Fast Facts

Topics in Integrative Health Care 2014, Vol. 6(2)  ID: 6.2005

Published on September 30, 2015 | Link to Document on the Web

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This article offers information relevant to social workers in practice about the complex and multifactoral condition of chronic nonspecific back pain and the integration of complementary and alternative medicine, in particular, massage therapy, as an effective evidence-based integrated approach.


Despite the majority of respondents, and notably users, being uncertain about their safety and effectiveness, complementary and alternative medicine modalities and complementary and alternative medicine products are widely used during the third trimester of pregnancy in this study population. Although prior use was the most significant independent associated factor, the role of family and friends, rather than health professionals, in the decision to use complementary and alternative medicine may be of concern.


Many adults in the United States use CAM without informing their doctors. Care providers should inquire about CAM usage from their patients, document them and counsel their patients regarding their use of these less regulated therapies.

Electroacupuncture (EA) is reported to be an effective treatment for obesity, but its mechanism is unclear. This study suggests that hypothalamic LKB1-AMPK-ACC signaling plays an important role in EA treatment for obesity.


This pilot study demonstrated that flaxseed is tolerated by cystic fibrosis patients. Flaxseed metabolites could be detected in the plasma. Future studies will assess appropriate dosing and target populations for FS, while exploring clinical outcomes.


Acupuncture, chiropractic, osteopathy and massage therapy are the commonly used CAM treatments besides a range of self-prescribed CAM and back pain sufferers use CAM alongside conventional medical treatments. The review findings provide insights for health care providers and policy makers on the range of CAM treatments used by back pain sufferers. Conventional medical practitioners and CAM practitioners should be aware of back pain sufferers' decision-making regarding a range of CAM treatments and be prepared to communicate with patients on safe and effective CAM treatments for back pain.


Contributed by

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