



PENINSULA
— MEDICAL SCHOOL —
UNIVERSITIES OF EXETER & PLYMOUTH

14th Annual Symposium on Complementary Health Care

11th- 13th December 2007

Peter Chalk Centre, University of Exeter, UK

Tuesday 11th December 2007

Paediatric CAM Research Day 8.30-17.30

Workshop on Methodological Issues in CAM Research, 14.00-17.00

Wednesday 12th December 2007

Oral and Poster Presentations 9.00-16.45

Thursday 13th December 2007

Oral and Poster Presentations 9.00-12.30

CAM Practitioner Research Workshop 13.30-17.00

CME/CPD approval: applied for



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Tuesday 11th December 2007

Tuesday 11th December 2007, 8.30 – 17.30

Paediatric CAM Research Day

Chaired by Sunita Vohra MD FRCPC MSc

Director of the Complementary & Alternative Research & Education Program at the Stollery Children's Hospital, Associate Professor of Pediatrics at the University of Alberta, and Director of the PedCAM Network, Canada

The day will be devoted to issues relevant to paediatric CAM research, and will involve an open panel of international paediatric CAM research leaders to share summaries of their initiatives and findings with the conference attendees. The first part of this day will examine international networks on paediatric CAM research and practice, and address the challenges and opportunities they see in CAM research. The second half of the day will be devoted to presentations on paediatric CAM research. A full programme for this will be available by the end of October.

Please note that attendance of this day is not included in the regular symposium registration fee.

For further details please see the symposium website at www.pms.ac.uk/compmed/symposium

Tuesday 11th December 2007, 14.00 – 17.00

Methodological Issues in CAM Research An Interactive Debate

In this interactive session a panel of experts will discuss a range of topics relevant to CAM research methodology. There will be plenty of opportunity for delegates to participate in discussions.

19.00 **Informal gathering at Holland Hall Bar** (bar on cash basis)

Wednesday 12th -December – morning

09.00 Introduction

Edzard Ernst, Peninsula Medical School, Universities of Exeter & Plymouth, UK

09.15 Varro Tyler Memorial Lecture

Supported by Willmar Schwabe Pharmaceuticals, Germany

Spicing up herbal medicines: a journey with ginger

Basil Roufogalis, University of Sydney, Australia

10.00 Session I – Herbal medicine

Chair: Basil Roufogalis, Edzard Ernst

- 10.00 Crataegus extract WS 1442 reduces cardiac death in patients with congestive heart failure class NYHA II-III: The SPICE trial (Survival and Prognosis: Investigation of Crataegus Extract WS 1442)
Christian Holubarsch, Median Kliniken Bad Krozingen, Germany
- 10.15 Treatment with standardized fermented mistletoe (*Viscum album* L.) extract Iscador within supportive care in patients with primary non-metastatic colorectal carcinoma.
Eckart Friedel, Hospital Bad Bocklet, Germany
- 10.30 No evidence for efficacy of individualised herbal medicine
Peter Canter, Peninsula Medical School, Universities of Exeter and Plymouth, UK
- 10.45 Efficacy and tolerability of the EPs 7630 tablets in adult patients with acute bronchitis – a randomised, placebo-controlled, double-blind, dose-finding study
Heinrich Matthys, University Hospital Freiburg, Germany

11.00 - 11.45 Poster session and coffee

11.45 Session IIa – Mind-body therapies

Chair: Anne Leis, Barbara Wider

- 11.45 Effects of self-directed reiki and concentration on cutaneous microvascular perfusion of the fingers
Ann Linda Baldwin, University of Arizona, USA
- 12.00 The influence of an Iyengar Yoga program on cancer outcomes: a mixed methods approach
Anne Leis, University of Saskatchewan, Canada
- 12.15 Effects of energy healing on plant longevity
Miranda Connor, University of Arizona, USA

