
Hepatitis C Choices in Care

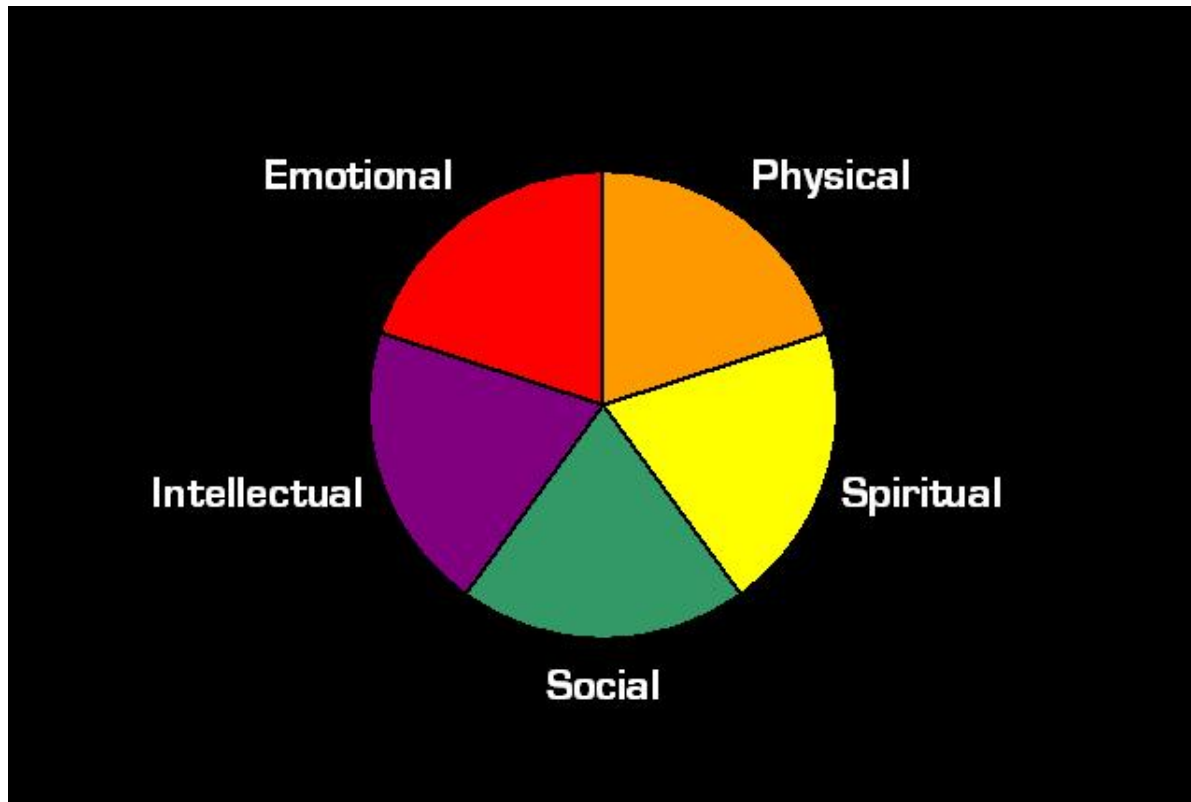
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Wellness, Healing, And Hepatitis C

