

THE ROLE OF INTEGRATIVE HEALTH IN IBD CARE

Maria R. Mascarenhas

February 2019



WELLNESS AND OPTIMAL HEALTH



National Center for Complementary and Integrative Health | NCCIH - Internet Explorer
https://nccih.nih.gov/

U.S. Department of Health and Human Services National Institutes of Health

NIH National Center for Complementary and Integrative Health
NIH...Turning Discovery Into Health

Search NCCIH

Información en Español

Health Info Research Grants & Funding Training News & Events About NCCIH

Health

All Health Topics from A-Z
Research-based info from acupuncture to zinc.

Complementary, Alternative, or Integrative Health
What do these terms mean?

7:23 PM 2/11/2018

- If a non-mainstream practice is used **together with conventional medicine**, it's considered “**complementary.**”
- If a non-mainstream practice is used **in place of** conventional medicine, it's considered “**alternative.**”
- “**integrative**” health care... involves bringing conventional and complementary approaches together in a coordinated way.

COMPONENTS

- **Natural Products**

- Herbs
- Vitamins and minerals
- Probiotics
- Nutrition

- **Mind and Body Practices**

- Yoga
- Chiropractic and osteopathic manipulation
- Meditation/mindfulness
- Massage therapy
- Acupuncture
- Relaxation techniques (breathing, guided imagery, progressive muscle relaxation)
- Tai chi, Qi gong, healing touch, Reiki
- Hypnotherapy

- **Other**

- Traditional healers, Ayurveda, TCM, Homeopathy, Naturopathy



HOW OFTEN IS IH USED?

NCCIH: Use of Complementary Health Approaches Among Children Aged 4–17 Years in the United States: National Health Interview Survey

- CAM use was unchanged: 12% in 2007 & 11.6% in 2012
- Most commonly used complementary health approaches
 - non-vitamin, non-mineral dietary supplements
 - chiropractic/OM, yoga, tai chi or gi gong
- Most common indications
 - back or neck pain
 - head or chest cold
 - anxiety or stress
 - other musculoskeletal conditions

- Common in pediatric IBD: 22- 84% worldwide

TABLE 1. Commonly used complementary and alternative medicine therapies in children with inflammatory bowel disease

Type	Examples
Biochemical	Dietary supplements—probiotics, high-dose vitamins, fish oil, Herbal remedies— <i>Aloe vera</i> , garlic, curcumin Botanicals—Marijuana
Lifestyle	Diet changes—dairy-free diet, gluten-free diet, special carbohydrate diet Mind-body therapies—mindfulness, psychotherapy, meditation, hypnosis
Biomechanical Bioenergetic	Massage, chiropractic therapy Acupuncture, moxibustion, healing touch, prayer

CAM = complementary and alternative medicine; IBD = inflammatory bowel disease.

TABLE 2. Common factors associated with complementary and alternative medicine use

Moderate to severe disease
Adverse effects to standard IBD medications
Lack of efficacy of standard IBD medications
Use of immunomodulators and biologics
Use of steroids
Poor quality of life
School absences
Parental factors:
Parental education beyond high school
White ethnicity
Private insurance
Parental use of CAM

CAM = complementary and alternative medicine; IBD = inflammatory bowel disease.

DIET AND DIETARY SUPPLEMENTS

- Diets

- Exclusive enteral nutrition
- Food avoidance
 - dairy, nuts/seeds, spicy foods, corn, gluten: no evidence
 - maltodextrin, emulsifiers, chemicals and preservatives: emerging evidence
- Specific Carbohydrate Diet (SCD)
- Anti-inflammatory Diet



