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Complementary Therapies for Mental Health Disorders  847
Gary N. Asher, Jonathan Gerkin, and Bradley N. Gaynes

Approximately 18% of the US adult population has a mental illness, yet only 13% with mental illness receive any treatment. Although pharmacotherapy and psychotherapy are the mainstays of treatment, treatment discontinuation and failure are common. Skepticism toward such treatments has fueled interest in and use of complementary therapies, such as acupuncture, meditation, and natural products. Many medical providers are unaware of the use of these therapies by their patients, and knowledge of the evidence base for these therapies is often lacking. This article presents current evidence-based recommendations for complementary therapies in the treatment of depression, anxiety, and post-traumatic stress disorder.

Integrative Medicine for Insomnia  865
Eric S. Zhou, Paula Gardiner, and Suzanne M. Bertisch

Difficulty initiating and/or maintaining sleep is a common issue. Patients experiencing insomnia symptoms frequently self-treat their symptoms with sleep medications. However, there remains concern regarding the short- and long-term health impacts of sleep medications. This article discusses the evidence supporting integrative approaches to insomnia treatment, including cognitive-behavioral therapy and mind-body therapies (mindfulness meditation, yoga, tai chi), as well as emerging data for use of other less well supported approaches (dietary supplements, acupuncture).

Complementary and Integrative Medicine for Neurologic Conditions  881
Rebecca Erwin Wells, Vanessa Baute, and Helané Wahbeh

Although many neurologic conditions are common, cures are rare and conventional treatments are often limited. Many patients, therefore, turn to complementary and alternative medicine (CAM). The use of selected, evidence-based CAM therapies for the prevention and treatment of migraine, carpal tunnel syndrome, and dementia are presented. Evidence is growing many of modalities, including nutrition, exercise, mind-body medicine, supplements, and acupuncture.
Integrative Medicine for Cardiovascular Disease and Prevention 895
Monica Aggarwal, Brooke Aggarwal, and Jyothi Rao

Cardiovascular disease (CVD) is traditionally treated through medications and lifestyle modifications, yet adherence to these treatments is often poor. The use of complementary therapies is increasing, and it is vital for physicians to be aware of the risks and benefits of these options. This article summarizes the current evidence base on integrative therapies for the prevention and treatment of CVD, including hypertension, hyperlipidemia, coronary artery disease, heart failure, and arrhythmias. Where applicable, recommendations are included for therapies that may be used as an adjunct to traditional medical care to improve cardiovascular health and quality of life.

Integrative Medicine for Respiratory Conditions: Asthma and Chronic Obstructive Pulmonary Disease 925
Gloria Y. Yeh and Randy Horwitz

Asthma and chronic obstructive pulmonary disease are 2 common chronic respiratory disorders in primary care that cause considerable morbidity and mortality. This article reviews disease pathophysiology and outlines an integrative, multidimensional approach to the evaluation and management of these conditions, including pharmacotreatment, nutrition, supplements, self-care strategies, mind-body therapies, and other integrative modalities.

Complementary and Integrative Gastroenterology 943
Joshua Korzenik, Anna K. Koch, and Jost Langhorst

Complementary and integrative medicine is developing within gastroenterology, expanding options particularly for inflammatory bowel disease, irritable bowel syndrome, and reflux esophagitis. This article encompasses new developments in complementary integrative medicine with an emphasis on herbal therapies. Studies of potential therapies have been advancing with increasing sophistication. The best studied with the most promising results in ulcerative colitis is the use of curcumin both for the induction and maintenance of remission. Other polyphenols, such as resveratrol and epigallocatechin-3-gallate, also have supportive data for ulcerative colitis. Mind-body approaches have been applied in these diseases with positive data, particularly for irritable bowel syndrome.

Integrative Women’s Health 955
Delia Chiaramonte, Melinda Ring, and Amy B. Locke

This article addresses the common women’s health concerns of menopause-related symptoms, premenstrual syndrome, and chronic pelvic pain. Each can be effectively addressed with an integrative approach that incorporates interventions such as pharmaceuticals, nutraceuticals, mind-body approaches, acupuncture, and lifestyle modification.

Integrative Oncology 977
Gabriel Lopez, Jun J. Mao, and Lorenzo Cohen

Integrative oncology helps support the health of patients with cancer and their caregivers through an evidence-informed approach to lifestyle and
behavior modification and the use of complementary health therapies as part of conventional cancer care. Integrative approaches can provide patients relief from cancer and cancer treatment–related symptoms, leading to improvements in their physical and psychosocial health. An evidence-informed approach is important when recommending an integrative cancer plan. Efforts at enhancing communication between patients and health care providers, as well as between integrative practitioners and conventional health care teams, are critical to achieving optimal health and healing for patients with cancer.

**Integrative Pain Management** 987

Robert Alan Bonakdar

Chronic pain is one of the most common conditions seen in the clinic, and it is often one of the most frustrating for both clinicians and patients. This condition stems from common comorbidities, including depression, insomnia, fatigue, and physical deconditioning, which often create barriers to recovery. In addition, chronic pain has had divergent approaches for treatment, including an overemphasis on analgesia and curative treatments while underemphasizing the biopsychosocial needs of those in pain. This article attempts to provide an initial framework for approaching those in pain and initiating patient-centered options to support improvements in pain, function, and self-care.

**Integrative Medicine for Geriatric and Palliative Care** 1005

Mikhail Kogan, Stephanie Cheng, Seema Rao, Sharon DeMocker, and Mariatu Koroma Nelson

More than 80% of people in the United States who are older than 65 years have 1 or more chronic medical problems, and 50% have 2 or more. The cost of care for the elderly is at least 3 to 4 times that of younger populations and is rapidly growing, mostly because of a lack of preventive approaches and overly medicalized and fragmented care. This article summarizes the most up-to-date evidence for specific integrative modalities for common geriatric conditions, including falls, frailty, osteoporosis, and end-of-life palliative care.

**In Pursuit of the Fourth Aim in Health Care: The Joy of Practice** 1031

Katherine A. Gergen Barnett

In today’s health care system where there are increased demands for health care provider productivity, increased pay for performance metrics, decreased reimbursements, and ever-increasing demands of electronic medical records, providers are at risk for high rates of burnout. Indeed, recent studies have indicated that more than 50% of US physicians are now experiencing burnout and that burnout is rising dramatically faster among physicians than in any other US professional field. These high rates of burnout have many downstream consequences, for both the providers and for the patients they serve.