

**Tourette Syndrome and
Alternative & Complementary Medicine**
What do the data say?
(Part I)

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Treatment

Integrative Medicine

“Complementary/Alternative”

- Reaffirms relationship between patient and practitioner
- Focuses on whole person
- Is informed by evidence
- Makes use of all appropriate therapeutic approaches

Treatment

Integrative Medicine

- “Complementary”
- “Alternative”

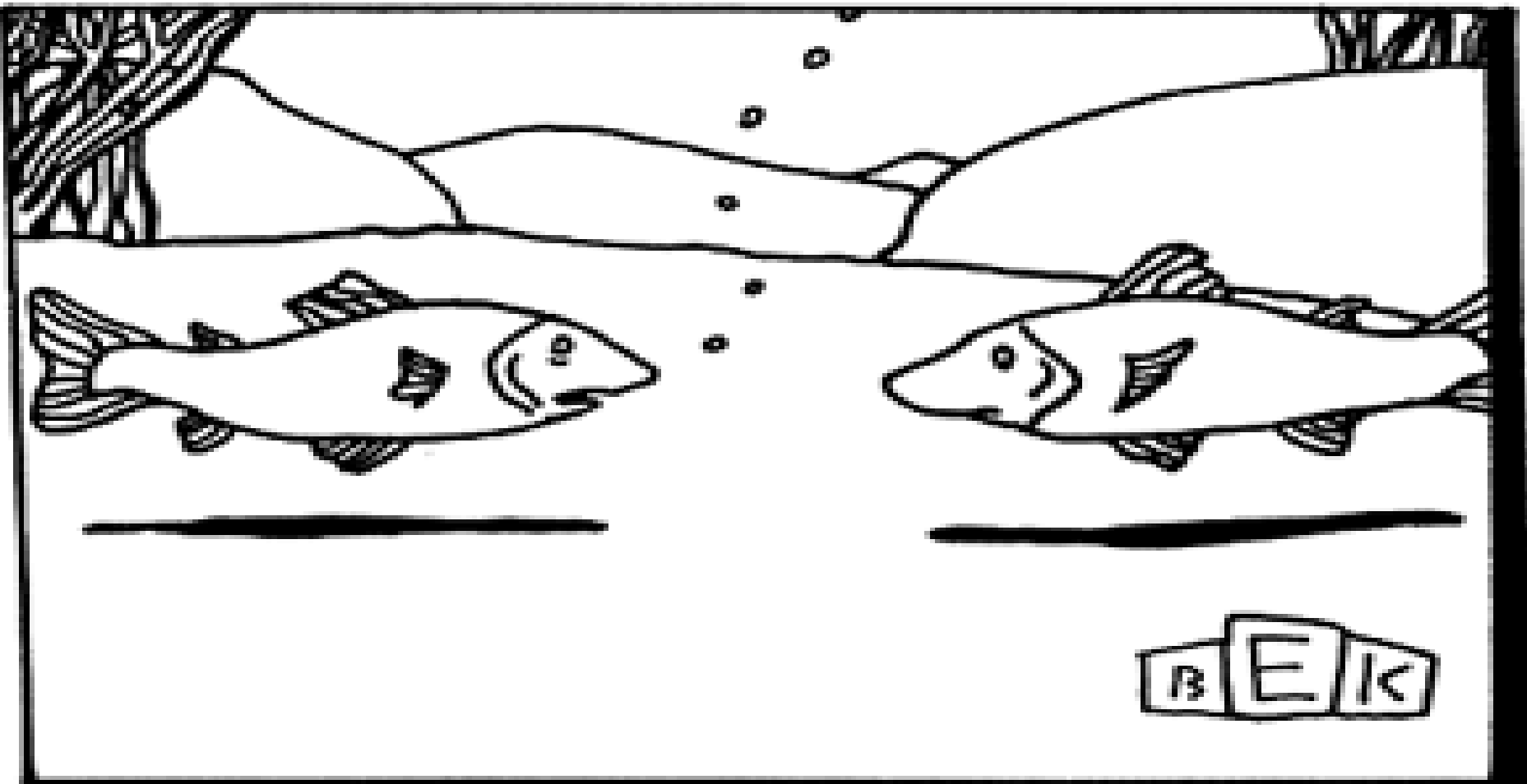
Treatment

Integrative Medicine

- Why the interest?
 - Medication problems
 - Autonomy
 - Readily available information and “information”
 - Personal values
 - Liabilities in conventional medicine

Integrative Medicine problems

- Not easily integrated into the dominant healthcare model
- Poses significant challenges to society beliefs and practices



*“With all these omega-3 fatty acids,
you’d think I’d feel better.”*

Integrative Medicine

Tourette syndrome

- Six of the categories
 - Medical
 - Manual and Energy Medicine
 - Mind-body
 - Nutritional
 - Foreign substances
 - Behavioral and cognitive

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Integrative Medicine

Tourette syndrome

- Six of the categories
 - Medical
 - Homeopathy
 - Naturopathy
 - Aromatherapy
 - Candida/yeast hypersensitivity

Integrative Medicine

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Integrative Medicine

Tourette syndrome

- Six of the categories
 - Manual and Energy Medicine
 - Massage therapies
 - Chiropractic
 - Acupuncture
 - Transcranial magnetic stimulation

Integrative Medicine

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Integrative Medicine

Tourette syndrome

- Six of the categories
 - Mind-body: self-healing
 - CBT (cognitive-behavioral therapy)
 - Relaxation/habit-reversal
 - Hypnosis
 - Peer support groups

Integrative Medicine

practical guidelines

- Seek reliable evidence-based info
- Common sense
- Discuss any relevant treatment options
- Be aware of basic principles of biomedical ethics

Integrative Medicine practical guidelines

- Seek reliable evidence-based info
- Common sense
- Discuss any relevant treatment options
- Be aware of basic principles of biomedical ethics

Integrative Medicine

practical guidelines

- Basic principles of biomedical ethics
 - Autonomy
 - Non-maleficence
 - Beneficence
 - Justice

– *Beauchamp and Childress. Principles of Biomedical Ethics, ed 5 (2001), NY, Oxford University Press*

TABLE 1

A common-sense guide to CAM treatment recommendations

		Is the therapy effective?	
		Yes	No
Is the therapy safe?	Yes	Recommend	Tolerate
	No	Monitor closely or discourage	Discourage

Source: Cohen MH, Eisenberg DM¹¹

Integrative Medicine websites

**National Center for Complementary and
Alternative Medicine**

<http://nccam.nih.gov>

**Consortium of Academic Health Centers
for Integrative Medicine**

www.imconsortium.org

Quackwatch

www.quackwatch.com