

Complementary Therapies

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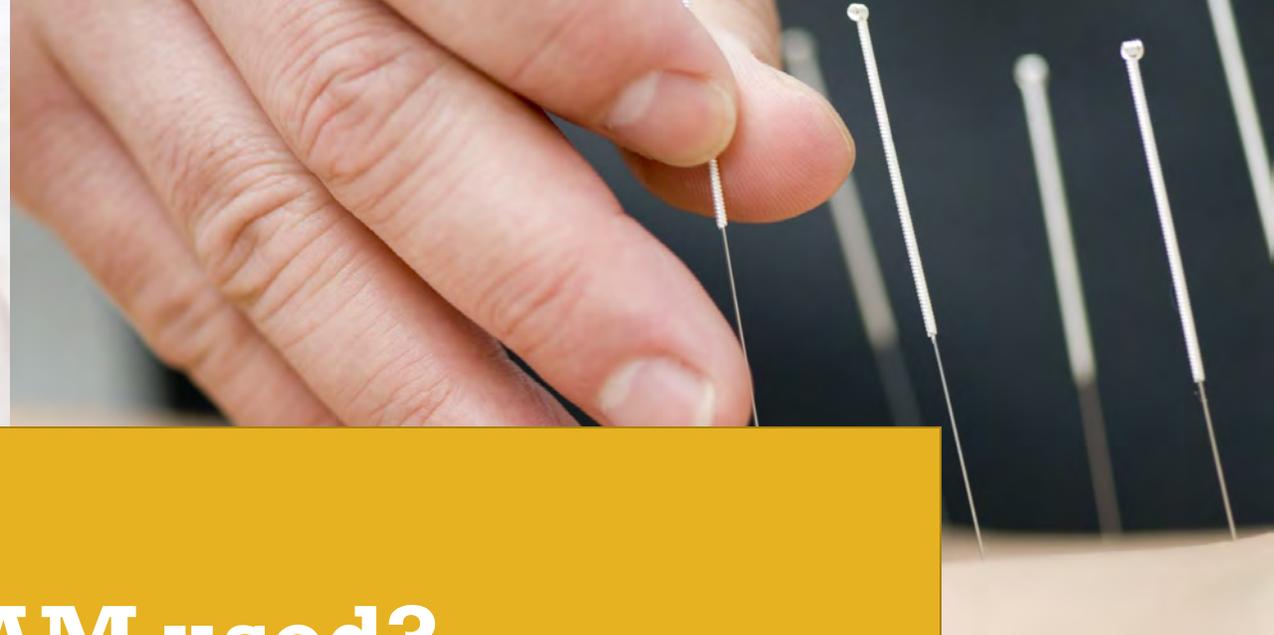
What is Complementary & Alternative Medicine (CAM)?



40% of people with Parkinson's use some type of CAM.

“A group of diverse medical and healthcare systems, practices and products that are not presently considered to be part of conventional medicine.”

Most not abandoning standard treatment, but adding CAM to improve quality of life.

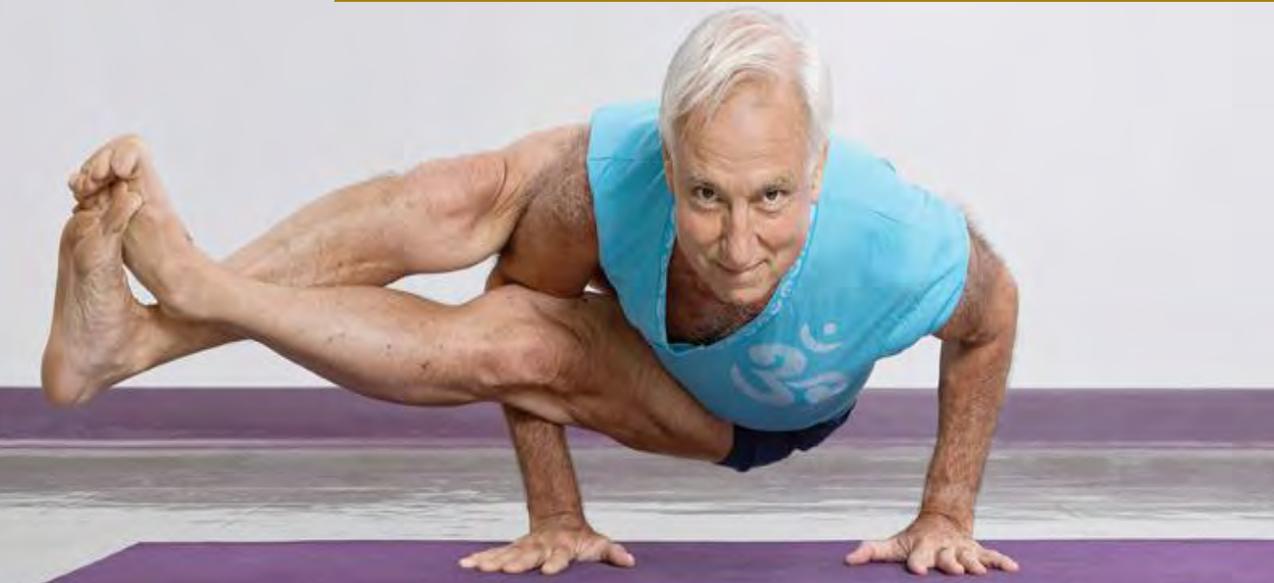


Why is CAM used?





Is CAM Safe?





What's the Evidence?



Need many studies to turn the ship!



Levels of Evidence



What Can You Do Today?

- Question everything.
- Verify.
- Talk to your doctor.
- Explore – CAM strategies may just help!

