

# Complementary Therapies

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# What is Complementary & Alternative Medicine (CAM)?

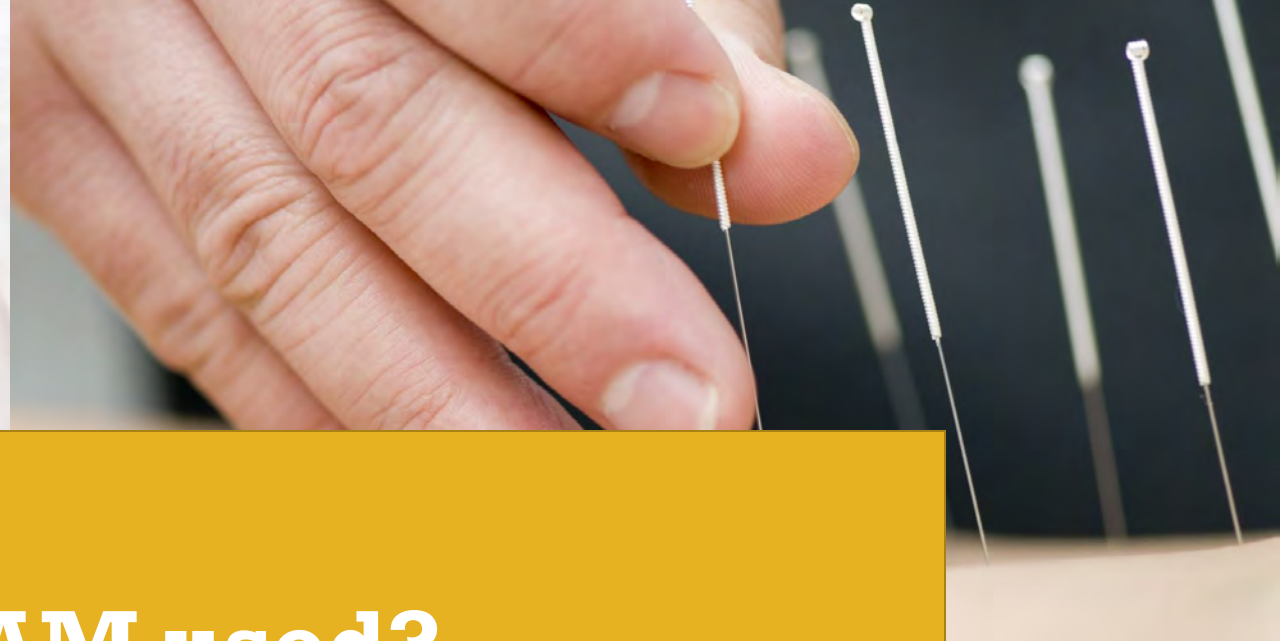
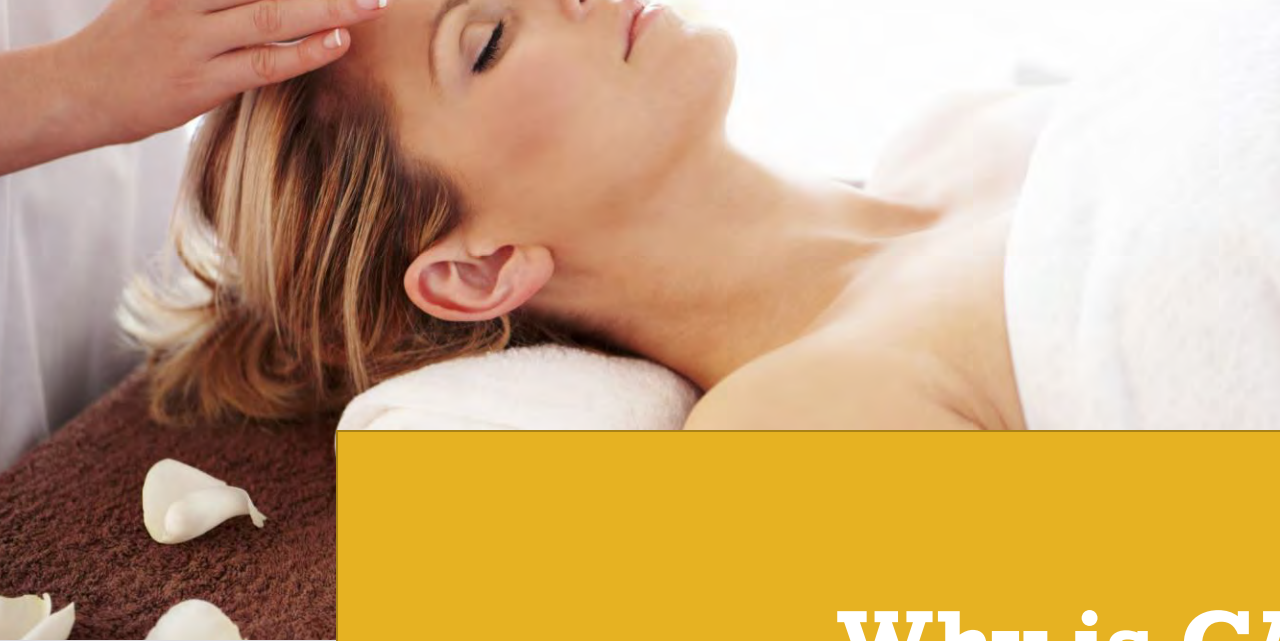


