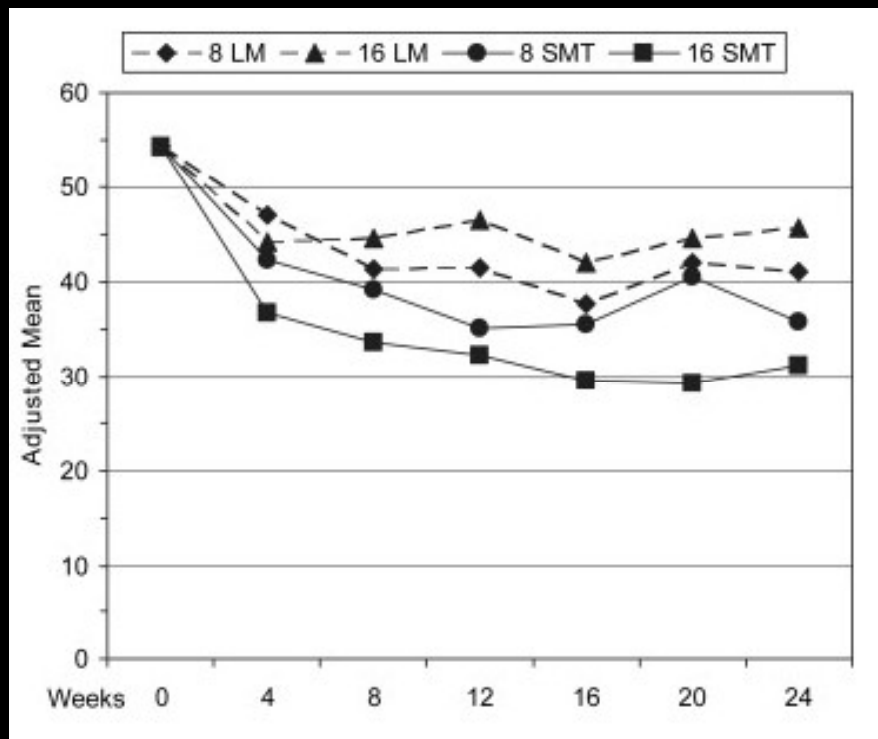


Spinal Manipulation decreased pain and frequency of chronic headache

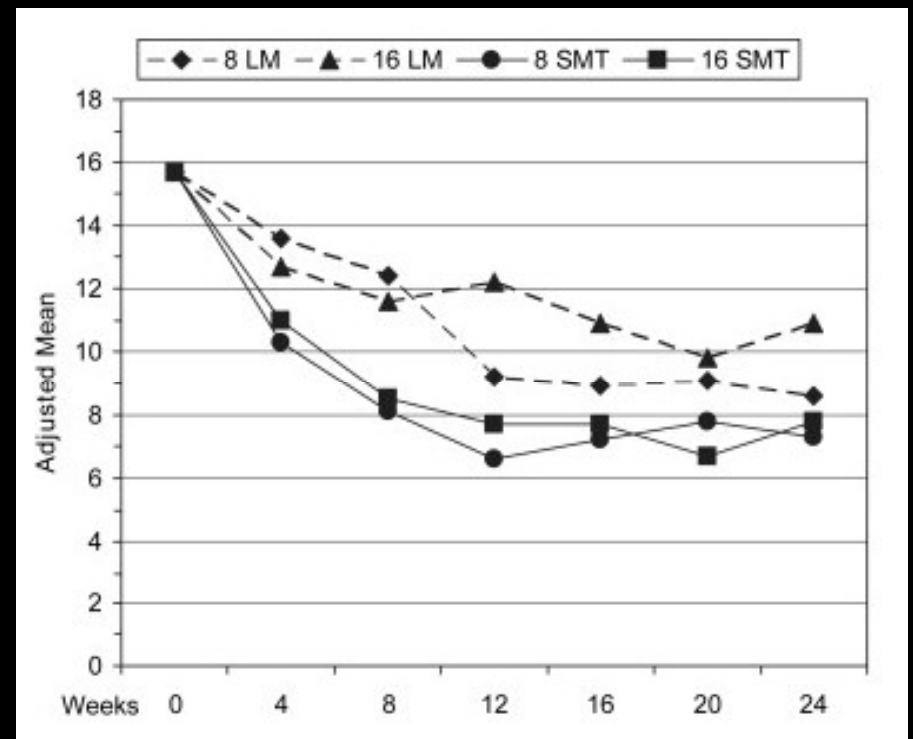


- R21AT002324 – Dose-response of manipulation for chronic headache (PI: Haas, Univ. Western States)
 - Haas et al. (2010) Dose response and efficacy of spinal manipulation for chronic cervicogenic headache: a pilot randomized controlled trial. *Spine J* 10(2):117-28.
 - Study rationale: cervicogenic headache is defined as being related to, if not caused by, cervical spine disorders, and hence SM could improve function of neck & associated muscles, thus reducing headache intensity and frequency
 - Pilot RCT (n=80; 2 x 2 factorial design) of spinal manipulation for headache; subjects randomized to 8 or 16 treatments with either SM or low-intensity manual therapy control (light massage [LM])
 - Conclusion – “Clinically important differences between SMT and a control intervention were observed favoring SMT.”

