

# Gastroenterology patients that are female or aged less than 60 display more willingness to try *complementary and alternative medicine* such as mind-body interventions, manipulative practices and cannabis.

## Age and Gender Differences in the Attitudes towards Complementary and Alternative Medicine in Gastroenterology

Joanne Song, MD; Ying Gibbens, MD-PhD; Lindsey Philpot, PhD; Priyal Fadadu, MD; Isabel Green, MD; Iris Wang, MD, Mayo Clinic, Rochester, MN

### INTRODUCTION

Despite the growing evidence to support complementary and alternative medicine (CAM) such as psychotherapy and hypnotherapy in Gastroenterology, little is known about patient perspectives towards CAM in tertiary care setting

### METHODS

218 general GI patients voluntarily completed a survey evaluating their prior use or willingness to try various treatment modalities including conventional therapies and CAM.

### RESULTS

- Younger patients were more willing to try cannabis and manipulative therapies such as chiropractic, massages and physical therapy.
- Female patients were more willing to try mind-body interventions such as psychotherapy, hypnotherapy, yoga, and meditation.
- Female and younger patients generally reported less satisfaction with conventional therapies such as surgery and medications.

### CONCLUSION

- Female and younger patients are more open towards CAM and are less likely to report satisfaction with conventional therapies.
- More studies are warranted to investigate the origin of age and gender differences

GRAPH 1

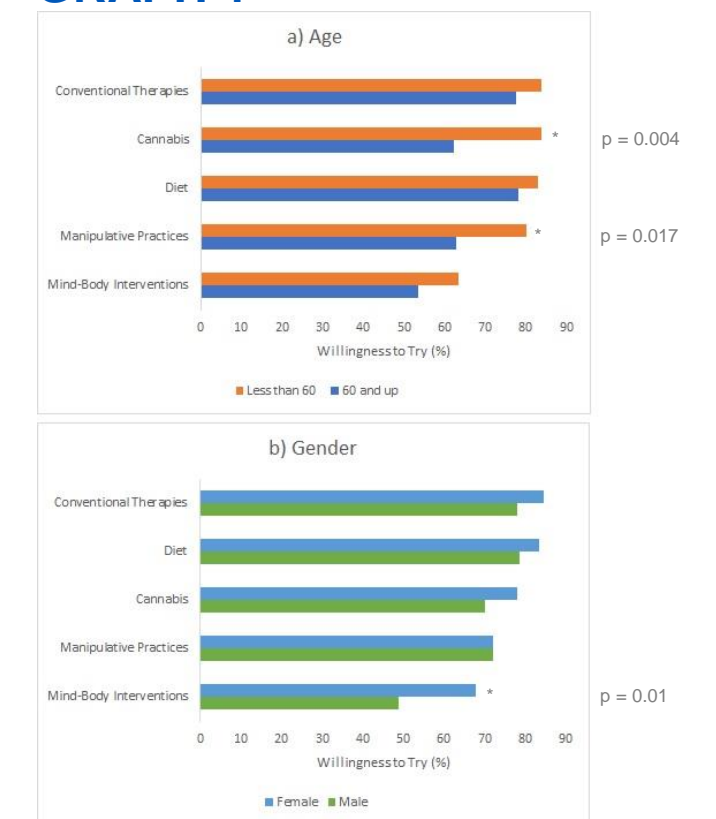


TABLE 1

	Age			Gender		
	Less than 60 (N=108)	60 and up (N=110)	p value	Female (N=123)	Male (N=92)	p value
<b>Major Surgery</b>						
Did not work	5 (15.6%)	3 (7.7%)		4 (11.4%)	4 (11.8%)	
Worked somewhat	4 (12.5%)	5 (12.8%)	0.577	8 (22.9%)	1 (2.9%)	0.049
Worked well	23 (71.9%)	31 (79.5%)		23 (65.7%)	29 (85.3%)	
<b>Prescription Medications</b>						
Did not work	17 (20.7%)	4 (6.0%)		13 (16.2%)	8 (11.9%)	
Worked somewhat	36 (43.9%)	27 (40.3%)	0.014	36 (45.0%)	26 (38.8%)	0.424
Worked well	29 (35.4%)	36 (53.7%)		31 (38.8%)	33 (49.3%)	
<b>Over-the-counter Medications</b>						
Did not work	30 (38.0%)	5 (8.5%)		21 (25.9%)	13 (23.6%)	
Worked somewhat	34 (43.0%)	36 (61.0%)	< 0.001	44 (54.3%)	26 (47.3%)	0.452
Worked well	15 (19.0%)	18 (30.5%)		16 (19.8%)	16 (29.1%)	