10th Annual Symposium on Complementary Health Care

Royal College of Physicians, London, UK
21st – 22nd November 2003
Symposium Chairman
Professor Edzard Ernst, Director, Complementary Medicine, Peninsula Medical School, Universities of Exeter and Plymouth, UK.

Local Scientific Organising Committee
Staff of Complementary Medicine, Peninsula Medical School, Universities of Exeter and Plymouth, UK.

Contact
Barbara Wider, Complementary Medicine, 25 Victoria Park Road, Exeter EX2 4NT, UK.
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International Scientific Organising Committee
Panos Barlas, UK
Patricia Darnell, UK
Katherine Gundling, USA
Francesca Menniti-Ippolito, Italy
Robb Scholten, USA
Marja Verhoef, Canada

David Baxter, UK
David Eisenberg, USA
Karin Kraft, Germany
Ken Pelletier, USA
Michael Smith, Canada
Sara Warber, USA

Heather Boon, Canada
Harley Goldberg, USA
Dieter Melchart, Germany
Karl-Ludwig Resch, Germany
Robbert van Haselen, UK
Hitoshi Yamashita, Japan

Main Sponsor
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Other Sponsors
• Centre for Complementary Medicine Research, Technical University of Munich, Germany
• European Society for Classical Natural Medicine supported by the Internationale Gesellschaft der F. X. Mayr-Arzte and the Ärztegesellschaft Heilfasten und Ernährung e. V.
• Institute for Social Medicine, Epidemiology and Health Economics, Charité University Medical Centre, Berlin, Germany
• The Nuffield Trust, UK
• Dr Willmar Schwabe Pharmaceuticals, Germany

Affiliated Organisations
• Faculty of Homeopathy, UK
• Prince of Wales’s Foundation for Integrated Health, UK
• Research Council for Complementary Medicine, UK
• University of Calgary, Canada
• Working Group for the ‘International Society of Complementary Medicine Research’

www.exeter.ac.uk/FACT/sympo
Satellite Meetings

Nutritional and Herbal Approaches to Obesity

Thursday, 20th November, 1.00 pm – 5.00 pm, Regents' College, London, UK

13:00 Registration and tea/coffee
13:30 Welcome and introductory remarks
   Edzard Ernst, Peninsula Medical School Exeter, UK
13:40 The international obesity epidemic
   David Heber, UCLA Center for Human Nutrition, USA
14:00 The role of soy protein in weight management
   James Anderson, University of Kentucky, USA
14:30 The role of protein and carbohydrates in weight loss regimens
   David Jenkins, University of Toronto, Canada
15:00 Tea break
15:30 Meal replacements: evidence that they work in the long-term
   Herwig Ditschunheit, University of Ulm, Germany
16:00 Herbal approaches to obesity
   Mary Hardy, Center for Dietary Supplement Research in Botanicals, UCLA, USA
16:30 Panel discussion - question and answer session
17:00 Cocktail reception

Registration is free
Contact:
Karen White, Herbalife, UK
Telephone +44 (0)1895 819 274, Email karenw@herbalife.com

Please note that this workshop is fully booked

Second Annual International Workshop on Research Methods for the Investigation of CAMWhole Systems

Thursday, 20th November, 9.00 am – 5.00 pm, Regents' College, London, UK

9.00 Welcome and introductions
   Marja Verhoef, University of Calgary, Canada
9.20 Studying interactions between patients and practitioners
   Lead: Cheryl Ritenbaugh, Center for Health Research, Portland, USA
10:30 Refreshment break
10:50 Choice of study outcomes
   Lead: Marja Verhoef, University of Calgary, Canada
12:00 Lunch
13:00 Design and analysis issues
   Lead: Mikel Aickin, Center for Health Research, Portland, USA
15:00 Refreshment break
15:20 Discussion
   Lead: Heather Boon, University of Toronto, Canada
17:00 End of workshop

