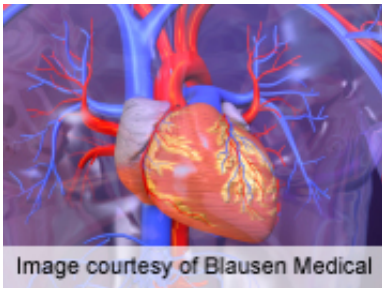


Most cardiac patients report using alternative treatments

February 12 2013



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(HealthDay)—The majority of patients with cardiovascular disease receiving outpatient cardiology evaluations report using complementary and alternative medicine (CAM) therapies, according to a study published in the Feb. 1 issue of *The American Journal of Cardiology*.

Kavita Prasad, M.D., from the Mayo Clinic in Rochester, Minn., and colleagues administered a 17-question survey about basic medical information and previous use and interest in the future use of dietary supplements and other CAM interventions among 1,055 patients (655 men; mean age 63.5 years; 98.1 percent white) undergoing outpatient cardiology evaluation at a tertiary medical center.

The researchers found that 36.8 percent of participants had cardiac symptoms for more than 10 years and 48.2 percent had [coronary artery disease](#). CAM therapy use was reported by 82.5 percent of patients and included dietary supplements (75.4 percent), chiropractic therapy (31.5 percent), mind-body therapies (23.9 percent), and massage (19.2 percent). For [cardiac symptoms](#), the top four treatments were [relaxation techniques](#), stress management, meditation, and guided imagery. Only 14.4 percent reported discussing CAM use with their physicians, and almost half (48.6 percent) reported being interested in participating in a future CAM clinical trial related to their cardiovascular disease.

"In conclusion, research directed with an integrative approach to cardiovascular care might prove beneficial when designing future studies," the authors write.

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Citation: Most cardiac patients report using alternative treatments (2013, February 12) retrieved 18 April 2024 from <https://medicalxpress.com/news/2013-02-cardiac-patients-alternative-treatments.html>

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