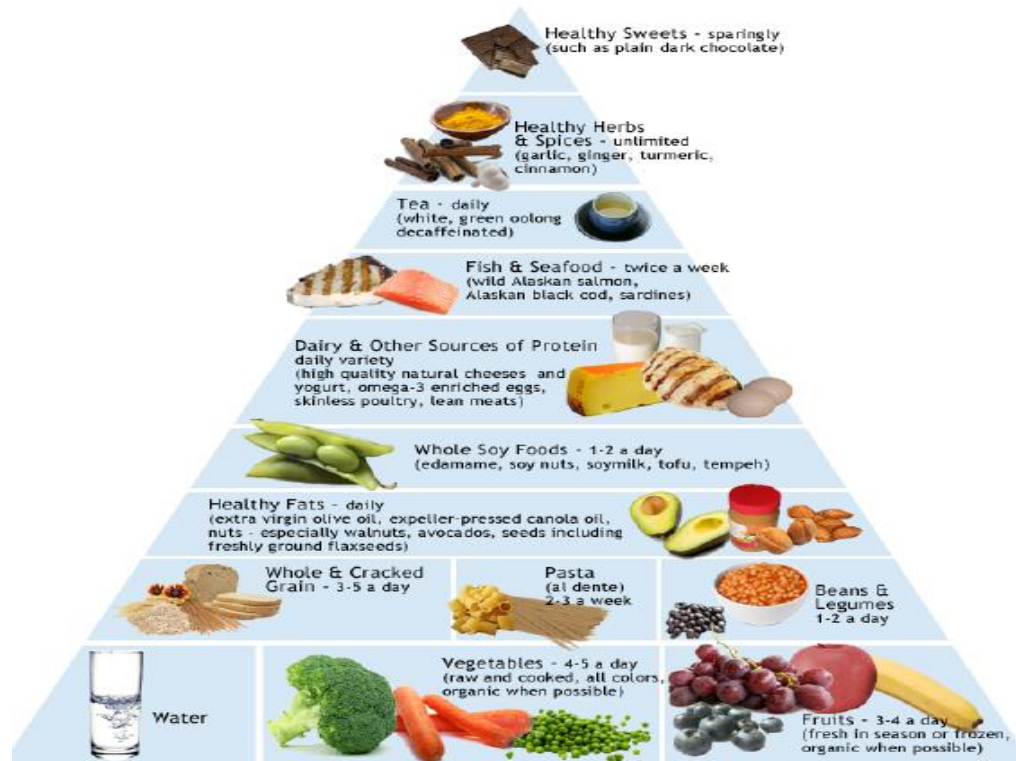
- Supplements

- Probiotics
- UC: oral VSL#3; L reuteri enema; oral E coli Nissle
- Fish oil: mixed data but probably not effective
- Vitamins: no efficacy



ANTI-INFLAMMATORY DIET PYRAMID

Pediatric Anti-Inflammatory Diet Pyramid



H. McClafferty, MD FAAP

HERB AND BOTANICAL TREATMENTS

- Best efficacy
 - Adults with UC: Plantago ovata, curcumin
 - Adults with CD: Wormwood
- Variable efficacy
 - Boswellia serrata, andrographis paniculata, primrose oil, aloe vera
- Children: no data
- Marijuana
 - Cannabinoids have anti-inflammatory, analgesic and anti motility properties via receptors in the GI tract
 - Improved symptoms in adults and children
 - No change in disease activity
 - AAP: opposes use in teenagers up to age 21 years due to concern for negative health and brain development