Lyn Patrick, ND

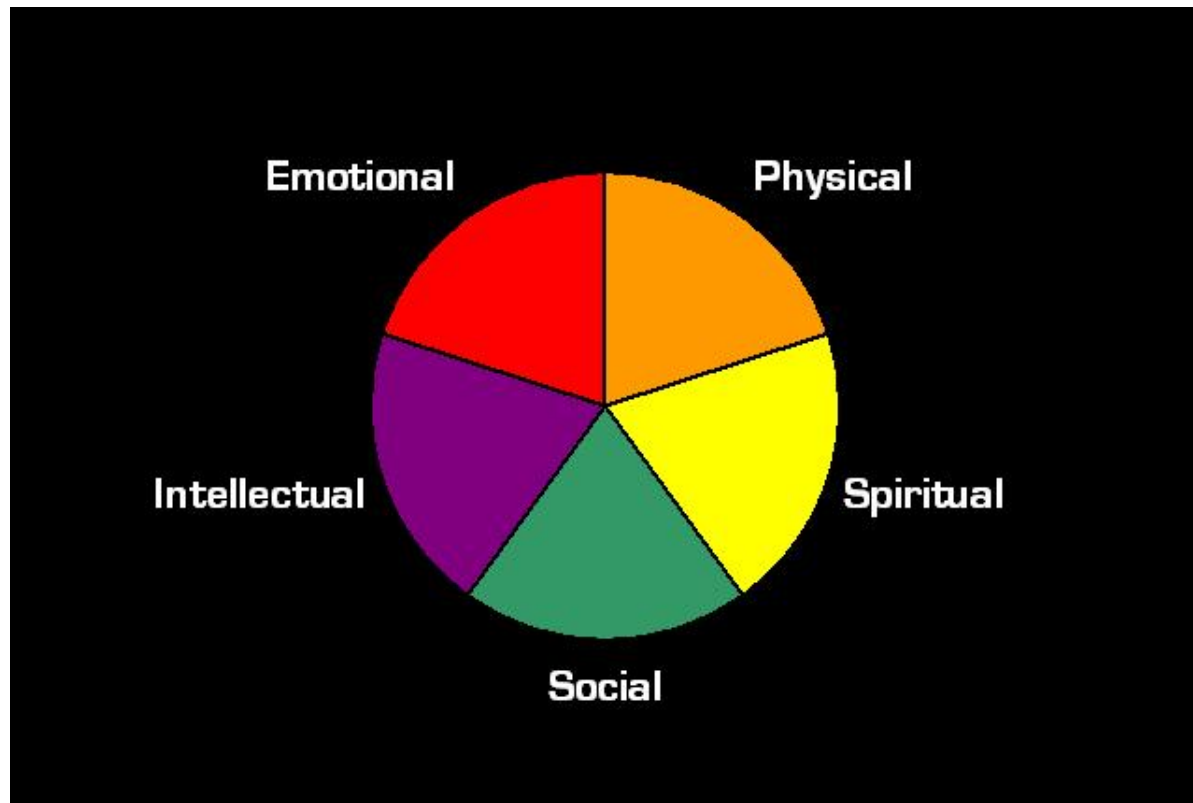
Determinants of Wellness

Why do we look at the interaction of the various parts of the “determinants of wellness”?



Determinants of Wellness

All of the components of wellness are
equally important !!!



Holistic Wellness

- It doesn't matter what system of medicine you use: allopathic, complementary, or “alternative”
- A holistic approach is available in every type of medicine.
- *And* alternative medicine isn't necessarily holistic.

Holistic Wellness

- Why do we need to pay attention to the other parts of the pie chart if all we're really trying to do is “get rid of the virus” or “stop feeling so tired and nauseous” all the time?????
- What does a holistic approach have to do with chronic hepatitis C?

Physical Health

- In medicine, physical health is usually determined by lab work, physical exams, and symptoms.
- Physical health is defined by numbers and something called a **prognosis**.
- How accurate is this approach by itself?

Physical Health

There are 3,600 documented cases of spontaneous remissions of cancers and other diagnoses that would not have been predicted by medical data on those patients.

Your View of Your Health

- In a study involving 2,800 men and women (which agreed with 5 other large studies involving 23,000 subjects)- there was one agreement:

One's own opinion about his or her state of health was a better predictor than physical symptoms, extensive exams, labs, or even behaviors like smoking!

What makes us healthy?

A 10 year study in 2,700 people indicated that men who did not engage in volunteer work were 2.5 times more likely to die from various causes than their peers who engaged in volunteer work –

REGARDLESS of their labs or health conditions.

What makes us healthy?

- A study in 1971 found that most people in the United States who have their first heart attack under the age of 50 had **NONE** of the recognized major risk factors for heart attack.
- A federal government survey found that the best predictor for a heart attack was none of the classic risk factors but was “job dissatisfaction.”

What makes us healthy?

A study of heart attack incidence found certain protections against fatal heart attacks even in stressful settings

- ❑ **Control:** a sense of personal decision-making ability in life
- ❑ **Challenge:** a sense of personal growth and wisdom as a result of challenging situations
- ❑ **Commitment:** to life on and off the job: work, family, community, self

What makes us healthy?

