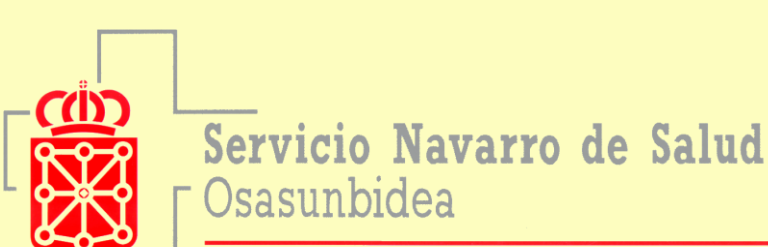


COMPLEMENTARY MEDICINE USAGE IN CANCER PATIENTS

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Objectives:

To determine the prevalence of CAM use in adult cancer patients on antineoplastic treatment, in a referral cancer center localized in Navarre (Spain).

Materials and Methods

Ambulatory Treatment Unit (2 weeks)	Patients completed a questionnaire
Medical databases	Clinical information
SPSS program	Statistical analysis

- CAM use: type of CAM, time of use, information sources, results perceived.
- Demographic information: age, gender, marital status, educational level.
- Primary tumor, stage of cancer, prior treatments.
- Descriptive statistics (categorical variables).
- Differences CAM users/nonusers by Chi-square test ($\alpha=0.05$)

Results

316 adult cancer patients were included. 102 patients (32.3%) reported CAM use at the same time as antineoplastic treatment. 89% of those were ingesting products. 81% of patients started to use CAM after diagnosis. The main source of information about CAM was family/friends (69%) and healthcare professionals did not reach 8%. Only 2% found CAM of benefit to fight cancer.