Registration is free
Contact:
Marja J. Verhoef, PhD, University of Calgary, Canada
Telephone +1 (403) 220-7813, E-mail mverhoef@ucalgary.ca, http://www.fp.ucalgary.ca/verhoef/
### Friday 21st November, morning

| Time          | Event                                                                                           |
|--------------|-------------------------------------------------------------------------------------------------|
| 08.00 – 08.30 | Registration and coffee                                                                        |
| 08.30 – 08.45 | Opening (Wolfson Theatre)  
Edzard Ernst, Peninsula Medical School Exeter, UK                                              |
| 08.45 – 09.15 | Keynote lecture (Wolfson Theatre)                                                                 
Sir Denis Pereira Gray, University of Exeter; The Nuffield Trust, UK |
| 9.15 – 10.45  | Randomised clinical trials  
Chair: Philippe Szapary, Max H Pfitter  
Wolfson Theatre                                                  |
|              | Metabolic effects of guggulipid: results from a randomised controlled trial                      |
|              | Philippe Szapary, University of Pennsylvania, USA                                               |
|              | Capsicum cream in soft tissue rheumatic musculoskeletal diseases: a randomised controlled study  |
|              | Stefan Schmitt, Arbeits- und Forschungsgemeinschaft für Arzneimittel sicherheit, Austria        |
|              | The ‘placebo’ needle, is it a valid and convincing control for use in acupuncture trials?– a randomised, single blind, cross-over pilot trial  
Peter White, University of Southampton, UK |  
|              | Vegetative reaction to acupuncture in migraineurs depends on the vagal tone before treatment: a randomised, controlled trial  
Marcus Bäcker, University of Duisburg-Essen, Germany |
|              | Transcendental meditation and emotional functioning in fifth grade students  
Rita Benn, University of Michigan, USA |
|              | Acupuncture for insomnia: a systematic review  
Suzanne McDonough, University of Ulster, UK |
| 10.45 – 11.30 | Coffee break and poster sessions (Dorchester Library and Osler Room)                           |
| 11.30 – 13.00 | Herbal medicine  
Chair: Janice Thompson, Edzard Ernst  
Session supported by Herbalife International |
|              | Introduction  
Janice Thompson, Herbalife International |
|              | Application of new chemical profiling technique for characterisation and quality control of botanical products: Multi Dimensional Profiling  
Narvindra Seeram, UCLA Center for Human Nutrition, USA |
|              | Harpagophytum procumbens inhibits synthesis of TNF-α by endotoxin-stimulated human monocytes at the transcriptional level  
Gerard Patrick McGregor, Philipps-University Marburg, Germany |
|              | Efficacy of a triple herbal preparation in mild depressive disorders: results of a randomised placebo-controlled trial  
Andreas Wohlenberg-Demant, Pharma Forschung GmbH, Germany |
|              | Iberis amara L. and Iberogast: a systematic review concerning dyspepsia  
Jing Moize, Universitätsklinik Zürich, Switzerland |
|              | A pilot RCT investigating the effect of individualised herbal medicine for the treatment of osteoarthritis of the knee  
Louise Hamblin, Battersea Research Group, UK |
| 11.30 – 13.00 | Acupuncture for chronic pain syndromes  
Chair: Dieter Melchart, Stefan Willich  
Session organised by the Technical University of Munich and the Charité University Medical Centre Berlin, Germany |
|              | Acupuncture for chronic low back pain, osteoarthritic pain and headache: a prospective observational study in routine care  
Wolfgang Wedenhammer, Technical University of Munich, Germany |
|              | Effectiveness of acupuncture in 2807 patients with chronic low back pain in routine care  
Claudia Berlen-Witt, Charité University Medical Centre Berlin, Germany |
|              | Efficacy of acupuncture in patients with chronic low back pain: the Acupuncture Randomised Trials (ART)  
Benno Brinkhaus, Charité University Medical Centre Berlin, Germany |
|              | Efficacy of acupuncture in patients with migraine: the Acupuncture Randomised Trials (ART)  
Klaus Linde, Technical University of Munich, Germany |
|              | Efficacy of acupuncture in patients with pain due to osteoarthritits of the knee: the Acupuncture Randomised Trials (ART)  
Claudia Berlen-Witt, Charité University Medical Centre Berlin, Germany |
|              | Panel discussion |
| 13.00 – 14.00 | Lunch                                                                                                                                 |
10th Annual Symposium on Complementary Health Care

Friday 21st November, afternoon

14.00 – 14.30 Varro Tyler Memorial Lecture (Wolfson Theatre)
Supported by Dr Willmar Schwabe Pharmaceuticals, Germany
Phytotherapy in the 21st century: new developments and challenges
Hildegard Wagner, University of Munich, Germany