People in the study who had these characteristics of “hardiness” were found to be relatively immune to stress-induced illness or death.

What are the strongest predictors of physical health?

Emotional Support

17 year study of nearly 7,000 men & women:

- Those who had little or no social support were twice as likely to die of cancer and 5 times as likely to die of smoking-related cancer.
- Those who said they felt isolated were 5 times as likely to die from hormone-related cancers (breast, prostate, ovary).

What are the strongest predictors of physical health?

A landmark 1989 study of 89 women with metastatic breast cancer found —

Those who were in an ongoing support group where they learned relaxation skills for pain control lived TWICE as long as the women with no support group exposure.

What are the strongest predictors of physical health?

A study among a group of elderly Swedes enrolled in a “social activation program” that included moderate exercise and social support showed —

Levels of hormones (testosterone, estradiol, DHEA) were beneficially raised while control group levels dropped.

What are the strongest predictors of physical health?

From the research of Kenneth Pelletier, MD, author of *Sound Mind, Sound Body* on truly healthy people:

“Two key findings resulted from my analysis:

- Every personal practice and every use of the medical care system was done in moderation.
- Each person was able to attain a state of mental and physical quiet whenever they chose to do so.”

What are the strongest predictors of physical health?

American Cancer Society studied the health habits of over 1 million Americans.

- ❑ Over 6 years, they identified all the people who had died during that period.
- ❑ Out of all the factors they studied (exercise, smoking, nutrition, etc.) the one factor that had the most significant tie to mortality was **SLEEP**.

What are the strongest predictors of physical health?

- The highest mortality rates for ALL AGES were for those who slept 4 or less hours per night and those who slept 9-10 hours or more each night.
- The lowest mortality rates were for those who said they consistently slept 8 hours per night.

Sleep and the Immune System

- Sleep deprivation increases cortisol production, which suppresses the immune system and contributes to insulin resistance.
- Subjects in a sleep study who stayed up until 3 AM had a 30% drop in natural killer cells – the immune cells that protect us against viral infections and cancer.

Sleep and Insulin Resistance

- chronic sleep deprivation -- **6.5 hours or less** of sleep a night -- had the same effect on insulin resistance as aging.
- Those who averaged 5.2 hours or less -- over 8 consecutive nights -- secreted 50% more insulin than their more rested counterparts who averaged about 8 hours.
- As a result, "**short sleepers**" were **40% less sensitive to insulin.**

Sleep Disorders and Depression in Hepatitis C

- Those with cirrhosis and unsatisfactory sleep (47%) show higher scores for depression and anxiety.
- Unsatisfactory sleep in cirrhosis was associated with delayed bedtime, delayed wake-up time, and waking up at night.

Stress, Sleep, and Mood in Hep C

- Approximately 35-50% of individuals with cirrhosis report having sleep-related difficulties.
- Sleep disorders with cirrhosis vary and include:
 - being tired all day, yet awake all night
 - erratic sleeping habits characterized by days of excessive sleep (hypersomnia) alternating with days of lack of sleep (insomnia)

Risk Factors for Sleep Deprivation

- Alterations in the body's production of melatonin (a substance produced by the pineal gland and is involved in the sleep cycle) is one possible cause.
- Medications: interferon, ribavirin, prednisone, propranolol, and others are associated with insomnia.
- Caffeine, nicotine, and alcohol consumption may contribute to disturbed sleep habits.

Positive Steps in Each Component of Wellness

Spiritual Health

- Prayer/contemplative prayer/meditation
 - “Each person was able to attain a state of mental and physical quiet whenever they chose to do so.”
- Public practice of spiritual or altruistic beliefs: participation in group spiritual practice (church, synagogue, sangha) or involvement in community service.

Positive Steps in Each Component of Wellness

Social Health

- Support groups
- Friendships
- Family meetings
- Community involvement
- Continuing education classes

Positive Steps in Each Component of Wellness

Intellectual Health

- Develop a personal strategy for enhancing control (a sense of personal decision-making ability) using the “reconstructing stressful situations” technique or other techniques that allow you to problem-solve.
- Use affirmations.

