

## Integrative Medicine: How to Care for Ourselves and Our Patients



HEIDI MEYER

Integrative Family Physician, Permanente Medical Group, San Diego, CA  
Diplomate, Academy of Integrative Holistic Medicine  
Education: Northwestern (BA), UCSD (MD), Univ of Arizona  
Immediate Past President, San Diego Academy of Family Physicians  
Alternate Delegate, San Diego County Medical Society, CMA

Dr. Heidi Meyer, M.D.

---

---

---

---

---

---

---

---

### Disclosure

Nothing to disclose.

Any brands pictured are used for illustrative use only and are not intended to be an endorsement of the brand in any way.

---

---

---

---

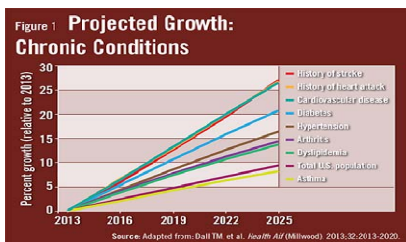
---

---

---

---

This is our future.



---

---

---

---

---

---

---

---

### Strange Times

- Perhaps the most volatile health care system in the world
- The most complex in terms of payment and care delivery
- The most expensive
- Likely the best in terms of “very sick” (tertiary) care
- Perhaps the worst in terms of care equity (social justice)
- Losing providers to early retirement, burnout, impairment, and suicide at alarming rates

---

---

---

---

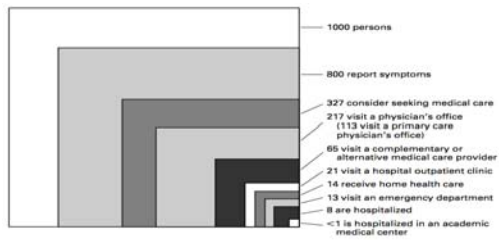
---

---

---

---

### The most telling graphic in American medicine




---

---

---

---

---

---

---

---

This is us.

Health expenditure per capita, 2014 (OECD stat)




---

---

---

---

---

---

---

---

### How did we get here?




---

---

---

---

---

---

---

---

---

---

### The Reality

- ACGME estimates a nationwide physician shortage of by 46,000-90,000 by 2025 [\(1\)](#)
- Only 1% of projected inpatient days are due to ACA expansion; 23% will be due to changing demographics [\(2\)](#)