14.30 – 16.00 Safety
Chair: Michael Smith, Joanna Thompson Coon
The safety of over-the-counter niacin: a randomised placebo-controlled blinded trial
Edward Mills, Canadian College of Naturopathic Medicine
Patient reports on adverse events associated with acupuncture: results of a prospective national survey
Hugh MacPherson, Foundation for Traditional Chinese Medicine, UK
Private and panel patients of complementary and conventional medicine: how well are they informed about the practitioners’ qualifications?
Christiane Peiffer, Carstens-Foundation, Germany
Use and effect of ephedra weight loss products: a pilot cohort study
Sara Weber, University of Michigan, USA
Adverse events to herbal preparations
Fabio Firenzuoli, Centre for Natural Medicine, Empoli, Italy
An audit investigating side-effects or adverse events in homoeopathic practice
Elizabeth Thompson, Bristol Homoeopathic Hospital, UK

14.30 – 16.00 Safeguarding innovative research without patent protection
Chair: Werner Meng
Session organised by Dr Willmar Schwabe Pharmaceuticals, Germany
Legal background concerning intellectual and industrial property law and examples for the socioeconomic and political impact of possible solutions of the problem
Jürgen Ensthaler, University of Kaiserslautern, Germany
Problems with International and European human rights protection and other possibilities of protection by international law
Werner Meng, Europa-Institute of Saarland University, Germany
Impact of the problem on medical research and on the ageing process of drug therapies with special respect to CAM
Peter Goldman, Harvard Medical School, USA
Aspects of the discussion of the problem within the European Institutions, status and possible future development
Barbara Sickmüller, University of Marburg, Germany
Discussion

16.00 – 16.45 Coffee break and poster sessions (Dorchester Library and Osler Room)

16.45 – 18.15 Cancer
Chair: Heather Boon, Katja Schmidt
Problem solving and decision making preferences: CAM users vs. non-users
Heather Boon, University of Toronto, Canada
Randomised clinical trial of isoflavones in reducing prostate cancer risk
Nagi B Kumar, University of South Florida, USA
Patterns and predictors of long term complementary therapies utilisation for cancer
Anne Less, University of Saskatchewan, Canada
MYCaW: an individualised questionnaire for evaluating complementary therapies in cancer support care
Charlotte Paterson, University of Bristol, UK
Evaluating physical and emotional well-being in women using traditional acupuncture to manage tamsulosin side effects
Beverley de Valois, Lynda Jackson Macmillan Centre, UK
Cancer patients and CAM: exploring information needs
Anne Washburn, The National Cancer Institute, USA

16.45 – 18.15 Pain
Chair: Robbert van Haselen, Max H Pittler
Pain relieving effect of topical cantharidin plaster in patients with lumbar spinal stenosis
Thomas Rampp, University of Duisburg-Essen, Germany
Implementing whole systems CAM protocols: experience from a chronic pain study
Cheryl Ritenbaugh, Center for Health Research Portland, USA
Acupuncture for migraine and chronic tension headache in primary care: a large, pragmatic, randomised trial
Robbert van Haselen, The Royal London Homoeopathic Hospital, UK
Acupuncture treatment for sedentary female workers with chronic pain in the neck-shoulder region
Dong He, University of Oslo, Norway
Registration of effects after acupuncture in complex regional pain syndrome by computer assisted video thermography
Irene Van den Berg de Lange, Erasmus Medical Centre Rotterdam, Netherlands
Harpagophytum for musculoskeletal pain: a systematic review
Joel J Gagnier, Canadian College of Naturopathic Medicine