Positive Steps in Each Component of Wellness

Emotional Health

- Progressive relaxation
- Quieting the mind (relaxation response)
- Counseling

Resources

- Relaxation tapes: for guided imagery, self-hypnosis, meditation and breathing, yoga, qigong.

Healthjourneys: www.healthjourneys.com

1-800-800-8661

Alternative (Traditional) Healing is not New

- Acupuncture and Traditional Chinese Medicine practices began at least 2,000 years ago and is practiced using the same theories about energy pathways in the body today.
- Ayurveda, the traditional healing practices of India, originated 5000 years ago.

Alternative Healing is not New

- The medical practice of homeopathy began in the early 1800s in Europe.
- By 1900 there were 22 homeopathic medical schools, more than 100 homeopathic hospitals, and 1,000+ homeopathic pharmacies in the U.S.

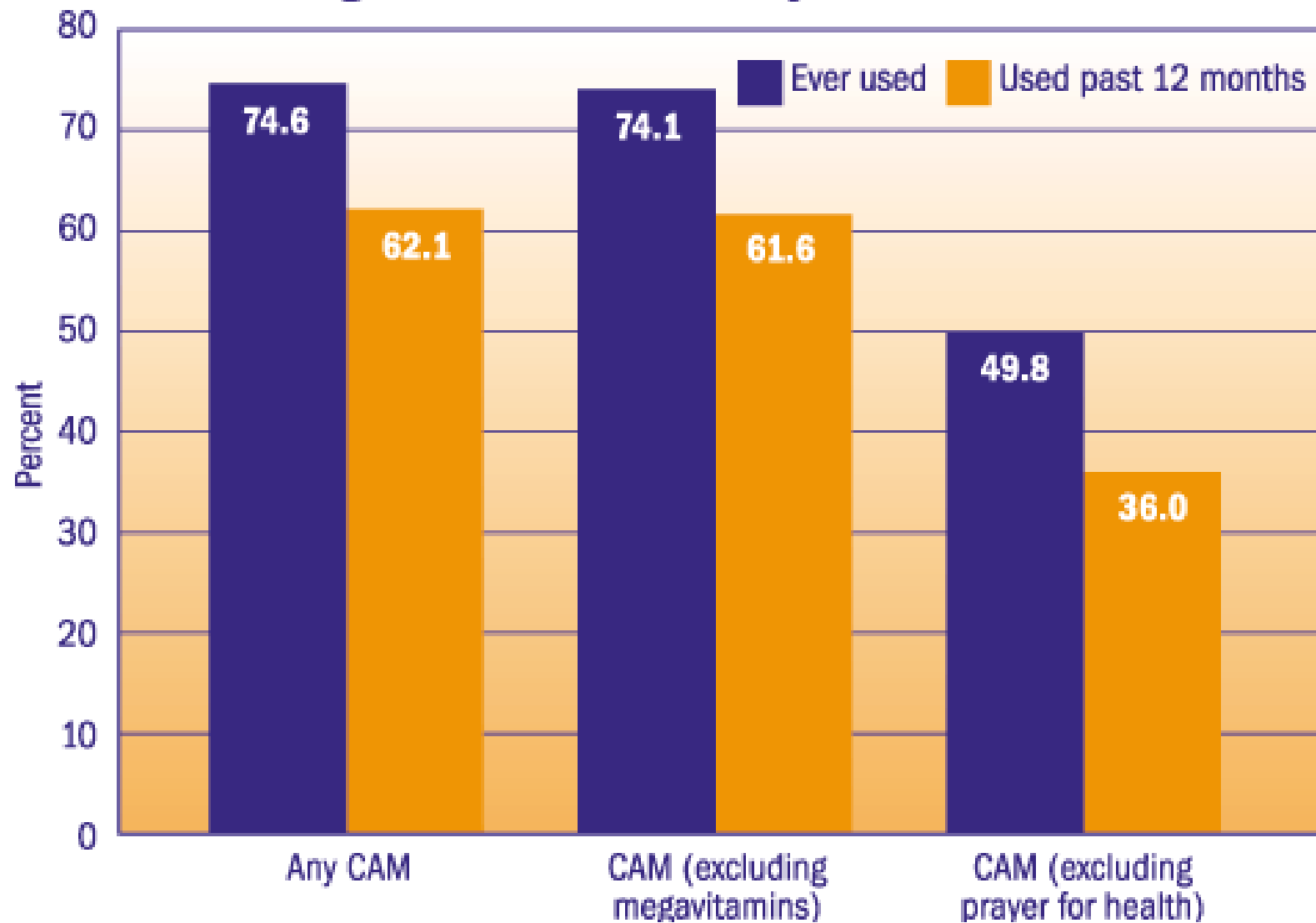
Alternative Medicine is not an alternative