---

---

---

---

---

---

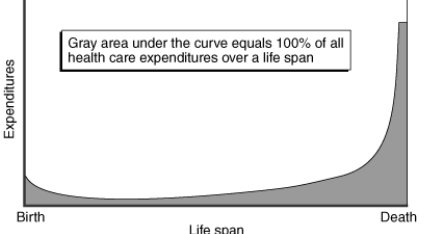
---

---

---

---

### Health Expenditure Over a Lifetime




---

---

---

---

---

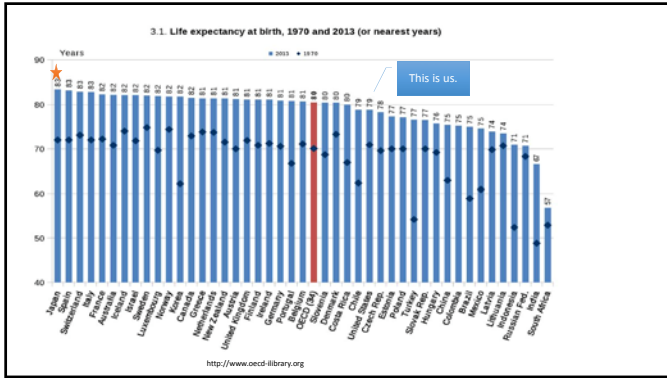
---

---

---

---

---




---

---

---

---

---

---

---

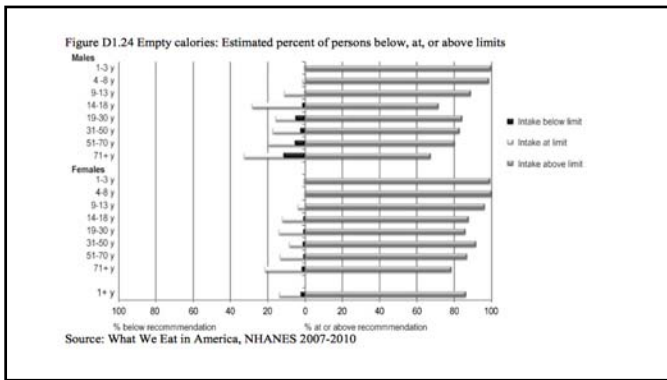
---

---

---

---

---




---

---

---

---

---

---

---

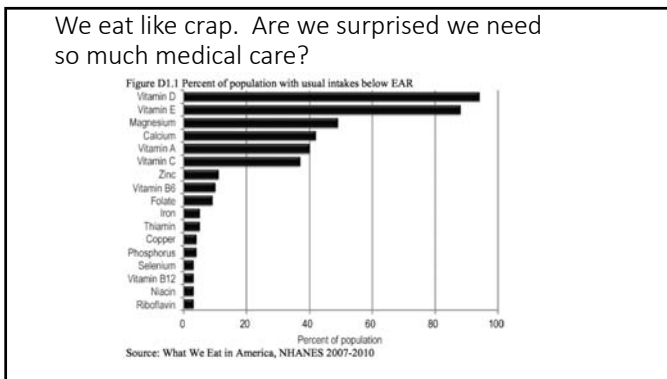
---

---

---

---

---




---

---

---

---

---

---

---

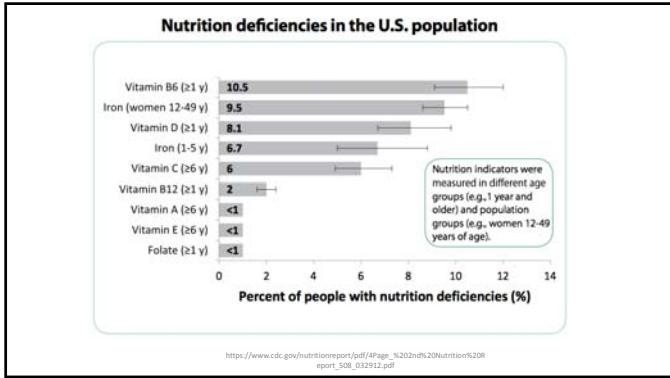
---

---

---

---

---




---

---

---

---

---

---

---

---

---

---

There's a pill for that.

### 2. NEXIUM (esomeprazole)

Heartburn

<http://www.nature.com/news/personalized-medicine-time-for-one-person.html#1.174136/23>

---

---

---

---

---

---

---

---

---

---

### Number of PPI Rx Fills in KP SCAL

| YEAR | DISTINCT FILLS OF PPIs |
|------|------------------------|
| 2017 | 128,251                |
| 2016 | 240,169                |
| 2015 | 212,748                |
| 2014 | 197,172                |
| 2013 | 179,526                |
| 2012 | 162,818                |
| 2011 | 144,900                |

---

---

---

---

---

---

---

---

---

---

The most recent observational study on PPI use:

- "After adjustment for age, sex, atrial fibrillation, hypertension, diabetes, heart failure, peptic ulcer, cancer, chronic kidney disease, and use of nonsteroidal anti-inflammatory drugs, current use of a PPI was associated with a 20% increased risk for stroke, with an incidence rate ratio (IRR) of 1.19 (95% confidence interval [CI], 1.14 - 1.24;  $P < .0001$ )." *1*

[http://www.medscape.com/viewarticle/872483#vp\\_2](http://www.medscape.com/viewarticle/872483#vp_2)

---

---

---

---

---

---

---

---

Exhausted yet? Me too.




---

---

---

---

---

---

---

---

Houston....we have a problem.

