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CAM

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Date

CAM

Complementary and alternative medicine (CAM) is used in therapeutic products and procedures not included in standard medical care. Similarly, Esmail (2017) emphasized that CAM is a diverse therapeutic and practice in healthcare, and thus they are utilized together with other conventional medicine. Moreover, CAM is used by different people across the world to make them feel better. Complementary medicine is used together with standard medical treatment; however, it is not standard. On the other hand, alternative medicine is used as a substitute for traditional therapeutic practices. For instance, one can use a special diet apart from drugs to treat cancer.

Also, CAM is used differently based on what the patient feels. For instance, individuals can use massage and acupuncture to decrease pain. Also, cancer patients can use CAM to aid them in dealing with the side effects of cancer treatment, including fatigue and nausea. Similarly, cancer patients will also use CAM to treat cancer and relieve themselves. CAM has many benefits; for instance, Esmail (2017) stated that it makes patients feel controlled by participating in their treatment and recovery. Another advantage is to make patients feel comfortable through talk, touch, and time given by the therapist. CAM has its share of risks because being natural does not guarantee safety. Although some, such as Yoga, are proven safe and efficient, others can be harmful to a person's health. For instance, taking herbal medicine in large doses or by themselves may be detrimental, because some such as Kava Kava, are used with patients with stress have risks of causing liver damage.

Fleming et al. (2007) concentrated on the study to explain the use and effectiveness of several CAM therapies, including prolotherapy, massage, acupuncture, herbs, and chiropractic manipulation. Therefore, these alternative medicines were tested from the chronic pain

individuals obtaining opioid treatment. While opioid treatment has significant side effects such as mood variations and addiction, CAM therapy delivered substantial relief and reduced the utilization of opioids.

References

Esmail, N. (2017). *Complementary and alternative medicine*. Fraser Institute.

Fleming, S., Rabago, D. P., Mundt, M. P., & Fleming, M. F. (2007). CAM therapies among primary care patients using the opioid treatment for chronic pain. *BMC complementary and alternative medicine*, 7(1), 1-7.

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