Spinal Manipulation group had significant, clinically important decreased pain and # of headaches compared to control



Adjusted mean cervicogenic headache pain



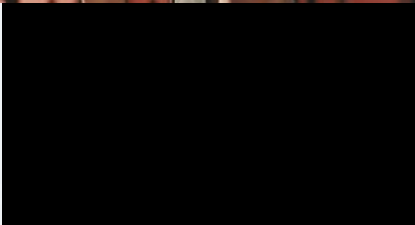
Adjusted mean cervicogenic headache number

**NCCAM's Support of
Healthy Lifestyle Behaviors
and Behavior Change
Research**

Previous Applications in NCCAM's Behavioral Research Portfolio



Future Directions for NCCAM's Behavioral Research Portfolio



NCCAM Ongoing Studies

- Yoga for Women Attempting Smoking Cessation– R21
- Restorative Randomized Yoga for Therapy of the Metabolic Syndrome Study – R01
- Lifestyle Modification and Blood Pressure Study – R01
- Trial of Tapas Acupressure for Weight Loss Maintenance – R01



NCCAM Participation in New Initiatives Related to Behavioral Research

- Behavioral and Social Science Research on Understanding and Reducing Health Disparities (R01/R21) (PA-10-136/7)
- Dissemination and Implementation Research in Health (R21/R03) (PAR-10-040/039) See Notice NOT-AT-11-002
- Translating Basic Behavioral and Social Science Discoveries into Interventions to Improve Health-Related Behaviors (R01) (PA-11-063)



NCCAM Participation in New Initiatives Related to Behavioral Research

- Healthy Habits: Timing for Developing Sustainable Healthy Behaviors in Children and Adolescents (R01 & R21) (PA-11-327 & -329)
- Practical Interventions to Improve Medication Adherence in Primary Care (R01/R21) (PA-12-022/3)



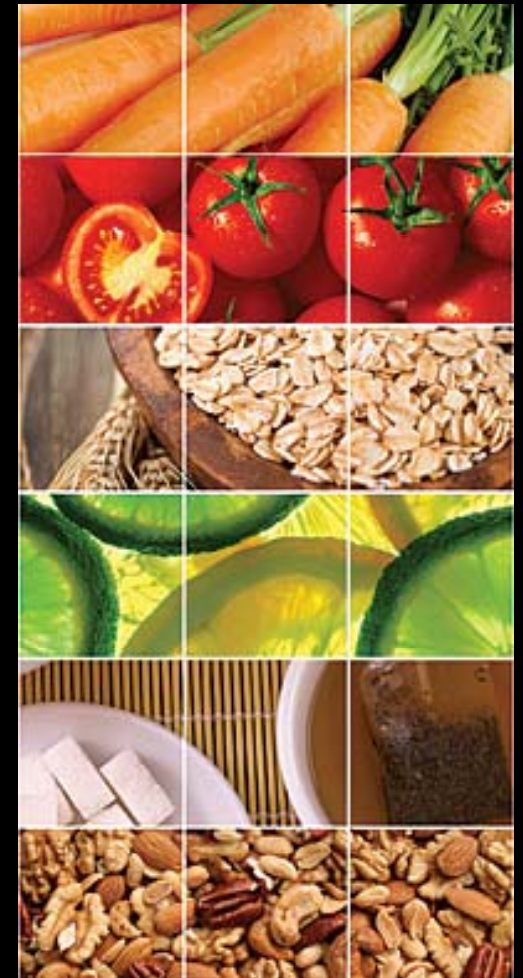
Preliminary Clinical Studies in Preparation for Large Interventional Trials of Complementary and Alternative Medicine (CAM) Therapies (R34) PAR-10-163



- Mindfulness/meditation/yoga/tai chi/hypnosis
 - Development and validation of protocols for management of post-traumatic stress disorder, weight loss and weight loss maintenance, or chronic pain syndromes
 - Optimization of yoga, hypnosis, Mindfulness Based Stress Reduction (MBSR) or mindfulness cognitive behavior therapy(CBT) protocols for the treatment of sleep disturbance

Preliminary Clinical Studies in Preparation for Large Interventional Trials of Complementary and Alternative Medicine (CAM) Therapies (R34) PAR-10-163

- Complex complementary or integrative medicine approaches that have a strong justification for the need for larger clinical trials:
 - Impact on healthy eating, physical activity, stress reduction, adequate sleep, smoking cessation, medication adherence, and weight loss and maintenance
 - Develop well-characterized standardized protocols or algorithms



NIH International Funding Opportunities

NIH Grant Information

- NIH Grants
<http://grants.nih.gov/grants/oer.htm>
- "All About Grants" Tutorial
<http://www.niaid.nih.gov/ncn/grants>
- Study Section Rosters
http://www.csr.nih.gov/Roster_proto/sectionl.asp
- Fogarty International Center
<http://www.fic.nih.gov/funding/index.htm>

QUESTIONS ??

National Center for Complementary and Alternative Medicine

1-888-644-6226

nccam.nih.gov