- "I would assert we have reached a crisis point—in fact, a public health crisis. The implications of this are not just personal. [Burnout] leads to increased rates of medical error, impaired professionalism, reduced patient satisfaction, and staff turnover or reduced hours. Our well-being, and the well-being of teams, ultimately affects the health and well-being of our patients and communities."  
-AAMC Chair Marsha Rappley, MD,

[aamc.org](http://aamc.org)

---

---

---

---

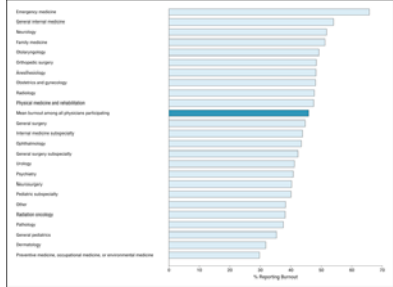
---

---

---

---

### Rate of Endorsed Burnout by specialty



<http://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1351351>

---

---

---

---

---

---

---

---

---

---

### Burnout

- As defined by Christina Maslach:
  - Depersonalization
  - Emotional exhaustion
  - Low sense of personal accomplishment
- About 27% of US population endorses burnout, compared to 35% of physicians (high score in DP or EE)

<http://jamanetwork.com/journals/jamainternalmedicine/fullarticle/1351351>

---

---

---

---

---

---

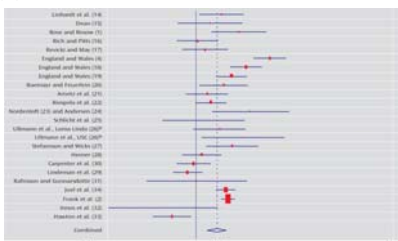
---

---

---

---

### Suicide is one of the leading causes of death in my profession



Suicide rate in male physicians is 1.41 times greater than for age-matched males in the general population

Schrammer E, Colditz G, Am J Psych, 2004

---

---

---

---

---

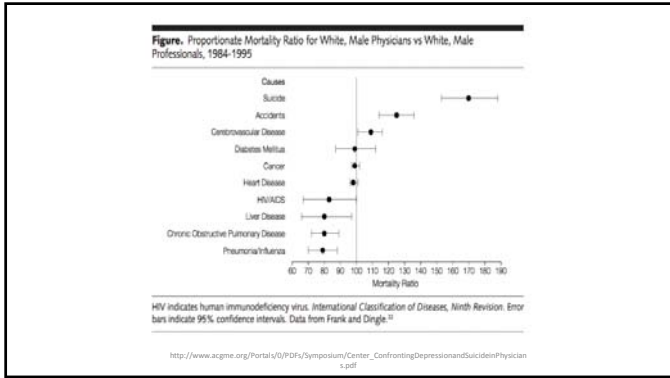
---

---

---

---

---



---

---

---

---

---

---

---

---

---

---

@theNAMedicine

**400**  
U.S. physicians take their own lives every year.

sp.org

**Let's talk about it.**

Breaking the Culture of Silence on Physician Suicide  
An NAM Perspective

Source: Andrew A. Dornan, 2015

[www.nam.edu/Perspectives](http://www.nam.edu/Perspectives)

---

---

---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

---

---



### So what do we have so far?

- A cadre of doctors who have all the right traits to make them highly specialized—and depressed, working in an opaque, fractured system driven by high cost pharmaceutical meds, short patient visits, and most work in places only about 1% of our patients will ever need
- Those doctors also eat poorly, exercise little, and are getting more obese—just like their patients!
- All of us depend on expensive drugs that create more problems!
- A political system that is unable to find a solution

---

---

---

---

---

---

---

---

### First, Do No Harm

- We are failing at keeping our oath, both to our patients and ourselves
- We have failed to critically and continuously examine a system that is breaking down
- We have failed to educate the public about the system's failings
- Outside forces, like big pharm, are driving the system, not us

---

---

---

---

---

---

---

---

### Do We Know How to Stay Well?

- 7 of the top 10 leading causes of death in the United States are due to chronic diseases
- Not eating a healthy diet or getting enough physical activity increases a person's chance of having a chronic disease
- The United States spends \$147 billion on obesity-related health care costs each year
- The United States spends \$117 billion on health care costs associated with inadequate physical activity each year.

