First, Do No Harm

An Integrative Approach to Common Primary Care Problems
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Integrative Family and Community Medicine

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at the
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Objectives:

1. Consider the full meaning of non-maleficence
2. Consider our role as Family and Community Medicine physicians within our societal context.
“The physician must be able to tell the antecedents, know the present, and foretell the future — must mediate these things, and have two special objects in view with regard to disease, namely, to do good or to do no harm.”
Family and Community Medicine
Integrative Medicine

Integrative Medicine is healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies.

Arizona Center for Integrative Medicine
First, Do No Harm.
Consider socio-cultural-behavioral roots of unwellness.

McGinnis, JM, Williams-Russo, P, Knickman, JR: The case for more active policy attention to health promotion. Health Affairs, 2002;21:78-93
“Medicine is an art whose magic and creative ability have long been recognized as residing in the interpersonal aspects of patient-physician relationship.”

Consider the risks of engagement with our medical system...
“The natural healing force within each one of us is the greatest force in getting well.”

“The greatest medicine of all is teaching people how not to need it.”
The Integrative Medicine Tool Box
Jerry

82 year old writer, artist, with nighttime acid taste in mouth. Not really heartburn, per se.

PPI was initiated a month ago with modest relief.

Jerry has done his research and asks “I hear you are only supposed to be on these meds for a couple of weeks. Is this medicine dangerous?”
Balancing Risk versus Benefit: Proton Pump Inhibitors

Increased Risk of
- Gastric hyperplasia
- Dementia
- Acute Interstitial Nephritis
- C. diff, Campylobacter and Salmonella enteric infection
- Vitamin B12 deficiency
- Bone fractures
- Pneumonia (hospital or community acquired)
- Decreased absorption of calcium, iron, magnesium
- Spontaneous Bacterial Peritonitis in Cirrhosis

May be worth it if
- Barrett’s esophagus
- Chronic NSAID use with bleeding risk
- History of bleeding gastric ulcer
- Severe esophagitis

An Integrative Approach to GERD

- Start with making some observations about triggers
  - Tool: Elimination Diet
- Tone your parasympathetic nervous system
  - Tool: Diaphragmatic Breath, Meditation
- Move your body and shed excess weight
- Herbal support: “demulcents” soothe and protect mucosa
  - Deglycerrhizinated licorice (DGL) 200-400 mg 30 min before meals
  - Marshmallow root powder 1 tablespoon as a tea, with a little cinnamon, honey
  - Slippery elm bark powder 1-2 tablespoons as a tea, after meals, hs
- Other supplements:
  - Melatonin 2.5 mg at bedtime. Tones lower esophageal sphincter

Marshmallow root.
Althaea officinalis (from Greek, “to heal”)
Contains mucilaginous polysaccharides, anti-oxidative flavonoids, quercetin, kaempferol.
Soothes GI mucosa.
Additional effects: anti-inflammatory, mast cell stabilizing, anti-tussive.

Joan

66 year old retired therapist, worsening sleep problems since caring for ailing husband.

Has used Ambien sparingly and wonders if she can use it more regularly. Or xanax? Her friend uses that and it works well for her.

Her sleep hygeine is “as good as it can be.”

What are her options?
Balancing Risk versus Benefit: Sedative Hypnotics

**Increased Risk of:**
- Physiological and Psychological Dependence
- Falls
- Dementia
- Somnambulism (and beyond)


Nir Treves, et al; Z-drugs and risk for falls and fractures in older adults—a systematic review and meta-analysis, *Age and Ageing,*
An Integrative Approach to Sleep

- **Sleep Hygiene** (especially movement, wind-down activity, screen and light at night caution)
- **Relaxation Response** cultivation: Progressive Muscle Relaxation
- **Melatonin** 2-3 mg at least 1-2 hours before bedtime
- **L-theanine** 80-100 mg 30 minutes before bedtime, or on middle of the night waking (very helpful in benzo weaning)
- **Ashwaganda (Withania somnifera)** 500 mg of an extract standardized to 2.5-5% withanolides. Especially helpful if anxiety-related.

Auld, Fiona et al. Evidence for the efficacy of melatonin in the treatment of primary adult sleep disorders. Sleep Medicine Reviews, Volume 34, 10 – 22
An Integrative Approach to Sleep
Plant Medicine

**Valerian:** GABA system. Sleep, anxiety, GI anti-spasmodic.

**Hops:** contains flavonoid antioxidant xanthohumol. Anti-anxiety, cancer effect. Proven in combination with valerian.

**Lemon balm:** calming, improves mood and concentration; antioxidative.

**Passionflower:** modulates GABA system. Antioxidative. Anxiolytic.


Ellen

32 year old artist, feeling deepening depression in wake of divorce and rupture of community support.

Celexa caused her to gain 40 pounds. Became suicidal on Wellbutrin.

Adamantly opposed to pharmaceuticals at this point.

Where do we start?
“SSRIs might have statistically significant effects on depressive symptoms, but all trials were at high risk of bias and the clinical significance seems questionable. SSRIs significantly increase the risk of both serious and non-serious adverse events. The potential small beneficial effects seem to be outweighed by harmful effects.”

An Integrative Approach to Depression
Mind, Body, Spirit

Our thought habits have power…..

Awe and wonder are protective emotion states.

Gratitude practices heal and open the heart, and develop our ability to notice the good.

We can reframe and give meaning our experiences.


Movement: 15 minutes a day, five days a week is as effective as drugs or therapy.

In Nature, even better.
We are social creatures. Our epidemic of isolation kills.