18.15 End of day one
### Saturday 22nd November, morning

| Time       | Event                                                                 | Location  | Chairs/Participants                                                                 |
|------------|----------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------|
| 08.30 – 09.00 | **Keynote lecture** (Wolfson Theatre) Natural health products regulation: research to legislation | Wolfson Theatre | Philip Waddington, Natural Health Products Directorate, Health Canada |
| 09.00 – 10.45 | **Methodological issues**  
Chair: Charlotte Paterson, Joanna Thompson Coon  
Generalised entanglement: a theoretical model for therapeutic effects in CAM and elsewhere  
Harald Walach, University Hospital Freiburg, Germany  
Methodological rigour and results of clinical trials in CAM and conventional medicine: comparative study  
Aijing Shang, University of Berne, Switzerland  
Medication change as an outcome: developing the Medication Change Questionnaire  
Charlotte Paterson, University of Bristol, UK  
Predictive validity of the CARE measure at the Glasgow Homeopathic Hospital  
Stewart Mercer, University of Glasgow, UK  
Three advances in the design of early-phase CAM research  
Mikel Aickin, National College of Naturopathic Medicine, Portland, USA  
Development and reliability of a methodological quality scale for assessment of randomised controlled trials of acupuncture  
Joel J Gagnier, Canadian College of Naturopathic Medicine  
Choice of an outcome measure for a pilot randomised controlled trial into the treatment by herbal practitioners of symptoms associated with the menopause  
Alison Denham, University of Central Lancashire, UK | Council Chamber | 09.00 – 10.45  
**Mind/body interventions**  
Chair: Sara Warber, Max H Pittler  
Improvement of fatigue and role function of cancer patients after an outpatient integrative mind/body intervention  
Günther Spahn, University of Duisburg-Essen, Germany  
Sacred/shamanic music and trauma related disorders – an experimental research  
Lenore Wand, University of Michigan, USA  
Mindfulness-based stress reduction and health benefits: a meta-analysis  
Paul Grossman, Freiburg Institute for Mindfulness Research, Germany  
Impact of mindfulness based stress reduction in supporting smoking cessation: results of a non-randomised controlled trial  
Andreas Michaelis, University of Duisburg-Essen, Germany  
A spirituality programme for emotional distress: a randomised controlled trial  
Sabine Montz, Canadian Institute of Natural and Integrative Medicine  
Cultural differences in the placebo effect  
Nils Grundmann, Carstens Foundation, Germany  
Impact of mind/body medicine on quality of life and on neuroendocrine and cellular immune functions in patients with ulcerative colitis  
Jost Langhorst, University of Duisburg-Essen, Germany |
| 10.45 – 11.30 | **Coffee break and poster sessions**  
(Dorchester Library and Osler Room) | Wolfson Theatre |  

| Time       | Event                                                                 | Location  | Chairs/Participants                                                                 |
|------------|----------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------|
| 11.30 – 13.00 | **Homoeopathy**  
Chair: Peter Fisher, Martien Brands  
Clinical research in homoeopathy: fresh prospects for future development  
Robert Mathie, Faculty of Homoeopathy, UK  
An overview of the challenges facing homoeopathic research  
Robbert van Haselen, The Royal London Homoeopathic Hospital, UK  
Evaluation of a biochemical model for the activity of high potencies  
Michael Bluth, Carstens Foundation Germany  
How do homoeopaths make decisions? An exploratory study in the context of a questionnaire based proving study  
Sarah Brien, University of Southampton, UK  
Patterns of curing/healing: goals of homoeopathic treatment  
Mary Kolman, University of Arizona, USA  
Efficacy of homoeopathic drugs in the treatment of essential hypertension: a study in a specialised cardiac hospital  
Rachna Singh, Escorts Heart Institute and Research Center New Delhi, India | Council Chamber | 11.30 – 13.00  
**Evidence-based patient choice in complementary medicine**  
Chair: Janet Richardson, Roger Newman Turner  
Session organised by the Research Council for Complementary Medicine, UK  
Constructing a specialist database and thesaurus developing the evidence base for complementary medicine  
Peter Davies, Anelia Boshnakova, Research Council for Complementary Medicine, UK  
In search of the evidence: a pilot study of acupuncture in cancer  
Karen Pilkington, Research Council for Complementary Medicine, UK  
Evidence-based patient choice in complementary medicine: Myth or reality  
Janet Richardson, Research Council for Complementary Medicine, UK and Nicky Britten, Peninsula Medical School, UK |
| 13.00 – 14.00 | **Lunch** | Wolfson Theatre |  

| Council Chamber | 11.30 – 13.00  
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### 10th Annual Symposium on Complementary Health Care