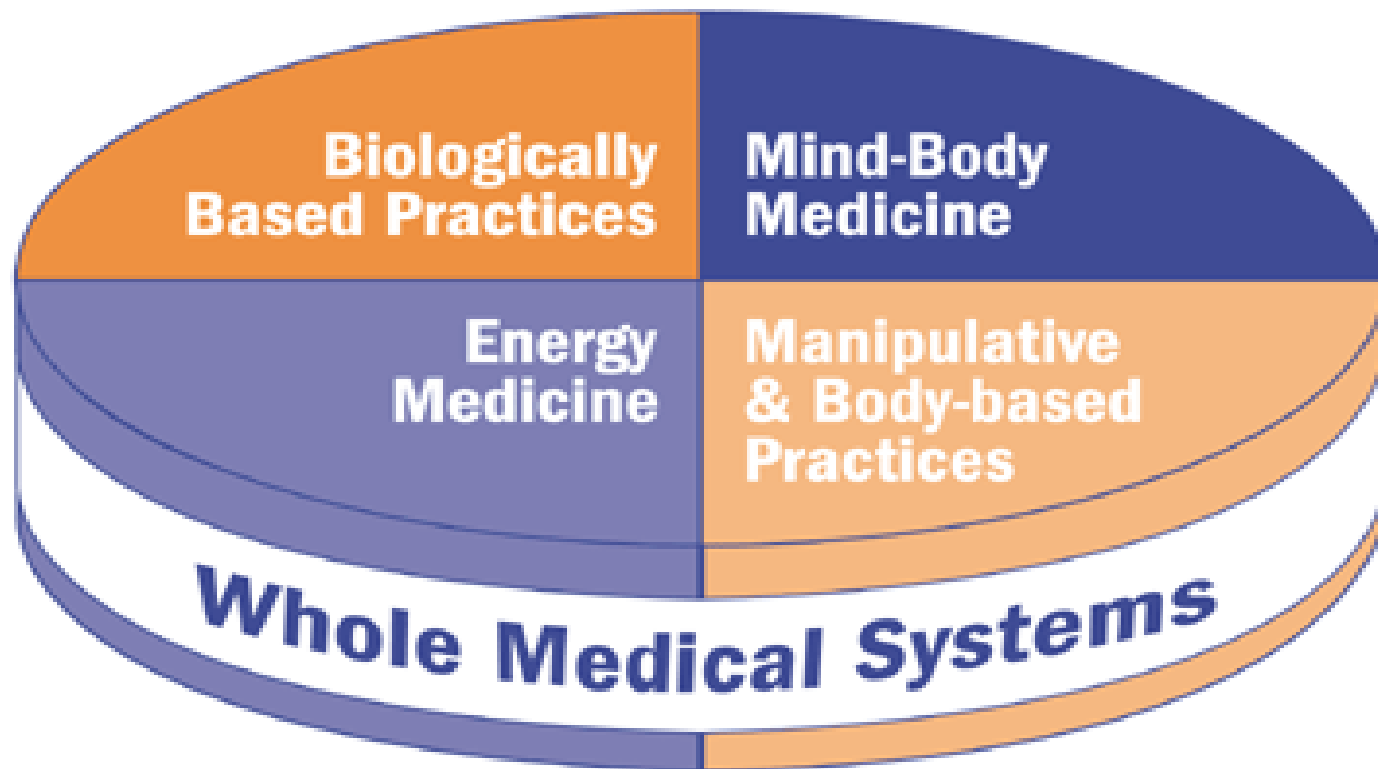
- In Africa, 80% of the population uses traditional medicine for primary health care.
- In China, herbal medicines account for up to 50% of all medicine used.

