



UNIVERSITY OF COLORADO HOSPITAL
THE CENTER FOR INTEGRATIVE MEDICINE

HERBS & SUPPLEMENTS



Many Americans use herbs and supplements to prevent disease and treat conditions ranging from migraines to cancer, even though claims of efficacy are often unfounded. A consultation at The Center for Integrative Medicine will give your patients the education they need to use herbs and supplements safely and effectively.

INSIDE:

Herbs, supplements and integrative medicine p.1

Considerations p.2

How integrative medicine can benefit your patients p.3

General information p.4

FOUR REASONS TO CONSIDER AN HERB AND SUPPLEMENT CONSULT FOR YOUR PATIENTS:

1.

Dietary supplements range from vitamins to herbs to amino acids. These supplements are available without a prescription and, unlike other over-the-counter drugs, do not require FDA approval. More than 50% of American adults use some type of supplement. As interest in supplements increases in popularity, it is important for patients to realize that improper use of these products can be dangerous and may lead to adverse reactions. By recommending an herb and supplement consult, you can ensure that your patients use supplements efficiently and safely.

2.

Many patients assume that all herbs and supplements are safe, because they are natural and available over the counter. Such an assumption, however, can prove to be quite dangerous when a patient takes herbs or supplements that are unnecessary or could react dangerously with prescription medications. Therefore, it is important that physicians supervise patients' use of supplements. The Center for Integrative Medicine's pharmacists are educated in the use of supplements and medications. They will examine any prescriptions, over-the-counter medications and supplements your patient is taking, in order to recommend safe and effective herbs and supplements.

3.

Herbs and supplements are not covered by insurance and can become expensive. The Center for Integrative Medicine's conservative and physician-supervised approach will ensure that your patients consider only truly safe and effective supplements. The Center does not sell these products, but will guide patients toward high-quality, low-cost supplements.

4.

Although herbs and supplements can be used to introduce needed nutrients into a patient's diet and help prevent illness, they cannot replace healthy lifestyle strategies such as a well-balanced diet. All patients are encouraged to be mindful of proper nutrition.

HOW INTEGRATIVE MEDICINE CAN BENEFIT YOUR PATIENTS:

TYPICAL TREATMENT PLAN

- HEALTH AND WELLNESS VISIT**
 - PHARMACIST CONSULT**
 - HERB AND SUPPLEMENT TREATMENT PLAN**
 - LETTER TO PHYSICIANS**
-



fig. 1 - During a pharmacist consultation at The Center for Integrative Medicine, a pharmacist will assess the safety and efficacy of any herbs, supplements or prescription medications your patient is taking.

HERBS AND SUPPLEMENTS COMMONLY DISCUSSED WITH PATIENTS

DAILY MULTIVITAMIN

A daily multivitamin can provide the nutrients necessary to help promote healing and prevent illness.

CALCIUM

To help prevent bone disease, it is important that women get 1000-1500 milligrams of calcium a day through diet or supplements.

VITAMIN D

To prevent cancer, treat muscle pain and reduce the risk of falls in the elderly, a pharmacist may recommend that your patients take vitamin D supplements.

FISH OIL (OMEGA-3)

Eating fish rich in oil or taking an omega-3 supplement may help treat arthritis, prevent cancer, treat depression and promote heart health.

PROBIOTICS

Probiotics can help treat gastrointestinal conditions such as irritable bowel syndrome, infectious diarrhea and antibiotic-associated diarrhea.

COENZYME Q10

This supplement may help statin-associated muscle pain and reduce doxorubicin cardiac toxicity.

HARMFUL PRODUCTS

Patients are discouraged from taking supplements known to be harmful such as St. John's wort, excess Vitamin A and E, Kava Kava and others.

SCHEDULE AN APPOINTMENT

Your patients can schedule appointments at The Center for Integrative Medicine by calling 720.848.1090. Appointments can be made Monday through Friday, 8:30 am - 5:00 pm, with limited evening availability. If you would like to provide us with information prior to a patient's visit (encouraged), please fax a consult and/or relevant records to 720.848.1277.

CONTACT INFORMATION

THE CENTER FOR INTEGRATIVE MEDICINE
UNIVERSITY OF COLORADO HOSPITAL
ANSCHUTZ MEDICAL CAMPUS
ANSCHUTZ OUTPATIENT PAVILION

1635 Aurora Court, MS F743
Fifth Floor, Suite 5501
Aurora, Colorado 80045
P: 720.848.1090 | **F:** 720.848.1277
www.uch.edu/integrativemed

By making this information available, the University of Colorado Hospital and The Center for Integrative Medicine do not promise or guarantee the effectiveness of integrative therapy.



University
of Colorado
Hospital

ANSCHUTZ MEDICAL
CAMPUS