



**PENINSULA**  
— MEDICAL SCHOOL —  
UNIVERSITIES OF EXETER & PLYMOUTH

# 14<sup>th</sup> Annual Symposium on Complementary Health Care

**11<sup>th</sup>- 13<sup>th</sup> December 2007**

**Peter Chalk Centre, University of Exeter, UK**

**Tuesday 11<sup>th</sup> December 2007**

Paediatric CAM Research Day 8.30-17.30

Workshop on Methodological Issues in CAM Research, 14.00-17.00

**Wednesday 12<sup>th</sup> December 2007**

Oral and Poster Presentations 9.00-16.45

**Thursday 13<sup>th</sup> 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 11<sup>th</sup> December 2007**

Tuesday 11<sup>th</sup> 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](http://www.pms.ac.uk/compmed/symposium)

Tuesday 11<sup>th</sup> 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  $\mu$ -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 pseudfructus 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

*Erdoğan 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 Pirotta, 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*