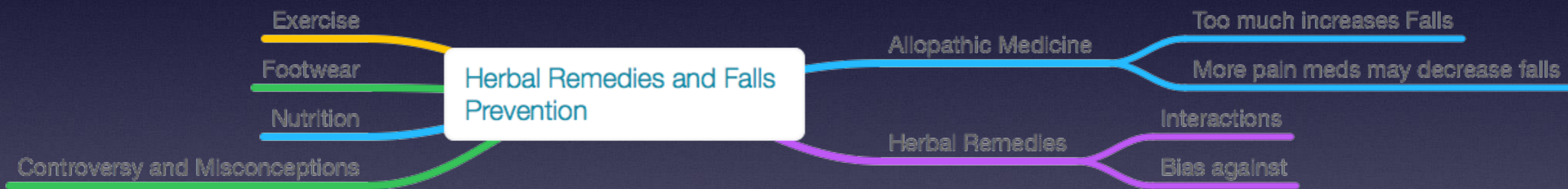


Herbal Remedies and Falls

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September 17, 2015

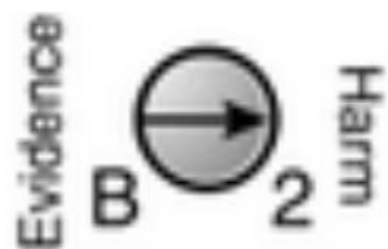
Key Components: A Holistic Falls Prevention Approach



Evidence versus Harm Grading Icons



Most efficacious and safest



Least efficacious and highest risk for harm

The Many Facets of Falls: Medications



- Case Vignette: BP medication and how taking office/home BP can change treatment
- How medications can both increase and decrease falls:
 - Increase: Overprescription of BP meds, use of anti-cholinergic meds; diabetic meds; sedatives/sleeping pills
 - Decrease: Adequate pain management

The Many Facets of Falls: Herbal Remedies



- Case Vignette: “How I discovered Arnica”
- Bias against herbal remedies:
 - Lack of Evidence - Clinically Tested Botanicals; the Integrative Medicine method of looking at evidence/harm; Nature’s Way purple tops
 - Lack of Standards - How to Read Labels
 - Don’t insist on evidence when interactions are few
- Herbal Remedies Role in Pain Management:
 - Poultice: A thick paste of herbs mixed with water and applied directly to the skin - can use anti-inflammatory herbs or Arnica (which cannot be taken internally)
 - Anti-Inflammatory Herbs: St. John’s Wort, Devils Claw, Botswellia, Goldenseal, (*may prefer to use poultice rather than ingestion)
 - Foods that Heal: Turmeric/Curcumin (<http://www.ncbi.nlm.nih.gov/pubmed/19594223>), Ginger (<http://www.ncbi.nlm.nih.gov/pubmed/16117603>), Cayenne/Capsicum (<http://www.uofmhealth.org/health-library/hn-2065009>), Black Pepper (<http://www.omicsonline.org/scientific-reports/srep129.php>),

The Many Facets of Falls: Exercise

- Case Vignette: Frail Elderly Woman and Harvard Exercise Prescription
- “Workout #1” from Harvard Prescription of Strength and Power Training
- “Preventing falls, preserving and enhancing function, and improving quality of life - these are the primary benefits of power training.” - excerpt from the *Harvard Prescription of Strength and Power Training*.
- Not only does exercise play an important role in falls prevention but further, it may help to decrease injuries caused by falls



Example from the Harvard Prescription of Strength and Power Training

1 Standing calf raise

Exercises the calf muscles

Stand with your feet flat on the floor. Hold on to the back of your chair for balance. Raise yourself up on tiptoe, as high as possible. Hold briefly, then lower yourself. Aim for eight to 12 repetitions. Rest and repeat the set.

Variation: Once your balance and strength improve, tuck one foot behind the other calf before rising on tiptoe; do sets for each leg. Or stand on both feet, but do not hold on to a chair.

Power move: Change the move slightly for the final set by raising yourself on tiptoe quickly. Hold briefly. Lower yourself at a normal pace.



2 Chair stand

Exercises the muscles of the abdomen, hips, front thighs, and buttocks

Place a small pillow at the back of your chair and position the chair so that the back of it is resting against a wall. Sit at the front of the chair, knees bent, feet flat on the floor and slightly apart. Lean back on the pillow in a half-reclining position with your arms crossed and your hands on your shoulders. Keeping your back and shoulders straight, raise your upper body forward until you are sitting upright. Stand up slowly, using your hands as little as possible. Slowly sit back down. Aim for eight to 12 repetitions. Rest and repeat the set.

Power move: Change the move slightly for the last set by rising from the chair quickly. Sit down again at a normal pace.



