



Gastroenterology patients, compared to Gynecology patients, are similarly willing to try complementary and alternative medicine such as supplements, psychotherapy, massages, and yoga, but are less likely to have used them previously.

Comparing the Use and Acceptance of Complementary and Alternative Medicine in Gastroenterology and Gynecology

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INTRODUCTION

CAM is gaining popularity in Gastroenterology as an adjunct therapy for IBS, IBD, chronic pain, cancer, etc. Little is known about the current status of use and acceptance especially in comparison to other specialties.

METHODS

218 GI patients and 85 Gynecology patients were asked about their prior experiences and perceptions of various treatment modalities including psychotherapy, yoga, diet, hypnotherapy, cannabis, etc.

RESULTS

- Gynecology patients were more likely to have used CAM compared to GI patients in the categories of manipulative practices, cannabis, mind-body interventions such as yoga and psychotherapy.
- No significant differences in the willingness to try between the two specialties

CONCLUSION

CAM is underused among GI patients despite their willingness to try. More studies and educational interventions are recommended to help narrow the gap between the acceptance and use of CAM in Gastroenterology.

GRAPH 1

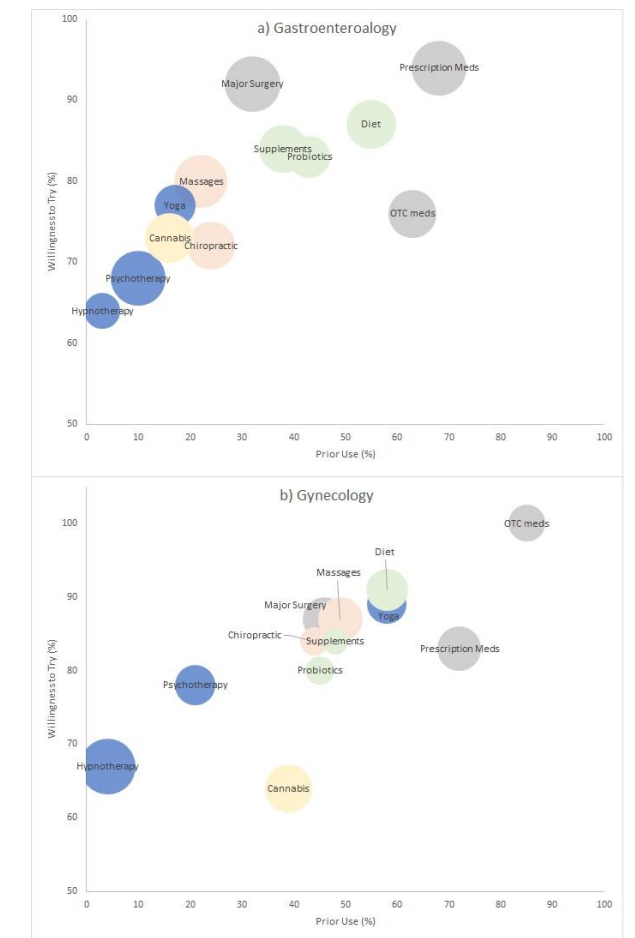


TABLE 1

| | Gastroenterology (N=218) | Gynecology (N=85) | Significance |
|----------------------------|--------------------------|-------------------|-------------------|
| Age | Mean (SD) | 58.0 (15.3) | 47.0 (25.5) |
| | Median (Q1, Q3) | 60.5 (45.0, 70.0) | 47.0 (26.0, 69.0) |
| | | | 2-tail < 0.001 |
| Gender | Female | 123 (57.2%) | 84 (100.0%) |
| | Male | 92 (42.8%) | 0 (0.0%) |
| | | | < 0.001 |
| Comorbidities | Anxiety | 71 (32.6%) | 53 (62.4%) |
| | Depression | 58 (26.6%) | 52 (61.2%) |
| | Irritable Bowel Syndrome | 50 (22.9%) | 25 (29.4%) |
| | Migraine | 36 (16.5%) | 29 (34.1%) |
| | Endometriosis | 21 (9.6%) | 61 (71.8%) |
| | Restless Leg Syndrome | 16 (7.3%) | 8 (9.4%) |
| | Fibromyalgia | 15 (6.9%) | 8 (9.4%) |
| | Chronic Fatigue Syndrome | 11 (5.0%) | 5 (5.9%) |
| | Interstitial Cystitis | 4 (1.8%) | 2 (2.4%) |
| | Vulvodynia | 1 (0.5%) | 2 (2.4%) |
| Total Comorbidities | Mean (SD) | 2.25 (1.58) | 2.88 (1.48) |
| | Median (Q1, Q3) | 2.0 (1.0, 3.0) | 3.0 (2.0, 4.0) |
| | | | 2-tail < 0.001 |

*** Graph 1
 Gray color = conventional therapies, red = manipulative practices, blue = mind-body interventions, green = diet, yellow = cannabis. Size of the bubbles indicate the perceived benefit from prior use (i.e., higher satisfaction corresponds to bigger width of bubbles).