Cultivate a friendship.
Engage in supportive therapy.
Volunteer.
Get an animal companion.
Join a group.
Cultivate the experience of love.

Saint John’s Wort:
More effective than placebo for mild-moderate depression. Standardized products containing 0.3 percent hypericin or 2 to 5 percent hyperforin. For adults, use 300 mg three times a day.

Caution: may cause photosensitivity
Precautions: check for interactions (Cytochrome P450 inducer)—there are many herb-drug interactions. (eg OCPs, statins, immune suppressing medications)
Contraindications: Avoid if taking other anti-depressants

An Integrative Approach to Depression
Nourishing, Anti-inflammatory Food

- Dark green leafy vegetables (B vitamins)
- Oily fish like salmon, sardines (omega 3 fatty acids)
- Complex carbohydrates and protein
- Avoid sugar, refined carbohydrates, and artificial colors, processed chemical substances

Resource: The Healthy Mind Cookbook by Rebecca Katz

An Integrative Approach to Depression
Nutraceuticals

SAMe (avoid in bipolarity): 800 -1600 mg/day, divided. 30 min before meal.

Omega 3 fatty acids (especially EPA): 1000-2000 mg/day

Vitamin D3: 1000-2000 IU/d to achieve normal levels (>30, optimal may be closer to 50)

L-methylfolate: 15 mg/day increases efficacy of SSRI

An Integrative Approach to Depression

Nature

We are physiologically adapted to nature.

Our senses and nervous systems have co-evolved with the natural world.

The well-being impact of time in nature is profound.

Lila

Lila is a delightful 7 year old girl. She loves her kitties, exploring nature and climbing trees.

Very healthy, but suffers from allergic rhinitis. She lives in a house on the coast that sometimes smells like mold.

Her mom has been concerned about the risk of allergy medications and would like to consider alternative approaches.
What are the risks associated with long term antihistamine use?

How else might we stabilize mast cells or decrease histamine effect?

Are there other things to consider?
An Integrative Approach to Allergic Rhinitis

Plant Medicine

**Quercetin:** anti-histamine plant pigment. Onions and apples particularly rich. Stabilizes mast cells (also anti-inflammatory, anti-oxidative.)
Dose: 400 mg twice a day between meals. Children: 200 mg twice a day

**Nettle:** mast-cell stabilizer, anti-histamine effects. (also nutritive, rich in calcium and iron, anti-oxidative). Dose dependent on formulation: freeze dried in capsules or tinctured preparation.

Foraging and Medicine Making

**Nettle:** medicinal food, herbal medicine. Harvest in early spring when below height of your knee. Approach the plant with respect and gloves.

Preparation: blanching or vitamix to inactivate the stinging hairs. As a food: soup, pesto.

Making Medicine:
- Tea, Tincture

Resource: Traditional Medicinal’s Tincturing Tutorial:

[https://www.traditionalmedicinals.com/articles/tincture-101/](https://www.traditionalmedicinals.com/articles/tincture-101/)
Cheryl

Cheryl is a 42 year old woman struggling with opioid addiction and chronic pain.

She has chronic back pain stemming from an old injury, s/p laminectomy. Treatment course of oxycodone spiraled into heroin use.

Previously incarcerated. PTSD. Child in foster care.

She would like to discuss an approach to her addiction and pain.
An Integrative Approach to Addiction
Socioemotional Underpinnings

What is at the root of Cheryl’s suffering?

An Integrative Approach to Addiction

Stimulate the Reward Center healthily:
Cultivate connection, love, oxytocin release.
Time in nature, moving body. Cultivation of awe and wonder.
Building resilience and stress management skills. Breathing.
Nourishment with complex carbohydrates, protein, targeted supplementation.
Consider auricular acupuncture/pressure (NADA Protocol) and....

Consider buprenorphine. Consider naloxone prescription, too.
“Good medicine is......open to new paradigms.”
“Wherever the art of medicine is loved, there is also a love of humanity.”
Be in touch!

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Resources

University of Wisconsin Integrative Medicine:
http://www.fammed.wisc.edu/integrative/resources

Deprescribing algorithms
http://deprescribing.org

Ashton Protocols for tapering Benzodiazepines
https://www.benzo.org.uk/manual/

Bye Bye, PPI
https://choosingwiselycanada.org/perspective/ppi-toolkit/

Integrative Medicine for the Underserved
https://im4us.org

Positive Psychology: Martin Seligman
https://ppc.sas.upenn.edu

Tincturing:
https://www.traditionalmedicinals.com/articles/tincture-101/

Herbal Medicine:
Dr. Tieraona Low Dog’s courses:
https://www.drlowdog.com

NADA Auricular Acupuncture:
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Authentichappiness.com
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Social Isolation:

Patient--Physician Communication:
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Burden of Disease from Chronic Conditions
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**PPI Risk:**
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**GERD Treatment**

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**Depression Treatment—Positive Psychology**


M. Babyak, et al. *Exercise treatment for major depression: Maintenance of therapeutic benefit at 10 months.* Psychosomatic Medicine, 2000

Alan Teo, M.D., M.S. Does Mode of Contact with Different Types of Social Relationships Predict Depression Among Older Adults? Evidence from a Nationally Representative Survey. Journal of the American Geriatrics Society, October 2015

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**Depression Treatment-Anti-inflammatory, Diet, Supplements**


**Depression Treatment-Nature**


References

**Allergic Rhinitis-Risk of Anti-histamines**


**Allergic Rhinitis-Plant Medicine**


References

Adverse Childhood Experiences

Treating Opioid Dependence