

# Complementary and Integrative Medicine for Neurologic Conditions

Rebecca Erwin Wells, MD, MPH<sup>a,\*</sup>, Vanessa Baute, MD<sup>a</sup>,  
Helané Wahbeh, ND, MCR<sup>b</sup>

## KEYWORDS

- Integrative medicine • Complementary medicine • Alternative medicine • Migraine
- Carpal tunnel syndrome • Headache • Dementia

## KEY POINTS

- Patients are increasingly turning to complementary and alternative medicine (CAM) for neurologic conditions.
- Evidence is growing for CAM therapies, including lifestyle factors, mind-body practices, acupuncture, and supplements, in preventing and treatment migraine, carpal tunnel syndrome, and dementia.
- Clinicians are encouraged to be aware of these modalities and prepared to counsel their patients on their use.

## INTRODUCTION

Although many neurologic conditions are common, cures are rare and conventional treatments are often limited. Many patients turn to complementary and alternative medicine (CAM) to find relief. CAM is defined as a group of diverse medical and health care systems, practices, and products that are not presently considered conventional medicine.<sup>1</sup> Although more than half of adults with common neurologic conditions use CAM, most have not discussed this use with their health care provider,<sup>2,3</sup> highlighting the need to make CAM use a routine part of the history and an important subject to understand as a provider. Patients are searching for additional treatments and having

---

The authors have nothing to disclose.

Dr R.E. Wells' research was supported by the National Center for Complementary & Integrative Health of the National Institutes of Health under Award Number 1K23AT008406-01A1. The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.

<sup>a</sup> Department of Neurology, Wake Forest Baptist Health, Medical Center Boulevard, Winston-Salem, NC 27157, USA; <sup>b</sup> Department of Neurology, Oregon Health and Science University, 3181 SW Sam Jackson Park Road, Portland, OR 97239, USA

\* Corresponding author.

E-mail address: [rewells@wakehealth.edu](mailto:rewells@wakehealth.edu)

Med Clin N Am ■ (2017) ■-■

<http://dx.doi.org/10.1016/j.mcna.2017.04.006>

0025-7125/17/© 2017 Elsevier Inc. All rights reserved.

[medical.theclinics.com](http://medical.theclinics.com)

an informed provider discuss and advise on CAM can clarify what modalities may have the most benefit. Devising an effective treatment plan for these conditions should include a discussion of CAM options. An integrative approach is especially important in improving self-efficacy and empowering the patient to make healthy changes that could provide significant benefit. Adherence to all treatments improves when patients believe they are actively involved in determining their plan of care. Treatments that belong within the CAM category change over time as treatments that were once considered alternative gain enough evidence to become accepted as mainstream. Lifestyle factors, mind-body practices, acupuncture, supplements, and therapeutic touch are modalities currently considered CAM and their use for migraine, carpal tunnel syndrome (CTS), and dementia are discussed in this article ([Table 1](#)).

## MIGRAINE

Migraine is a recurrent disorder that manifests as severe, unilateral, pulsating headaches that worsen with activity, last 4 to 72 hours, and are associated with photophobia, phonophobia, nausea, and/or vomiting. Migraine is a clinical diagnosis made by history and examination, although red flags may warrant additional testing to rule out secondary headache disorders. This common and disabling condition affects 36 million Americans and costs \$13 billion per year due to lost workdays, diminished productivity, and increased health care utilization.<sup>4</sup> Although the genetic predisposition to migraine gives rise to the condition for many individuals, effective preventive and treatment strategies can significantly diminish the frequency and disability. Pharmaceutical options have many limitations, such as patient preference, side effects, limited efficacy, comorbidities, pregnancy, and breastfeeding. These limitations may explain why up to 82% of migraineurs seek CAM options.<sup>5</sup> Lifestyle factors may trigger or influence the presence of individual migraine attacks, so nonpharmaceutical approaches become a key component to effective migraine prevention and management.

### Nonpharmacological Treatment Options

#### Lifestyle

Unhealthy and irregular lifestyle factors may lower the headache threshold or even trigger individual migraine attacks. Targeting and treating lifestyle factors seems quite

**Table 1**

**Potential nonpharmacological treatment options to consider with the strongest evidence for use for treatment and/or symptomatic relief of migraine, carpal tunnel syndrome, and dementia**

Nonpharmacological Treatment Option	Neurologic Condition		
	Migraine	CTS	Dementia
Lifestyle (sleep, diet, exercise, stress)	✓	—	✓
Mind-body practices	✓	✓	✓
Acupuncture	✓	✓	—
Supplements <sup>a</sup>	✓	—	✓
Hand therapy <sup>b</sup>	—	✓	—
Therapeutic touch, music therapy	—	—	✓

<sup>a</sup> See [Table 2](#) for supplements for migraine; *Ginkgo biloba* and *Bacopa monnieri* have good evidence of benefit for dementia.

<sup>b</sup> Hand therapy treatment may include ultrasound; exercises to stretch the nerve, referred to as nerve gliding; myofascial release (an osteopathic manipulation technique); and/or iontophoresis.

Download English Version:

<https://daneshyari.com/en/article/5680530>

Download Persian Version:

<https://daneshyari.com/article/5680530>

[Daneshyari.com](https://daneshyari.com)