cdc.gov

---

---

---

---

---

---

---

---

## Resilience

- The capacity to bend/flex, bounce back, to withstand hardship, and to repair yourself
- Positive adaptation in the face of stress or disruptive change
- **Based on a combination of factors**
  - Internal attributes (genetics, optimism)
  - External (modeling, trauma)
  - Skills (problem solving, finding meaning/purpose)

Wolfin 1993, Werner & Smith 1992 Slide courtesy of Dr. Christine Moutier, American Foundation for Suicide Prevention

---

---

---

---

---

---

---

---

## Drivers of Burnout

- Excess stress, long hours, fatigue and work compression, intensity of work environment, low autonomy
- Loss of meaning in medicine and patient care
- Challenges in institutional cultures: perceived lack of support, lack of professionalism, disengaged leadership
- Problems with work-life balance

Slide courtesy of Dr. Christine Moutier, American Foundation for Suicide Prevention

---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---

Afsp.org




---

---

---

---

---

---

---

---

### What Exactly IS Integrative Medicine?

- It uses many more tools than we have available to us in Western medicine
- These “tools” are typically hundreds to thousands of years older than Western tools
- They derive from knowledge developed by cultures who used trial and error, intuition, and keen awareness of the environment of the patient and its influence on him

---

---

---

---

---

---

---

---

### Why Do Patients Choose Integrative Medicine?

- Patients choose multiple healing modalities on their own and see a mix of modalities superior to any single one <sup>1</sup>
- They feel more able to exert control over their health
- It aligns more with their values/culture/beliefs
- A loss of trust in conventional medicine <sup>2</sup>

---

---

---

---

---

---

---

---

### Use of Integrative Medicine by our Patients

- About 1/2 of U.S. adults use integrative therapies
- Most common modality: supplements
- Over \$30B/year is spent on “alternative” therapies or supplements
- Most common reason: pain
- Most common supplement: fish oil
- Most common manipulative therapy: chiropractic

---

---

---

---

---

---

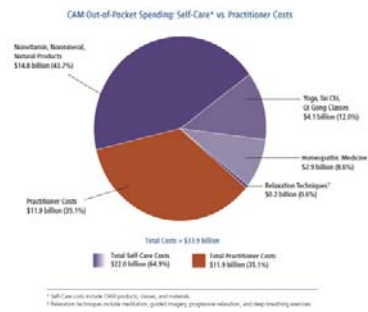
---

---

---

---

### No Longer “Fringe”




---

---

---

---

---

---

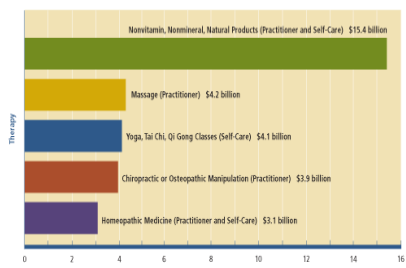
---

---

---

---

### Out-of-Pocket Costs for Select CAM Therapies\*



\* Total for nonvitamin, nonmineral, natural products and herbaceous includes both CAM practitioner costs and costs of purchasing CAM products. Total for massage and chiropractic and osteopathic manipulation are only CAM practitioner costs. Total for yoga, tai chi, and qi gong classes are only the cost of purchasing CAM products.

