Use of Complementary Alternative Medicine in the Largest Mexican-American Border City

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Acknowledgements:
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Objective

To evaluate use of Complementary Alternative Medicine (CAM) in ….

The Largest Mexican-American Border City
Eisenberg and Colleagues

- Two National Surveys 1991-1997
- Conducted By Phone

They Found 1991 1997
- Increase of CAM use 33.8 % to 42.1 %
- Disclosure to physicians 39.8 % to 38.5 %
- Increase Hispanic participants 6 % to 10 %
These figures do not represent the El Paso region

All non-English speaking individuals were excluded, along with those who did not have a telephone in their home.
Astin, J.A.

- Conducted a Mail Survey

Designed to evaluate reasons for using CAM

Astin JA. JAMA 1998;279
Dissatisfaction was not a predictor of use

Only 44% of responders relied primarily on alternative medicine

Astin JA. JAMA 1998;279
Their Findings

People who used had…

- More education
- Poorer health status
- A holistic orientation to health
- A transformational experience

Astin JA. JAMA 1998;279
Their Most Common Health Conditions Associated with CAM Use

- Anxiety
- Back Problems
- Chronic Pain
- Urinary Tract Problems

Astin JA. JAMA 1998;279
Again

Only 7.5% of the people surveyed were fluent English speaking Hispanic participants.

Astin JA. JAMA 1998;279
Survey answered by, National Family Opinion Inc.

This group maintains a panel of people who routinely complete surveys

This sample is not representative of the general population

Astin JA. JAMA 1998;279
Other surveys

- Marsh and Hentages-West Texas
- Chesney-Galveston

These surveys do not reflect the demographics of the El Paso region
Anderson, R.

Conducted a field study of a Mexican “Sobador”

His results showed that the Mexican “Sobador” Met medical standards for safety
Zuckerman, M. J.

Wanted to identify healthcare seeking behaviors of Hispanics versus non-Hispanic whites with relation to bowel complaints

He found that Hispanics were much more likely to self-medicate with folk remedied than non-Hispanic whites.

Zuckerman MJ. Digestive Diseases ans Science 1996;41
Our Study

- Prospective Observational study
- 547 Participants
- Semi structured bilingual interview and questionnaire
- Multiple profit and not for profit hospitals and clinics in El Paso, Las Cruces and Chaparral New Mexico
Alternative Medicine used in this region

- Providers
- Herbal Medicine
- Nutritional and Commercial Products
Who uses CAM?

- 77% of the Border Population surveyed
- 87% Hispanic
- 13% White
- 65% Females
- 35% Males

Continued…
Who uses CAM?

- 53.9 % Mexican American U.S. born
- 29.3 % Mexican Non-U.S. born
- 3.6 % Other
- Ages 18 to 82 years
<table>
<thead>
<tr>
<th>Income Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 10,000</td>
<td>33.33 %</td>
</tr>
<tr>
<td>10,000 to 20,000</td>
<td>30 %</td>
</tr>
<tr>
<td>20,000 to 30,000</td>
<td>11.11 %</td>
</tr>
<tr>
<td>40,000 to 50,000</td>
<td>25.55 %</td>
</tr>
</tbody>
</table>
TIENDA NATURISTA

LOS 4 ELEMENTOS DE LA NATURALEZA

Aire Agua Sol Tierra

AGUA AIRE SOL TIERRA

HORARIO:
LUNES A VIERNES DE 9:00 A 20:00
SABADO DE 9:00 A 14:00
DOMINGO CERRADO!!
Aquí los colocamos profesionalmente para bajar peso y talla los auténticos y originales parches chinos de Balines $10
What Providers?

- Massage Therapy (Sobador) 19.4 %
- Herbalist 12.4 %
- Chiropractor 11.8 %
- Lifestyle Diet 7.8 %
- Acupuncture 6.8 %
- Naturalist 6.6 %
- Urine Therapy 0.4 %
Where did you learn about this?

- Friend: 47.62%
- Family: 39.66%
- Doctor: 7.45%
- Book: 3.89%
- Advertisement: 1.35%
Where did you get treatment?

- Mexico 63.77 %
- USA 36.72 %
Did you tell your Doctor?

- 66.30 % YES
- 33.69 % NO
Did it work?