11.45 Session IIb – Various topics

Chair: Karin Kraft, Taofikat Jimoh

- 11.45 Effectiveness of autologous blood injections (Autohaemotherapy) in different states of acute respiratory tract infections: a randomized, double-blinded, placebo-controlled, multi-centric study
Peter Guendling, University of Idstein, Germany
- 12.00 Using Fourier Transform Infrared Spectroscopy to delineate between different nanodilutions and different potencies
Alexandra Delinick [Delinikou], Aristotile University of Thessaloniki, Greece
- 12.15 Influence of a peat bath on the activity of the vegetative nervous system
Karin Kraft, University of Rostock, Germany

12.30 – 14.00 Lunch

Wednesday 12th December – afternoon

14.00 Session III - Acupuncture

Chair: Wolfgang Weidenhammer, Max Pittler

- 14.00 Comparing users of acupuncture and homeopathy in the US 2002 National Health Interview Survey
Joyce Frye, University of Pennsylvania, USA
- 14.15 Differential sustained changes in μ -opioid receptor (MOR) availability following acupuncture and sham acupuncture therapy in fibromyalgia
Richard Harris, University of Michigan, USA
- 14.30 A phase II randomized study of Acupuncture-Like Transcutaneous Nerve Stimulation (ALTENS) for the prevention of radiation-induced xerostomia in patients receiving radical radiotherapy for head and neck cancer.
Stephen Sagar, McMaster University and Juravinski Cancer Program, Canada
- 14.45 Changes after acupuncture in patients with chronic pain conditions – what is clinically important?
Wolfgang Weidenhammer, Technical University Munich, Germany

15.00 – 15.45 Poster session and coffee

15.45 Session IVa – Central nervous system

Chair: Rainer Stange, Peter Canter

- 15.45 Specific memory effects of *Ginkgo biloba* extract EGb 761 in middle-aged healthy volunteers
Reiner Kaschel, University of Osnabrück, Germany
- 16.00 Effects of *Ginkgo biloba* extract EGb 761 on dizziness and tinnitus in patients with dementia
Robert Hoerr, Dr. Willmar Schwabe Pharmaceuticals, Germany
- 16.15 Phase II study on the effects of lavender oil (Silexan) in patients with neurasthenia, posttraumatic stress disorders or somatization disorder
Rainer Stange, Universitätsmedizin Berlin, Germany
- 16.30 A randomised trial of meditation for occupational stress
Ramesh Manocha, University of New South Wales, Australia

15.45 Session IVb – Women's health

Chair: Sylvie Dodin, Helen Coelho

- 15.45 An omega-3 fatty acid supplement for the treatment of hot flashes: a double-blind, placebo-controlled, randomized clinical trial.
Sylvie Dodin, Laval University, Canada
- 16.00 Changing with herbs: findings from a randomised, waiting-list controlled pilot study of care of women in the menopause by herbal practitioners
Alison Denham, University of Central Lancashire, UK
- 16.15 Acupuncture for menopausal hot flashes – a qualitative study about patient experiences
Terje Alraek, University of Tromsø, Norway
- 16.30 Women's views after their participation in a randomized trial evaluating benefits of hypnoanalgesia during a first-trimester pregnancy termination.
Isabelle Marc, Laval University, Canada

16.45 End of day one

19.30 Symposium dinner

Thursday 13th December – morning

09.00 Keynote Lecture

Experience of CAM practitioners and findings of CAM researchers – can the two worlds find common ground?

Vinjar Fønnebø, University of Tromsø, Norway

09.45 Session VI – Cancer

Chair: Stephen Sagar, Edzard Ernst

09.45 Efficacy of antioxidant supplementation for primary prevention of cancer: systematic review and meta-analysis
Aditya Bardia, Mayo Clinic, USA

10.00 Supportive care in pancreatic carcinoma patients with the fermented mistletoe (*Viscum album* L.) extract Iscador treatment
Harald Matthes, Hospital Havelhöhe, Germany

10.15 Promoting research guidelines for natural health products (NHPs) in Oncology
Stephen Sagar, McMaster University and Juravinski Cancer Program, Canada

10.30 Moving from research into practice: do women attending an acupuncture service to manage menopausal side-effects of breast cancer treatment do as well as those participating in a research study?
Beverley de Valois, Lynda Jackson Macmillan Centre, UK

10.45 - 11.30 Poster session and coffee

11.30 Session VII – Pain

Chair: Max Pittler, Kate Boddy

11.30 The effectiveness of massage therapy for managing osteoarthritis of the hip: a pilot study
Joyce Boon, University of British Columbia, Canada