---

---

---

---

---

---

---

---

---

---

### Homeopathic ER



---

---

---

---

---

---

---

---

### Integrative Medicine as Soothsayer...



<http://www.hmpdacc.org/>

---

---

---

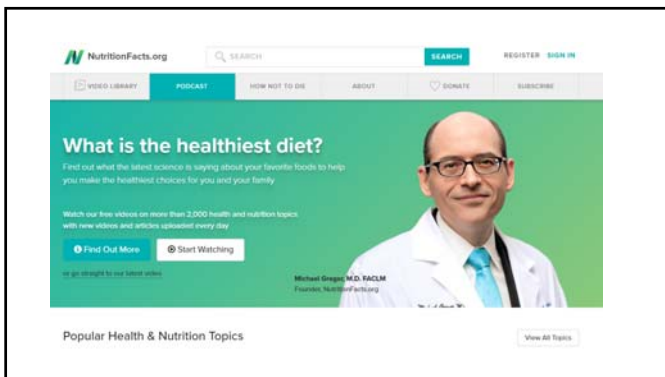
---

---

---

---

---



---

---

---

---

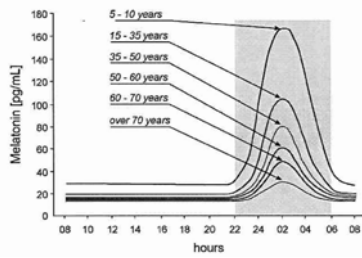
---

---

---

---

## Melatonin <sup>1</sup>




---

---

---

---

---

---

---

---

---

---

## Melatonin

- Levels lowered due to darkness deprivation of modern life
- Naturally decreases with age
- Powerful antioxidant
- $t_{1/2}$ =2-4 hours when taken as a supplement, 6-8 hrs if long acting
- Increases all restorative aspects of sleep
- Short acting GREAT for GERD!! (alternative to PPI's!)




---

---

---

---

---

---

---

---

---

---

## NIH NCCIH

---

---

---

---

---

---

---

---

---

---

### Some Suggested Resources

- [www.NCCAM.NIH.GOV](http://www.NCCAM.NIH.GOV)
- [www.usp.org](http://www.usp.org) (U.S. Pharmacopeial Convention)
- <http://ods.od.nih.gov> NIH Office of Dietary Supplements
- [www.consumerlab.com](http://www.consumerlab.com) to compare brands
- [www.Naturalstandard.com](http://www.Naturalstandard.com)

---

---

---

---

---

---

---

---

### Best Learning Resources

- Textbook: Rakef's Integrative medicine textbook
- Patient handout website: [University of Wisconsin Integrative Medicine](http://www.universityofwisconsin.edu/integrativemedicine/)
- General clearinghouses for IM info:
  1. [Academic Consortium](http://www.academicconsortium.org/)
  2. [Bravewell Collaborative](http://www.bravewellcollaborative.com/)
- CME resources:
  1. [Academy of Integrative Health and Medicine](http://www.academyofintegrativehealthandmedicine.com/) (to learn about board certification and general CME)
  2. [University of Arizona](http://www.universityofarizona.edu/functionalmedicine/)
  3. [Institute for Functional Medicine](http://www.instituteforfunctionalmedicine.com/)

---

---

---

---

---

---

---

---

### Conferences to Consider

- Annual AIHM conference (held here!)
- Scripps Supplement Conference –each January
- Institute of Functional Medicine foundational course, "Applying Functional Medicine in Clinical Practice" –several each year
- University of Arizona annual Nutrition and Health conference