40% of people with Parkinson's use some type of CAM.

**“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?**



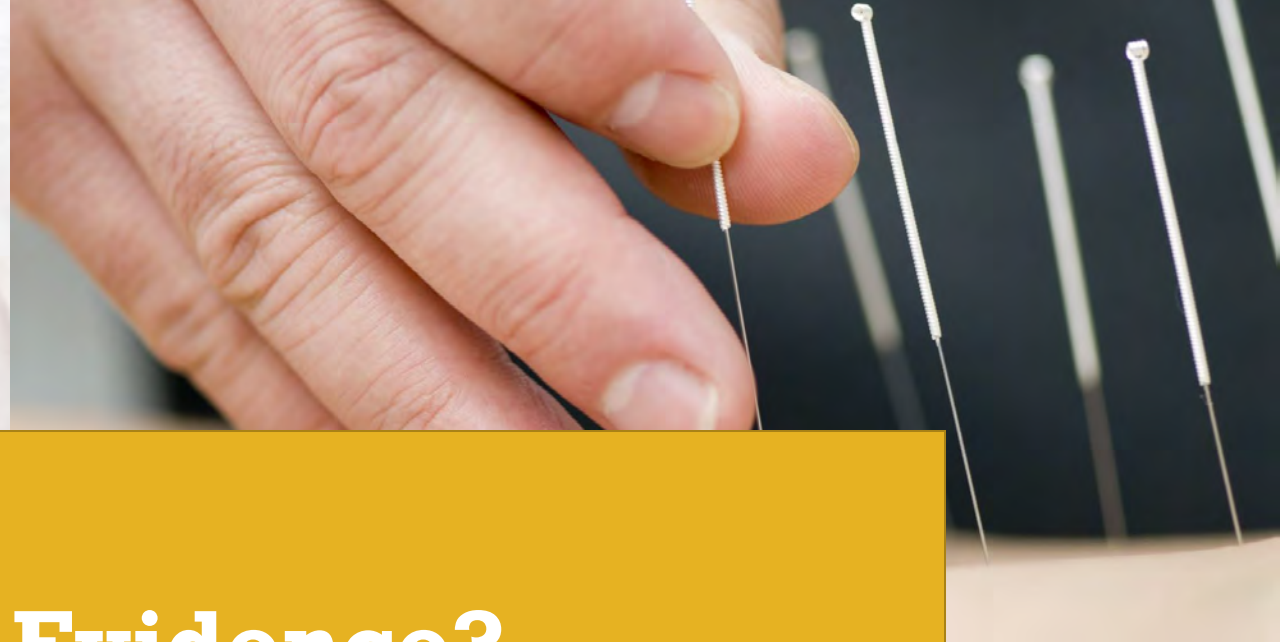




## Is CAM Safe?







## What's the Evidence?





**Need many studies to turn the ship!**



## Levels of Evidence

**Strong**

**Mixed**

**Some**

**Negative**

**None!**



## What Can You Do Today?

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