**Saturday 22nd November, afternoon**

| Time          | Session                                                                                      | Location            | Chair/Authors                                                                                     |
|---------------|----------------------------------------------------------------------------------------------|---------------------|--------------------------------------------------------------------------------------------------|
| 14.00 – 15.45 | Foundation of the ‘International Society of Complementary Medicine Research’                 | Wolfson Theatre     | Merrijoy Kelner, Katja Schmidt                                                                  |
| 15.45 – 16.30 | Coffee break and poster sessions                                                              | Dorchester Library  | Pam@fihealth.org.uk                                                                            |
| 16.30 – 18.00 | Why regulate?                                                                                 | Council Chamber     | R. Michael Pittilo, Pamela Jack                                                                 |
| 16.30 – 18.30 | Natural Medicine                                                                             | Council Chamber     | Dieter Melchart, Karl-Ludwig Resch                                                               |
| 18.30         | End of Symposium                                                                              |                     |                                                                                                 |
**Friday poster sessions**

These posters will be displayed all day on Friday. There will be parallel poster sessions in both the morning and the afternoon during which each presenter will give a short oral summary. The purpose of this is to give delegates the opportunity to listen to both sets of presentations.

| Time       | Location          | Session | Chair(s)                                      | Presenters                                                                                     |
|------------|-------------------|---------|-----------------------------------------------|------------------------------------------------------------------------------------------------|
| 10.45 – 11.30 | Dorchester Library | Session A1 | David Baxter, Jongbae Park | A systematic review of acupuncture for the relief of cancer-related pain  
Hyangsook Lee, Peninsula Medical School Exeter, UK  
Acupuncture mechanisms for clinically relevant long-term effects – reconsideration and a hypothesis  
Christer Carlson, Rehabilitation Centre, Lund, Sweden  
Changes in skin temperature following acupuncture for neck pain  
Tai Leang Lee, National University Hospital, Singapore  
Effectiveness of acupuncture for depression: a systematic review  
Yoshito Mukaino, Fukuoka University, Japan  
The dry eyes’ complaints and the liver in TCM  
Johannes Hage, University of Vienna, Austria  
Process of choosing acupuncture intervention in randomised controlled trials: a systematic review  
Hiroshi Tsukiyama, Tsukuba College of Technology Clinic, Japan  
Enhanced efforts to investigate acupuncture by means of functional magnetic resonance imaging: a critical appraisal  
Isabel Gareus, University Duisburg-Essen, Germany  
Patterns of demand and supply for an acupuncture research information service  
Mark Bovey, Acupuncture Research Resource Centre, UK  
Long-term follow up of acupuncture and homeopathy treatment in general practice  
Corina Guethlin, University of Freiburg, Germany  
Are the therapeutic effects of homeopathy attributed to the consultation, the homeopathic remedy, or both? Protocol for an exploratory randomised controlled trial in rheumatoid arthritis patients  
Sarah Briët, University of Southampton, UK  
Proving that homeopathic information exists via the use of differential scanning calorimetry  
Alexandra Delinick, NSA University of Sofia, Bulgaria  
Effects of propolis and mulberry leaf extract on type 2 diabetes  
Koji Murata, Shimane Medical University Izumo, Japan  
Efficacy of CAM in the treatment of low back pain: systematic review  
Florinules Quino, University of Ulster, UK  
Ayurvedic intervention for rheumatoid arthritis: a systematic review  
Jongbae Park, Peninsula Medical School Exeter, UK |
| 16.00 – 16.45 | Dorchester Library | Session A2 | Mike Cummings, Hyangsook Lee | The role of red clover (Trifolium pratense) isoflavones in women’s reproductive health: a systematic review and meta-analysis of randomised clinical trials  
Joanna Thompson Coon, Peninsula Medical School Exeter, UK  
Herb-drug interaction clinical trials: a systematic review  
Edward Mills, Canadian College of Naturopathic Medicine  
Investigation of the safety and efficacy of Chinese herbs traditionally used to treat inflammatory diseases  
Sandra Appiah, Middlesex University UK  
Fixed combined herbal drug for therapy of menopausal complaints: a placebo controlled randomised trial  
Normann Bobbitt, General Practice in Hanover, Germany  
Herbal treatment for osteoarthritis: a pilot study investigating outcomes  
Celia Bell, Middlesex University UK  
A one-year follow-up with aqueous Harpagophyllum extract Doloteffin® for low back pain  
Sigurn Chrobak, University of Freiburg, Germany  
Development of tools for critically appraising herbal medicine literature  
Tennis Jurgens, Dalhouse University, Halifax, Canada  
Anti-tumor effect of Phellinus baumii: three post-operative cases with cancer  
Tatsutomu Kamei, Shimane Institute of Health Science, Japan  
Evaluation of the antioxidant activity of selected non-food plants traditionally used in the treatment of inflammatory diseases  
Barbara Pendry, Middlesex University, UK  
Adverse reactions and adulteration related to herbal supplements in Japan  
Seika Kamohara, Tokyo Medical University, Japan  
The effect of a natural transdermal preparation in the treatment of symptoms associated with menopause  
Amanda Rao, Australian College of Natural Medicine  
The potential of herbal mixture with Cyperus rotundus L. on blood pressure, norepinephrine, cortisol and psychological variables in healthy medical students under examination  
Myeong Soo Lee, Wonkwang University, South Korea  
Torpid wounds, an indication for ambulatory complex integrative therapy – an observational study  
Karin Kraft, University of Rostock, Germany  
The cumulative effects of Transcendental Meditation on blood pressure – a systematic review  
Peter Canter, Peninsula Medical School Exeter, UK |
| 10.45 – 11.30 | Osler Room         | Session B1 | Karin Kraft, Joanna Thompson Coon | The role of red clover (Trifolium pratense) isoflavones in women’s reproductive health: a systematic review and meta-analysis of randomised clinical trials  
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| 16.00 – 16.45 | Osler Room         | Session B2 | Klaus Linde, Peter Canter | The role of red clover (Trifolium pratense) isoflavones in women’s reproductive health: a systematic review and meta-analysis of randomised clinical trials  
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| Dorchester Library | Osler Room |
|-------------------|------------|
| **10.45 – 11.30** | **10.45 – 11.30** |
| Poster session C1 | Poster session D1 |
| Chair: Panos Barlas, Katja Schmidt | Chair: Robb Scholten, Barbara Wider |
| **15.45 – 16.30** | **15.45 – 16.30** |
| Poster session C2 | Poster session D2 |
| Chair: Harley Goldberg, Joanna Thompson Coon | Chair: Sunita Vohra, Liz Roffe |