---

---

---

---

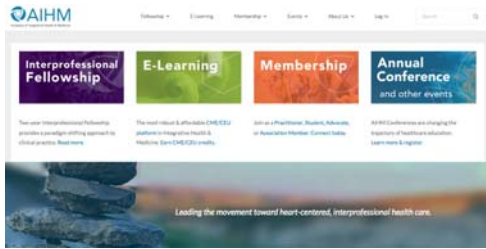
---

---

---

---

### How Do I Learn More?




---

---

---

---

---

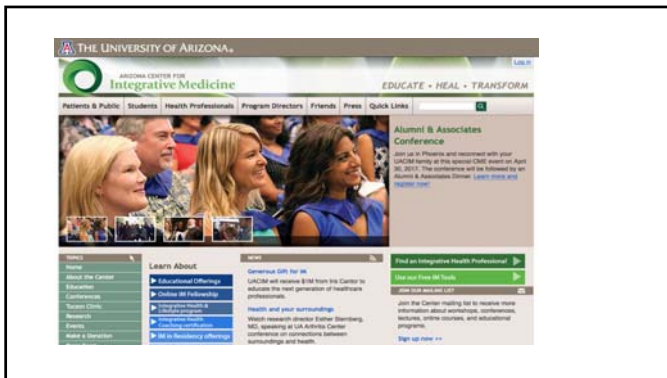
---

---

---

---

---




---

---

---

---

---

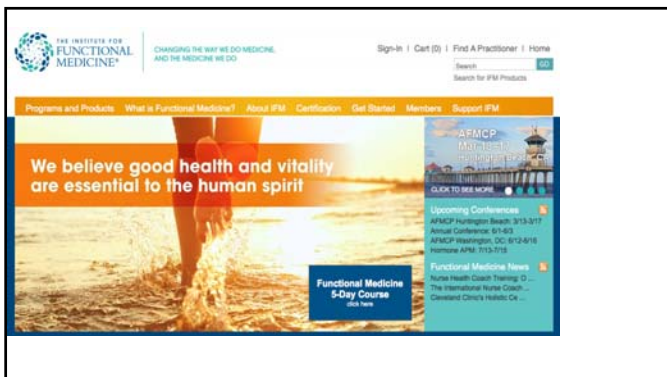
---

---

---

---

---




---

---

---

---

---

---

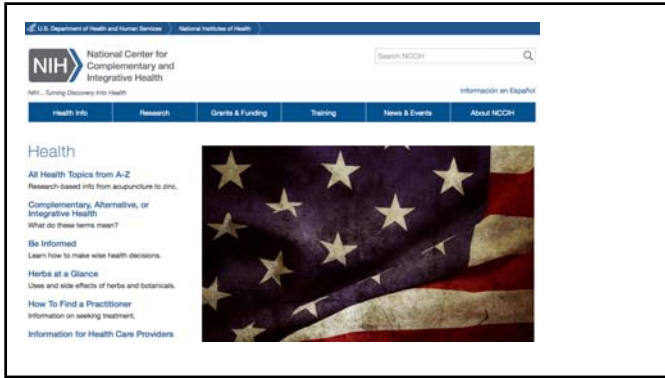
---

---

---

---






---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

---

Sources

- Dr. Tieraona Low Dog, *Fortify Your Life*. National Geographic, 2016
- <http://www.cdc.gov/nchs/nhanes/>
- [www.iom.nationalacademies.org](http://www.iom.nationalacademies.org)
- [www.ods.od.nih.gov](http://www.ods.od.nih.gov)
- <http://fnic.nal.usda.gov/fnic/interactiveDRI/>
- Sawaya, R. A., Jaffe, J., Friedenber, L., & Friedenber, F. K. (2012). Vitamin, Mineral, and Drug Absorption Following Bariatric Surgery. *Current Drug Metabolism*, 13(9), 1345–1355.
- Rakel, D et al. *The Integrative Medicine Textbook*. 3Ed, 2012.

---

---

---

---

---

---

---

---

### Sources

- Atul Gawande, [Being Mortal](#)
- Ted Epperly, [Fractured](#)
- Rachel Naomi Remen, [Kitchen Table Wisdom](#)
- Andrew Weil, [Why Our Health Matters](#)
- Marcia Angell, [The Truth About Drug Companies](#)
- Cdc.gov
- Graham-center.org
- Nih.gov
- Medscape.com

---

---

---

---

---

---

---

---

### Sources

- theNNT.org
- <https://nccih.nih.gov>
- Oecd.org

---

---

---

---

---

---

---

---

### Wellness Resources

- <https://nam.edu/initiatives/clinician-resilience-and-well-being/>

---

---

---

---

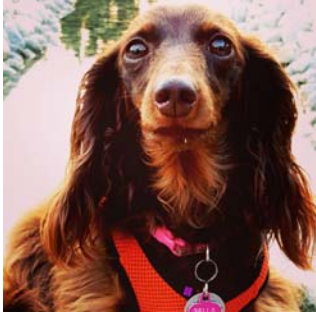
---

---

---

---

QUESTIONS?



---

---

---

---

---

---

---