- YES  87.10 %
- NO    12.89 %
<table>
<thead>
<tr>
<th>Herbal Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloe Vera</td>
</tr>
<tr>
<td>Cactus</td>
</tr>
<tr>
<td>Celery</td>
</tr>
<tr>
<td>Chamomile</td>
</tr>
<tr>
<td>Chicken Poultice</td>
</tr>
<tr>
<td>Cinnamon</td>
</tr>
<tr>
<td>Corn silk</td>
</tr>
<tr>
<td>Eucalyptus</td>
</tr>
<tr>
<td>Flor de Jamaica</td>
</tr>
<tr>
<td>Garlic</td>
</tr>
<tr>
<td>Lemon</td>
</tr>
<tr>
<td>Marijuana</td>
</tr>
<tr>
<td>Mullein</td>
</tr>
<tr>
<td>Nopal</td>
</tr>
<tr>
<td>Oregano</td>
</tr>
<tr>
<td>Peppermint</td>
</tr>
<tr>
<td>Perejil</td>
</tr>
<tr>
<td>Potato Poultice</td>
</tr>
<tr>
<td>Rue</td>
</tr>
<tr>
<td>Rosa de Castilla</td>
</tr>
<tr>
<td>Tila</td>
</tr>
</tbody>
</table>
What Herbal products?

- Chamomile 13.06 %
- Aloe Vera 8.45 %
- Peppermint 8.08 %
- Lime 6.57 %
- Garlic 6.41 %
- Oregano 5.06 %
What is Chamomile?

Manzanilla
Who uses it?

- Men (Gastric Problems)
- Women (Menstrual Cramps)
- Children (Pink eye)
- Babies (Colic)
Aloe Vera

- Skin Problems (Burns, Cuts, Rashes)
- It is now, not only used topically but as a drink
Peppermint

Gastric problems
Lime

- Colds
- Sore Throat
Garlic

- Blood thinner
- Blood pressure
Oregano

- Cough
- Colds
Cactus (Nopal)

- Diabetes
- Decreases sugar in the blood
How did you learn?

- Family: 53.03%
- Friend: 25.75%
- Book: 12.12%
- Advertisement: 7.57%
- Doctor: 1.51%
Where did you get it?

- Mexico 9.60 %
- USA 90.40 %
Did you tell your Doctor?

- YES  69.31 %
- NO   30.68 %
Did it work?

- YES: 95.04%
- NO: 2.47%
- Still using: 2.24%

Herbal Products
Home remedies that have been known to cause negative outcomes

- Lead based products azarcon, greta, albayalde used for empacho
- Gordolobo, chaparral used for respiratory and gastrointestinal problems have been associated with liver injury
Nutritional and Commercial Products

- Vitamins
- Uña de Gato
- Cartilago de Tiburon
- Ginseng
- Noni
- Metabolife
- Performance Enhancers
Vitamins

- Vitamin B-12
- Vitamin C
- Vitamin D
- Vitamin E
- Max Memory
- Stress
How did you learn?

- Family: 0%
- Friend: 5%
- Advertisement: 6%
- Book: 28%
- Doctor: 0%
Where did you get it?

- USA 66.66%
- Mexico 33.33%
Did you tell your Dr.?

- **YES** 55.76 %
- **NO** 44.23 %
Did it work?

- Yes            95.39 %
- No             4.14 %
- Still using    0.46 %
• FULL LINE DRUG STORE
• PRESCRIPTION DRUGS AVAILABLE WITHOUT PRESCRIPTION
• FRIENDLY SERVICE
• ENGLISH SPOKEN
• PAY ONLY A FRACTION OF U.S. PRICES
Do you buy drugs in Mexico?

- Yes 50.57 %
- No 49.42 %
Why so much Use?

- Is it the Price of Medical Care?
- Is it that people have lost faith in the Medical profession?

None of the above
Our Study Has Shown….

- Wide range of CAM use
- Mexican-Americans appear to have a higher usage rate of CAM
- Education was the biggest factor
Furthermore...

- Friends influence friends to use CAM providers
- Family influence family members to use herbal products
- Books influence people to use commercial nutritional products
Conclusion

Since many of the herbal products used can have significant effects on different disease states and drug therapies. It is imperative that surgical patients be evaluated for herbal use.