Alternative Medicine is not an alternative.

- In Europe, North America and other industrial countries, over 50% of the population has used an “alternative remedy” at least once in their lives.
- Germany, over 90%.
- France, over 75%.
- Canada, over 70%,
- Australia, 48%

Figure 1. CAM Use by U.S. Adults





NCCAM groups CAM practices into four domains, recognizing there can be some overlap. In addition, NCCAM studies CAM whole medical systems, which cut across all domains.

CAM and Hep C

- How can CAM modalities be used by people with chronic hepatitis C?
- What evidence exists for the effect of these modalities in chronic hepatitis C?

Homeopathy

- A meta-analysis of clinical trials using homeopathy:
- 13 out of the 19 trials of respiratory infection treatment were effective,
- 6 out of 7 were positive for other infections,
- 5 out of 7 were positive for digestive system treatment,
- 5 out of 5 were successful for hay fever,
- 5 out of 7 showed accelerated recovery after surgery,
- 4 out of 6 helped in joint disease,
- 18 of 20 were beneficial for pain or traumatic injury
- 8 out of 10 worked for mental or psychological problems.

Homeopathy

- pain following tooth extraction reduces vertigo and nausea
- reduces labor time in pregnant women reduces risk of abnormal labor
- reduced insomnia and anxiety compared to Valium with no side effects

Hatha Yoga

- Published studies have shown that yoga can be used successfully as an adjunctive therapy for:
 - asthma
 - high blood pressure
 - drug addiction heart disease migraine headaches
 - cancer
 - arthritis and the arthritic symptoms of lupus

Hatha Yoga

Clinical trials with hatha yoga have shown:

- better ability to cope with stress
- decreasing levels of serum cortisol, and increasing levels of alpha wave activity in the brain
- changes in brain activities, including improvements in cortical activities and inhibition of limbic activities
- increased levels of mental and physical energy
- significant normalizing of blood sugar in non-insulin dependent diabetics

Meditation

Transcendental meditation, a specialized meditation technique adapted from Ayurveda has been shown to:

- reduce blood pressure
- improve post-traumatic stress syndrome
- decrease anxiety
- decrease alcohol and drug abuse
- generally improve psychological health

Meditation

- reduce health care use (decreased need for doctor visits)
- increase longevity and quality of life;
- reduce chronic pain

Meditation

- reduce serum cholesterol level
- reduce blood pressure in African-American persons
- lower blood cortisol levels initially brought on by stress

Naturopathic Medicine

- **Phase I/II Randomized Open-Label Dose-Finding Study of IdB 1016 in Hepatitis C (UW collaboration, Bastyr subcontractor)**
Principal Investigator: C Krowdley, Co-Investigator: L J Standish

Mind-Body Therapies

- Support Groups-
- Support groups have been shown to be an effective way to increase lifespan with women with metastatic breast cancer and to improve quality of life in people with HIV/AIDS

Other Mind-Body Techniques

- hypnosis
 - guided imagery
 - “relaxation response”
 - biofeedback- Quantitative EEG
-
- All of the above have been found to have the same beneficial physical and mental responses as does meditation.

Manipulative/ Body-Based Methods

Principles and theory of osteopathic medicine as an example of a body-based method:

- Structure and function are interdependent.
- The body has the ability to heal itself, and the role of the osteopathic physician is to enhance the healing process as much as possible.

Diseases, impairments, and disabilities arise from disruptions of the normal interactions of anatomy, physiology, and behavior.

Massage Therapy

- A study comparing 52 hospitalized depressed and adjustment-disorder children and adolescents with a control group that viewed relaxation videotapes found that the massage therapy subjects were less depressed and anxious and had lower saliva cortisol levels (an indicator of less depression).

Energy Medicine

Reiki, qi gong, Therapeutic Touch

:

- stress reduction
- pain relief
- increased ability to cope
- increased general health

Biologically-based Therapies

- Nutrient Supplementation- the use of nutritional supplements to optimize biological function
- Botanical Medicine- the use of plant extracts to improve biological function
- Diet Therapy- the use of specific dietary regimes to optimize biological function