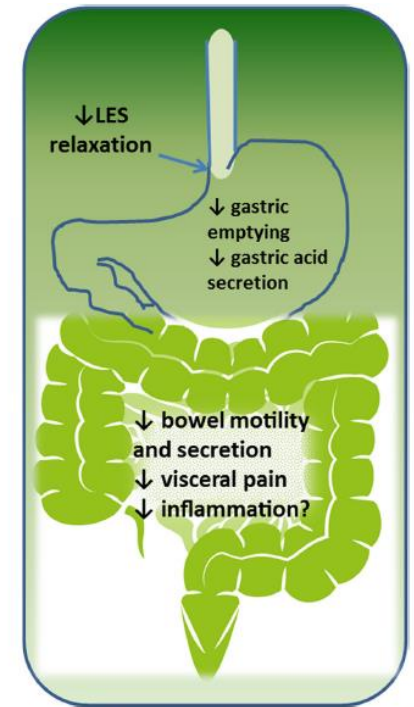


Fig. 1 Cannabinoid effects on the gut. LES, lower esophageal sphincter



MIND-BODY MODALITIES



- Adults
 - Mindfulness, yoga and CBT
 - improvement in anxiety, QOL without any significant effect on disease activity
- Children
 - Limited data
 - Cognitive Behavioral Therapy
 - Most beneficial
 - reduction in depression and improvement in psychological functioning
 - but no improvement in IBD indices
 - Biofeedback
 - Pain, anxiety
 - Clinical Hypnosis
 - decreased inflammation & improved QOL



YOGA



- Few studies, although widely used
- CHOP study: Dr Albenberg
- Benefits
 - mood enhancing properties
 - inhibition of physiologic stress & inflammation
 - improved regulation of sympathetic nervous system & hypothalamic-pituitary-adrenal system
 - improved quality of life

EXERCISE



- Limited data
- Improves bone mineral density
- Regular exercise
 - early in life may help prevent CD
 - exert a beneficial effect on disease course
 - improve inflammatory parameters
 - improve psychological status
 - improve quality of life
 - help with stress management
- Moderate exercise
 - improves mucosal immune function
 - maintains a healthy microbiome

MASSAGE & ACUPUNCTURE

- Massage therapy
 - poorly studied in IBD
- Acupuncture
 - improves inflammation & symptoms
 - animal & human adult studies: limited data
- Current clinical trials
 - Encouraging but are insufficient to recommend these therapies as alternatives to conventional IBD therapies



SLEEP



- Increased prevalence of sleep disturbances
- Factors: disease activity, depression, female sex, smoking, corticosteroid & narcotic use
- Over a 6 month period, poor sleep was associated with:
 - increased risk of flare in CD
 - but not UC
- Microbiome changes in animal models
- More research needed

At CHOP



INTEGRATIVE GASTROENTEROLOGY



- Target Audience
 - Patients with GI symptoms: dyspepsia, reflux, nausea, colic, IBS, constipation & gastroparesis
 - IBD
- Osteopathic manipulation
- IH Nutrition visits at same time



MIND BODY MODALITIES

	Active	Planning
Patients	Yoga Mindfulness Massage Aromatherapy Outpatient acupuncture Child Life therapies	Inpatient acupuncture Reiki/healing touch Clinical hypnosis
Parents	Yoga Reiki	Massage
Staff	Yoga Mindfulness	



Wellness @CHOP Wawa Volunteer Services

INTEGRATIVE HEALTH FAMILY EDUCATION DAY

Integrative Approaches to Pain Management



Join us for this half-day symposium for adolescents, parents and caregivers to learn about integrative approaches to pediatric pain management.

SUNDAY, APRIL 7, 2019
Noon — 5 p.m.

Ruth and Tristram Colket, Jr. Translational
Research Building on the Raymond G.
Perelman Campus
3501 Civic Center Blvd.
Ground floor conference rooms
Philadelphia, PA 19104

*Complimentary parking will be available in the
Burger Center for Advanced Pediatric
Care garage.*

Today, many families are looking for a comprehensive approach to health and wellness. Integrative healthcare focuses on the whole child, not just on disease prevention and treatment. Incorporating complementary care (such as mindfulness, aromatherapy, acupuncture, etc.) with traditional medical management has been proven to reduce stress, speed healing and improve functioning.

Using a variety of treatment approaches allows adolescents to identify which strategies are most effective in managing their pain, as caregivers learn how best to support their child's efforts.

REGISTRATION INFORMATION

There is a non-refundable registration fee of \$10 per family. Registration is required for each member of the party who will attend. There will be no childcare available, so **this event is restricted to attendees 12 years and older**. Snacks will be provided.

If the registration fee causes a financial burden, please email integrativehealth@email.chop.edu. Kindly RSVP by **Monday, March 25, 2019** at integrative-health.eventbrite.com.





integrativehealth@email.chop.edu

CHOP.edu

215 590 5043