- **Hepatotoxic events associated with herbal medicinal products**
  Max H Pittler, Peninsula Medical School Exeter, UK

- **Mapping primary care access to CAM services in England**
  Jane Wilkinson, University of Westminster, UK

- **Impact of dietary fatty acids on the inflammatory immune response**
  Hilary MacQueen, Open University, UK

- **Intensive 1-year lifestyle modification improves microvascular endothelial function in CAD patients**
  Nicola Knoblauch, University Duisburg-Essen, Germany

- **Effects of external Qi-therapy on cardiac autonomic tone: a randomised placebo controlled study**
  Myeong Soo Lee, Wookwang University, South Korea

- **Structured case analysis: the neglected pole of evidence based medicine**
  Martien Brands, University of Liverpool, UK

- **Multiple Reflex Iridology: the scientific revolution in iridology**
  Javier Echavarren, Herboristeria Ezkaba, Spain

- **Complementary and alternative therapies in the scientific literature**
  Emanuela Forcella, National Institute of Health, Italy

- **Are there differences between complementary and orthodox medicine journals in the reporting of ethical aspects of trial design?**
  Katja Schmidt, Peninsula Medical School Exeter, UK

- **The effect of reflexology on sleep quality: a literature review**
  Ciara Hughes, University of Ulster, UK

- **A sense of special connection between patient and massage therapist: a pilot study of the phenomenology of entanglement**
  Samantha Sodergren, University of Plymouth, UK

- **The perceptions of reflexology therapists on the use of CAM to treat LBP**
  Fiona Quinn, University of Ulster, UK

- **Newspaper advertisements of CAM products in Japan**
  Hitoshi Yamashita, Tsukuba College of Technology Clinic, Japan

- **CAM for labour pain: a systematic review**
  Joanna Thompson Coon, Peninsula Medical School Exeter, UK

- **Cognitive models of complementary therapy use**
  Lynda Balneaves, University of British Columbia, Canada

- **Use of CAM in Italian households**
  Emanuela Bologna, National Institute of Statistics, Italy

- **Mental healing practice in Europe: a multinational sample**
  Holger Bösch, University of Freiburg, Germany

