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Complementary and Alternative Medicine (CAM) uses in pharmacology pathways

Fizza Batool

Quaid-i-Azam University, Pakistan

Many cancer patients use therapies promoted as literal alternatives to conventional medical care. Such “alternative” modalities are unproven or were studied and found worthless. These can be harmful. An even greater proportion of cancer patients use “complementary” therapies along with mainstream cancer treatment. Most are helpful adjunctive approaches that control symptoms and enhance the quality of life. This review describes alternative as well as complementary therapies commonly used today by cancer patients. Herbal remedies also are discussed. Evidence regarding the efficacy and safety of complementary/alternative medicine (CAM) is reviewed, and implications for oncologists are discussed. To encourage open communication of CAM use by patients, oncologists should be knowledgeable about the most popular remedies and know where to find reliable information for themselves and for their patients. Complementary and Alternative Medicine (CAM) use is widespread and on the increase among cancer patients. Most research to date has involved a cross-sectional snapshot of CAM use rather than an exploration into the longitudinal, nonlinear treatment trajectories that cancer patients develop. Our aim is to explore and describe different treatment and decision-making pathways that individuals develop after receipt of a diagnosis of either breast, colorectal, or prostate cancer.

Biography

Fizza Batool has completed pre-medical. She is a student, researcher, and volunteer with organizations also doing marketing managing. Her expertise in evaluation and passion for improving the health and wellbeing with an opportunity to gain experience and knowledge. She has built this model after years of experience in research, evaluation, workshops, seminars, and administration all are in organizations and educational institutions. She has a good talent for this pathway and has a different way of focusing.

fizzabatool90@yahoo.com

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