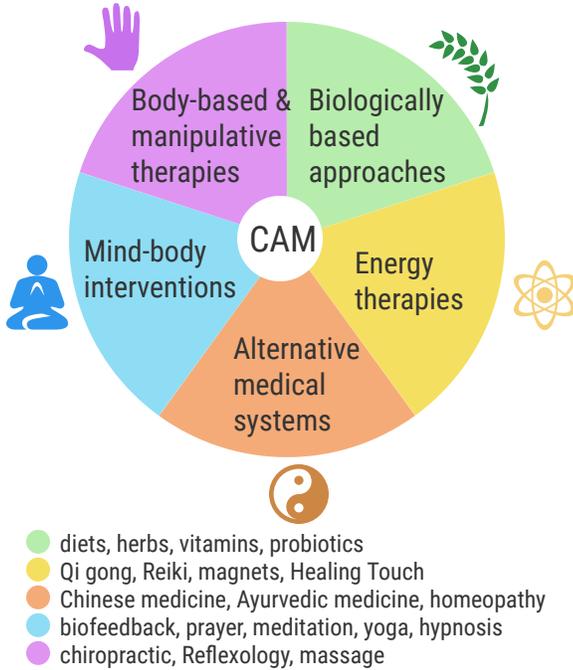


# A Model for Evaluating CAM

## What is Complementary & Alternative Medicine (CAM)?

### 5 Domains of CAM



### Definition

The National Institutes of Health define complementary and alternative medicine as a group of diverse medical and health care systems, practices and products that are not presently considered part of conventional medicine. A therapy or product used instead of a conventional treatment is referred to as *alternative*. One used to supplement traditional medicine is considered *complementary*.

**50+%** of children with chronic conditions (asthma, ADHD, cancer, cerebral palsy, juvenile arthritis, etc.) use CAM.

**35-95%** of children with autism use some form of CAM.

## What is the model for making good decisions about CAM ?

Pediatricians often use the model below when helping their families decide whether to try Complementary and Alternative Medicine approaches. The two main deciding points are: Is it safe? and Does it work to relieve symptoms (efficacy)? Talking with your child's doctor is the best way to ensure that CAM does no harm and is worth the effort and cost to try it out.

	EVIDENCE FOR EFFICACY	CONFLICTING OR NO EVIDENCE
SAFE	ENCOURAGE	TOLERATE & ENCOURAGE OBJECTIVE MONITORING
UNSAFE OR SAFETY UNKNOWN	MONITOR CLOSELY OR DISCOURAGE	DISCOURAGE

Kemper 2004, Akins 2010

Check out the link to our SPIN workshop below for evidence on neurofeedback, technological aids and mindfulness (for ADHD), hippotherapy (for cerebral palsy), Melatonin, Vitamin C, multivitamins, Gluten and Casein Free Diets (for autism) and CBD oil (for a variety of conditions).