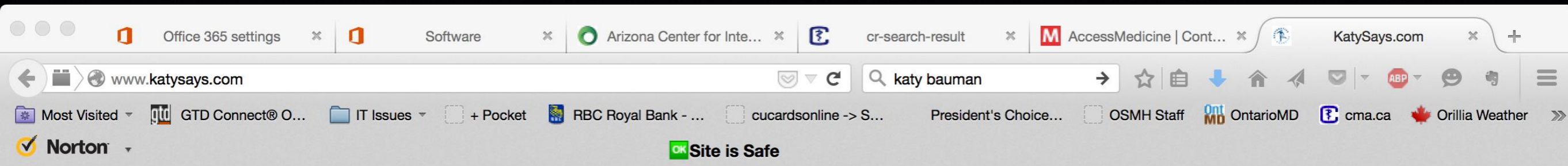
Harvard Exercise Prescription Workout I

The Many Facets of Falls: Footwear

- Case Vignette: Achilles Tendon and a perspective shift
- The problem with Orthotics and “Orthopaedic Shoes”
- What happens as shoes age?
- Important Footwear Considerations: Activity specific cushioning, flexibility, tactile feel of the ground, avoid too much external bracing
- Increasing foot strength and foot shape and how this assists with gait and can reduce the occurrence of falls.
- Consideration of walking surfaces



A Great Resource for All of You Working in Falls Prevention



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KATY SAYS
Alignment Matters



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to learn!

The Many Facets of Falls: Pain Management

- Case Vignette: Plantar Fasciitis and Foot Pain
- How pain may lead to an increase in falls
- Joint/Arthritic pain- voltaren gel for shoulder pain
- Better communication between care providers regarding treatment for pain
- Herbal Remedies for pain can play a part in treatment strategies
- Misconceptions of patients regarding pain medication



Misconceptions: Calcium Example

- There is evidence indicating that no benefit comes from calcium supplementation though more recent evidence supports the idea that calcium supplementation likely causes harm
- Calcium acts in competition with the body's absorption of other minerals/vitamin D/K
- Osteoporosis Canada now recommends that everyone obtain their calcium through nutrition whenever possible
- Dietary sources of calcium need not be from dairy sources. Many other foods are quite rich in calcium
- Excess calcium from supplements has been associated with kidney stones, an increased risk of heart disease, prostate cancer, constipation and digestive problems



Take Home Messages

- Don't insist on evidence when an intervention is safe: Footwear; Exercise; Herbal interactions are few.
- Herbal Remedies: How to read labels; Clinically Tested Botanicals; Ingestion not required for herbal preparations; Many herbal remedies are in fact food sources.
- Home BP measures rather than in office is ideal.
- Appropriate pain management could make such a difference.

Questions and Discussion

AzCIM fellowship curriculum

From the Consortium of Academic Health Centers for Integrative Medicine (CAHCIM):

Integrative Medicine is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing.

From the Arizona Center for Integrative Medicine:

Integrative Medicine is healing-oriented medicine that takes account of the whole person (body, mind, and spirit), including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of all appropriate therapies, both conventional and alternative.

Fellowship in Integrative Medicine Course Map 2013 -2014 MEMBERSHIP

As Premium Alumni members you have open access to all the courses across the units. Use this as a quick guide to see where courses are located, what has been updated since the last enrollment period, and what has CME credit. You can use the online search tool to look up specific topics doing a key word search.

- 1 Intro to IM • Motivational Interviewing • Medical Informatics • Leadership
- 2 Nutrition & Health • Micronutrients & Supplements • Botanical Medicine Foundations • **Case Study: Pat (UPDATED)**
- 3 Spirituality & Health Care • **Mind-Body Medicine Practice (UPDATED)** • **Intro to Integrative Mental Health (CME, UPDATED)** • ICS: Mental Health • **Sleep Health: Insomnia Patient Case (NEW)** •
- 4 Manual Medicine • **Integrative Rheumatology (UPDATED)** • **AI Diet (NEW)** • Integrative Pain Management
- 5 Life-enhancing Environments • Integrative Medicine Business • Legal Issues & IM
- 6 Whole Systems Intro • Homeopathy • Naturopathy • Traditional Chinese Medicine • Ayurveda • Case Study: Whole Systems
- 7 **Integrative Cardiology (UPDATED)** • **Nutrition & Cardiovascular Health (CME)** • **Integrative Approaches to Diabetes (UPDATED)** • Case Study: Cardiovascular Health
- 8 Integrative Gastroenterology • Functional Medicine Testing • Integrative Respiratory Health • Integrative Dermatology
- 9 Integrative Women's Health • Integrative Men's Health • Environmental Medicine • **Integrative Endocrinology (NEW)**
- 10 Intro to Integrative Oncology • **Nutrition & Cancer (CME, UPDATED)** • Integrative Approaches to Prostate (CME) • **Breast Cancer (CME, NEW)**
- 11 Intro to Integrative Neurology • Integrative Neurology: Pediatric • Integrative Neurology: Adult • Energy Medicine: Intro • Energy Medicine: Deeper Study • Reflections

Updated courses: These courses have been revised and updated from the previous Premium Alumni version.

CME courses: These courses are approved for CME, however, if you have already taken these courses for credit, you cannot receive credit again. Please compare the course on your CME certificate with the updated course, or contact us via the support ticket system and we will verify if you are eligible to take the course.