- **Low cost complementary health care: experiences of older people**
  Tina Cartwright, University of Westminster, UK

- **CAM use in a general population in Britain: results from a routine national survey**
  Pat Coleman, University of Sheffield, UK

- **NHS health professionals in obstetrics and gynaecology: use of complementary and alternative therapies**
  Claudine Domoney, St George’s Hospital London, UK

- **Self-reported adverse events in a cohort of HIV+ individuals utilising CAM**
  Jung G Kim, University of Washington, USA

- **Is the use of CAM associated with a greater self-reported adherence to antiretroviral therapy in people with HIV disease?**
  Nicola Robinson, Thames Valley University, UK

- **Characteristics of German cancer patients using CAM: a survey in 441 cancer patients**
  Günther Spahn, University Duisburg-Essen, Germany

- **Transformative moments: developing qualitative outcome measures based on patient perspectives on healing**
  Elizabeth Sutherland, Center for Health Research, USA

- **CAM use in individuals with congestive heart failure**
  Suzanna Zick, University of Michigan, USA

- **A systematic review of coenzyme Q10 for improved tolerability of cancer treatments**
  Liz Roffe, Peninsula Medical School Exeter, UK
**Venue**

The event is being held at the Royal College of Physicians, 11 St Andrew’s Place, Regent’s Park, London NW1 4LE, UK by kind permission of the treasurer.

**CPD/CME accreditation**

The symposium has been approved for 10 credits of Continuing Professional Development (CPD) / Continuing Medical Education (CME).

**Proceedings**

**FACT, Focus on Alternative and Complementary Therapies**

Abstracts of the 10th Annual Symposium on Complementary Health Care are published in the December 2003 issue of FACT. Delegates receive a free copy at the symposium and are offered a discounted subscription fee for 2004 (www.exeter.ac.uk/FACT).
Each delegate will receive books and access to internet resources worth in excess of £160.

**NATURAL MEDICINES COMPREHENSIVE DATABASE**

This database provides evidence-based medical data on natural remedies, including information on interactions, safety ratings, efficacy ratings, uses, scientific names, and other clinical information. Delegates will receive the over 2,000-page book and also receive access to the whole Database via the Internet. The Database is updated daily, so you always get the latest findings. It gives you very practical and reliable data. It is in use by major centres throughout the world. Delegates to the 10th Annual Symposium should activate their individual subscription at no charge at www.naturaldatabase.com/exeter.

This database provides evidence-based information about complementary and alternative therapies. For each therapy covered by Natural Standard, a research team systematically gathers scientific data and expert opinions. Validated rating scales are used to evaluate the quality of available evidence. Information is incorporated into comprehensive monographs which are designed to facilitate clinical decision making. Delegates will receive access to the database via the internet (www.naturalstandard.com).

**Exhibitions**

**Herbalife International**

Herbalife is a leader in science based weight management, nutritional supplement and personal care products designed to support weight control and a healthy lifestyle. The Company’s herbal-based products, designed for optimum wellness, are marketed through a network marketing system comprising approximately one million independent distributors who conduct business in a total of 58 countries worldwide. To sample some of our inner nutrition product range, visit our stand in the foyer.

**Pharmaceutical Press, London**

Pharmaceutical Press is a leading publisher of pharmacy, pharmaceutical science and complementary medicine information. Publications include *Martindale, British National Formulary, Clarke’s Analysis of Drugs and Poisons, Herbal Medicines* and the journal *Focus on Alternative and Complementary Therapies (FACT)*. Sample copies of FACT as well as a demonstration of the electronic version of Herbal Medicines will be available throughout the meeting. A full range of publications will also be available for purchase at a special conference price.

**Thieme Publishers, Stuttgart & New York**

Thieme Publishers, Stuttgart & New York, is noted not only for its quality of reproduction and its illustrations but also for the precision of its information and the clear didactic concepts in its books. Up until recently, Thieme English has concentrated on the clinical medicine sector. However, the decision has been made to apply our resources to the area of complementary medicine, and we are now building up a qualitative program in this area, especially in acupuncture and herbal medicine. In this Thieme is exploiting the strengths of the German alternative medicine tradition and is also cooperating with some well-known institutions such as the American Botanical Council and ESCOP.