Integrative Therapy for Chronic Neutropenia: A Wellness Strategy

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CAM

- Complementary and alternative medicine (CAM)
- Group of medical and health care practices, and products that are not presently considered to be a part of conventional medicine

National Center Complementary and Alternative Medicine (nccam.nih.gov)
CAM

- In the US 36% of adults are using some form of CAM
- Used for back, neck, head, or joint aches, or other painful conditions; colds; infertility; GI disorders; anxiety, depression or sleeping problems
Integrative Therapy

- Combines conventional medical therapy and CAM therapies that have some high quality scientific evidence of safety and efficacy
- National Center for Complementary and Alternative Medicine (NCCAM, National Institutes of Health)
- 5 disciplines:
  - biologically based practices,
  - manipulative and body based practices,
  - energy medicine,
  - mind-body medicine
  - whole-medical systems.
I. Mind and Body Medicine

- Focus on the interactions among the brain-mind, body, and behavior.
- Interventions that promote healing
  - Aromatherapy
  - Meditation
  - Yoga
  - Visual imagery
  - Group support
  - Pet therapy
  - Prayer and spirituality
**Aromatherapy**

- Use of essential oils from plants to support & balance the mind, body, spirit.
- Improves the quality of life by reducing stress & anxiety
- Chemical receptors from the nose trigger nerve paths to the limbic system
- Modulates emotion, arousal, memory
Aromatherapy

- **Inhalation**
  - Diffuser or placing drops of essential oil near patient

- **Topical**
  - Mixing the oil into massage creams, lotions or bath water
Common Essential Oils

- Spearmint/Peppermint
  - nausea, appetite, fatigue
- Lavender
  - insomnia, anxiety, skin disorders
- Lemon/Citrus
  - fatigue, improves immune system,
  - Photosensitizer, avoid direct sun after applying
  - “can increase WBC”
- Orange
  - Anxiety, depression
- Thieves
  - Cloves, Lemon, Cinnamon, Eucalyptus, & Rosemary blend
  - -anti-bacterial,-fungal, -viral
- Samples available!
Meditation

- Self-regulation practices that focus on training and awareness to bring mental processes under voluntary control
- Foster calm, clarity, and concentration
- Many styles of practice
Yoga

- Art and science dedicated to creating *union* between body, mind and spirit

- Pranayama: control of breath

- Asana: Postures used in the “mastery of sitting still”, opens the physical body to energy pathways
II. Manipulative and Body-Based Practice

- Therapies that focus on the structures and systems of the body
Massage Therapy

- Manipulation of the muscles and soft tissues of the body
- To relax and increase delivery of blood and oxygen to the massaged areas
- Increasing warmth and decreasing pain
Reflexology

- Method of foot/hand massage in which pressure is applied to “reflex” zones mapped out on the feet (or hands).
Reflexology
III. Energy Medicine

- Concept that diseases arise from imbalances in the vital energy fields of the body
Reiki

- Practitioner places his hands on or near the person receiving treatment, with the intent to transmit ki, (the life-force energy)
Acupuncture

- Sterile stainless steel needles, (0.22 to 0.25 mm) are inserted to stimulate the affected meridians
- Used for nausea, pain, muscle spasm, headaches, constipation, insomnia
Resources

- National Center Complementary and Alternative Medicine (nccam.nih.gov)
- Hospital-based programs
- Yoga studios
- Private Practioners
- Local community
  - YMCA, Churches, non-profit organizations