

*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.



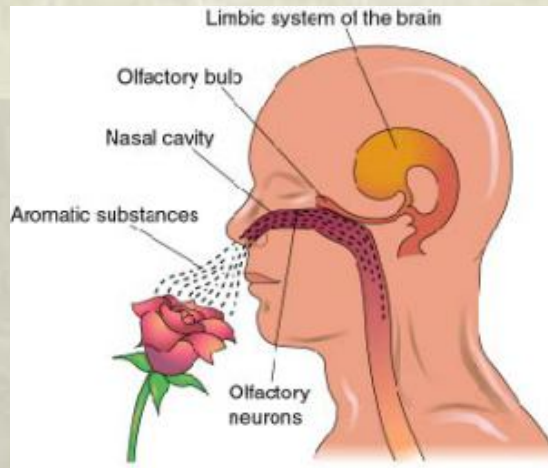
I. Mind and Body Medicine

- ❖ 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



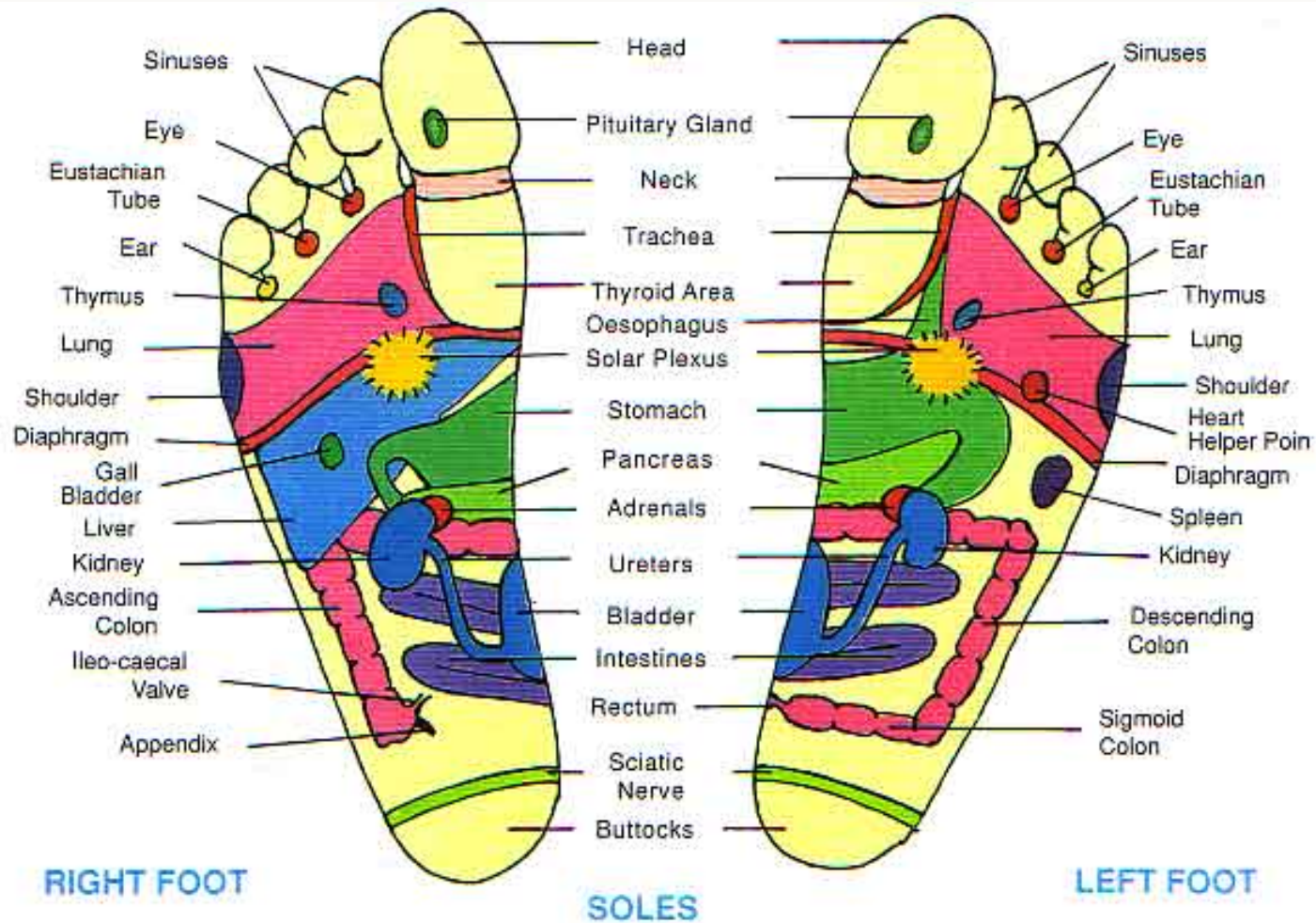
Reflexology



- ❖ 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

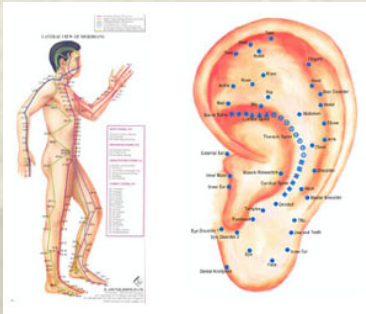


Reiki

- ❖ 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 Practitioners
- ❖ Local community
 - YMCA, Churches, non-profit organizations