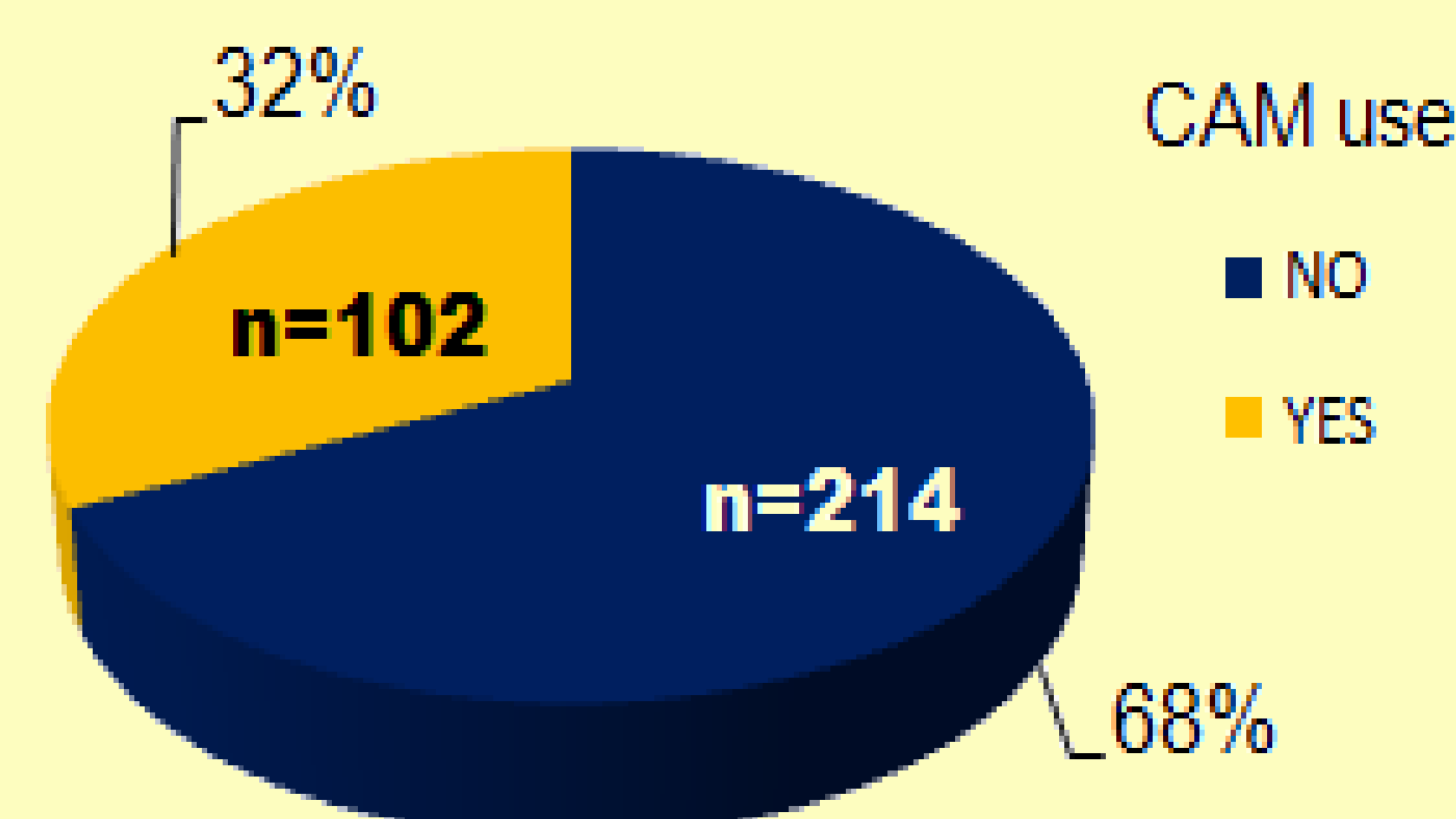


Figure. Prevalence of CAM use

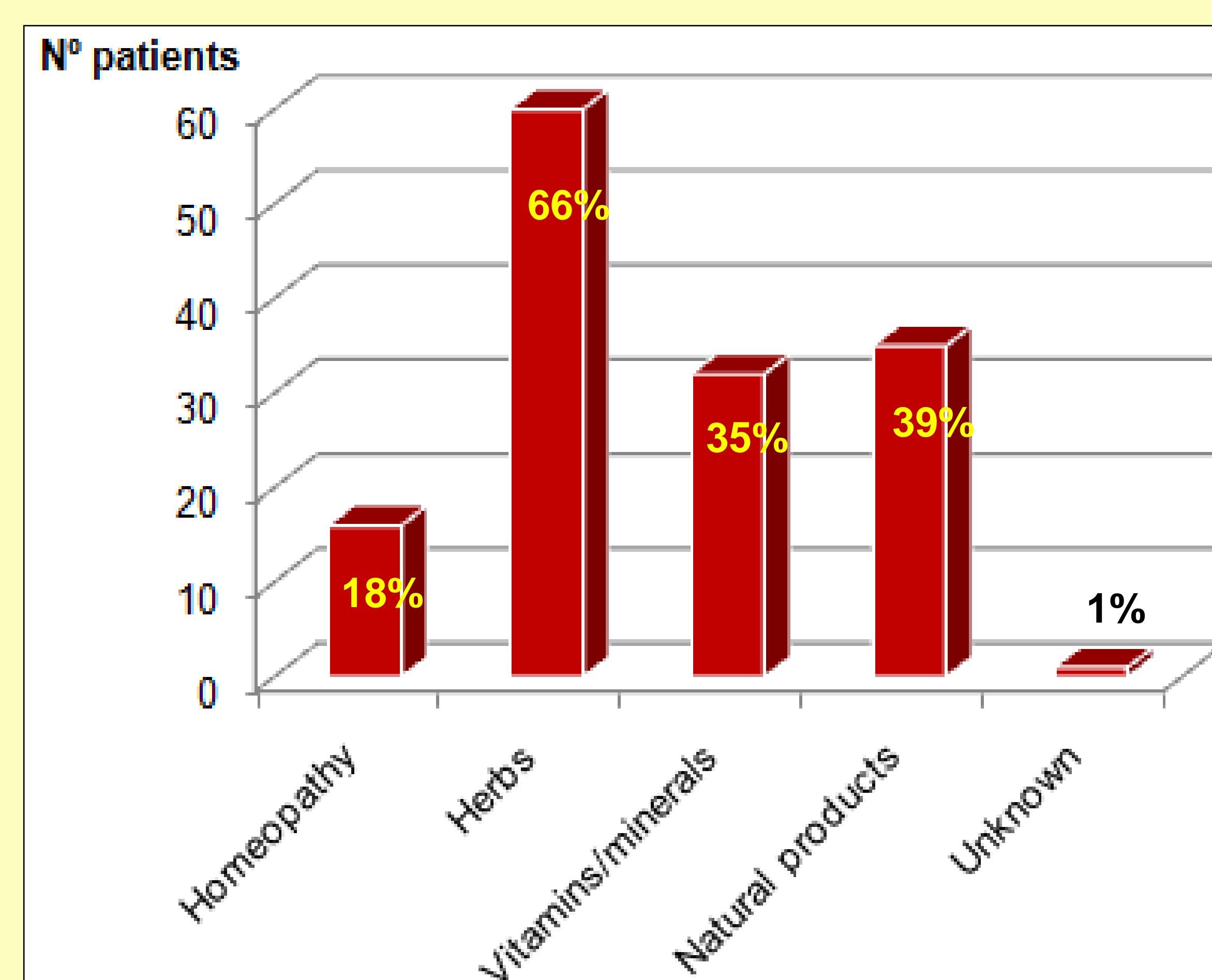


Figure. Types of oral CAM used by patients

Table. Predictors of CAM use

Variable	CAM users (n=102) (%)	P value
Sex		
Male	25.9	0.027
Female	37.6	
Age		
≤ 55 years	46.8	0.000
> 56 years	26.1	
Education		
Primary	25.7	0.003
Secondary	48.6	
Tertiary	30	
Type of cancer		
Mama	33.3	0.962
Colorectal	31.2	
Lung	29.5	
Stage of cancer		
Metastatic	32.7	0.849
Non-metastatic	31.6	

Conclusions

1. A considerable proportion of patients use CAM at the same time as antineoplastic therapy.
2. CAM is mainly initiated after diagnosis and it consists of a product intake, increasing drug interaction risk.
3. The findings of this study can serve as a guide to identify potential patients who may require advice on CAM in medical and pharmacist consultations.