11.45 Association of menstrual cycle disorders with the lifetime risk of the development of the complex regional pain syndrome type 1
Ineke van den Berg, Erasmus University MC, The Netherlands

12.00 Static magnets for reducing pain: systematic review and meta-analysis of randomized trials
Max Pittler, Peninsula Medical School, Universities of Exeter and Plymouth, UK

12.15 The effects of self-hypnosis training on pain in persons with multiple sclerosis
Mark Jensen, University of Washington, Seattle, Washington, USA

12.30 – 13.30 Lunch

Thursday 13th December – afternoon

13.30-17.00 CAM Practitioner Research Workshop

Chaired by John Dent, Complementary Therapists Association

Why is research important? How to appraise research? How can research benefit the practitioner?

This workshop is aimed at CAM practitioners who wish to find out more about CAM research and how it is relevant to what they do. Through presentation and group work they will learn how to critically read and appraise CAM research and how they could get involved in research. In the second half they will learn how an understanding of CAM research can benefit the practitioner by, for example, presenting a stakeholder with research evidence.

Why is CAM research important?

John Dent

Case studies presented by complementary practitioners

Members of the Complementary Therapists Association

Reading and understanding CAM research

Staff of the Complementary Medicine unit at the Peninsula Medical School, Exeter

Appraising the evidence

Participants split into groups and receive an example of a research article, i.e. a case report, an open non-randomised trial, a randomised clinical trial, an observational study, a survey etc which they will critically read and appraise with the help of a facilitator.

Presentation and discussion of results

15.15 – 15.45 Poster session and coffee break

How will CAM research benefit the practitioner?

Participants split into groups and receive an information pack on a particular modality for a certain condition which they will read critically.

In a role play, representatives of each group will then be asked to present their stakeholder with the evidence in order to influence decision making.

Presentation and discussion of results

17.00 End of symposium

Wednesday – Poster sessions

What do evaluation instruments tell us about the quality of complementary medicine information on the Internet?

Matthew Breckons, University of Plymouth, UK

Staff and relatives' satisfaction in an anthroposophic hospital for neurological rehabilitation

Thomas Ostermann, University of Witten/Herdecke, Germany

Time dependent changes in conductivity in serially diluted and agitated solutions

Martien Brands, Centre for Integrative Care, The Netherlands

Determination of optimal dose of an ancient Chinese herbal formula in functional constipation

Chung Wah Cheng, Hong Kong Baptist University, China

Usage of praying in patients with chronic diseases

Arndt Büssing, University of Witten/Herdecke, Germany

Therapeutic Eurythmy – A systematic literature review

Arndt Büssing, University of Witten/Herdecke, Germany

Attitudes are different in users of anthroposophic medicine and homeopathy

Arndt Büssing, University of Witten/Herdecke, Germany

Concomitant herbal medicine and conventional drug use at primary chronic disease clinics in Trinidad

Yuri Clement, University of the West Indies, Trinidad & Tobago

Mindfulness-based cognitive therapy: reviewing the current evidence to inform future research

Helen Coelho, Peninsula Medical School, Universities of Exeter and Plymouth

Effects of *Origanum vulgare* (wild oregano) extracts on lab mice: A biochemical/serological approach

Georgios A Fragkiadakis, Technological Education Institute of Crete, Greece

The effects of some nanodilutions on plant development

Georgina Kosturkova, Bulgarian Academy of Sciences

Systematic review on the *Rosa canina* effect and efficacy profiles

Sigrun Chrubasik, University of Freiburg, Germany

Early use of a rose hip and seed-based hypo-caloric diet as a starter for lifestyle change

Sigrun Chrubasik, University of Freiburg, Germany

Rosa canina pseudofructus sine fructibus: a promising antirheumatic

Sigrun Chrubasik, University of Freiburg, Germany

Retrospective evaluation of the interrelation between biopsychosocial determinants and treatment response in patients receiving Doloteffin

Sigrun Chrubasik, University of Freiburg, Germany

A observation study of the homeopathic medication Traumeel S in the treatment of radiotherapy-induced mucositis in head and neck cancer patients

Diana Steinmann, Medical School Hannover, Germany

Reviewing ADHD & homeopathy: reflections on trial design

Morag Coulter, University of York, UK

Mixture of cinnamon and fenugreek powders shows beneficial effects in diabetic (type 2) patients

Erdinç Devrim, Ankara University, Turkey

Alternative treatment for drug abuse: the role of nutritional supplements

Ajibike Salako-Akande, Morgan State University, USA

Anticonvulsant activity of ethanolic extract of *Momordica cymbalaria* Fenzl. ex Naud
Narasinga Srinivas Murthy, New Horizon College of Engineering, India

Mixture of feverfew and yarrow causes beneficial effects in migraine
İlker Durak, Ankara University, Turkey

Requirements and barriers for practice-based research in naturopathy and complementary medicine: a qualitative interview study
Peter Guendling, University of Idstein, Germany

The development of a tool to assess the quality of case reports of adverse events
Taofikat Jimoh, Peninsula Medical School, Universities of Exeter and Plymouth

Thursday – Poster sessions

Adapted Reflextherapy – a treatment for spinal pain and whiplash injury.
Gunnel Berry, North Hampshire Primary Care Trust, UK

A systematic review of massage therapy for the treatment of depression
Helen Coelho, Peninsula Medical School, Universities of Exeter and Plymouth

Preferences for CAM or conventional medicine in elderly individuals
Arndt Büssing, University of Witten/Herdecke, Germany

Attitudes are different in users of acupuncture and homeopathy
Arndt Büssing, University of Witten/Herdecke, Germany

Acupuncture for allergic rhinitis: a systematic review of randomised clinical trials
Myeong Soo Lee, Peninsula Medical School, Universities of Exeter and Plymouth

Hospital-based integrative medicine in the Netherlands
Miranda van Duijn, Slotervaart Hospital, The Netherlands

The behaviour of flexible tensegrity columns mimicking vertebral mechanics? – experimental observations

Bernie Masters, Bank House Clinic, UK

An introduction to Sasang constitutional medicine
Hyo-Jung Kim, Korea Institute of Oriental Medicine

A study on the different prevalence of chronic diseases according to Sasang Constitution.
Eun-Su Jang, Korean institute of Oriental Medicine

A validation study on the Sasang constitutions and genetic influences.
Siwoo Lee, Korea Institute of Oriental Medicine, Korea

The Oil-Dispersion Bath – A systematic literature review
Thomas Ostermann, University of Witten/Herdecke, Germany

What do we know about how our patients use medicines? Results of a pilot survey
Marie Pirota, University of Melbourne, Australia

Reports on the usage of homeopathy in dentistry – a comprehensive literature review
Christa Raak, University of Witten/Herdecke, Germany

Garlic oil exerts beneficial effects on some biochemical parameters in a patient with parathyroid cyst
Erdoğan Devrim, Ankara University, Turkey

Garlic oil abolished pancreatic cyst in a female patient
İlker Durak, Ankara University, Turkey

A review of meditation RCTs

Ramesh Manocha, University of New South Wales, Australia

Psychophysiological differences of meditation vs rest: important implications for research
Ramesh Manocha, University of New South Wales, Australia

Polysaccharide extracts from Chinese medicinal herbs have a role for enhancing innate immunity

Stephen Sagar, McMaster University and Juravinski Cancer Program, Canada

The effect of thermal massage on t- lymphocyte and natural killer cell function
Chang So, University of California, USA

Attitude and decision-making process for use of acupuncture among clinical oncologists in Japan: questionnaire surveys

Hiroshi Tsukayama, Tsukuba University of Technology, Japan

The effects of music care on the cognition, behaviour, and emotion of demented elders in long-term care facilities

Hsiao-Ting Tung, Fooyin University, Taiwan

Drug compounding method in Tibetan-Mongolian traditional medicine and natural law
Batchimeg Usukhbayar, Health Sciences University, Mongolia

The use of non-prescription herbs in losing weight, in Greece: Current reality and potential risks

Georgios A Fragkiadakis, Technological Education Institute of Crete, Greece