

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 %	42.1 %
• Disclosure to physicians		39.8 %	38.5 %
• Increase Hispanic participants		6 %	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

Dissatisfaction was not a predictor of use

Only 44% of responders relied primarily
on alternative medicine

Their Findings

People who used had...

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

Their Most Common Health Conditions Associated with CAM Use

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

Again

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

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

Other surveys

- Marsh and Hentages-West Texas
- Chesney-Galveston

These surveys do not reflect the demographics of the El Paso region

Marsh WW, Hentges K. Am
Family Physician 1998

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 remedies than non-Hispanic whites.

Zuckerman MJ. Digestive Diseases and 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?

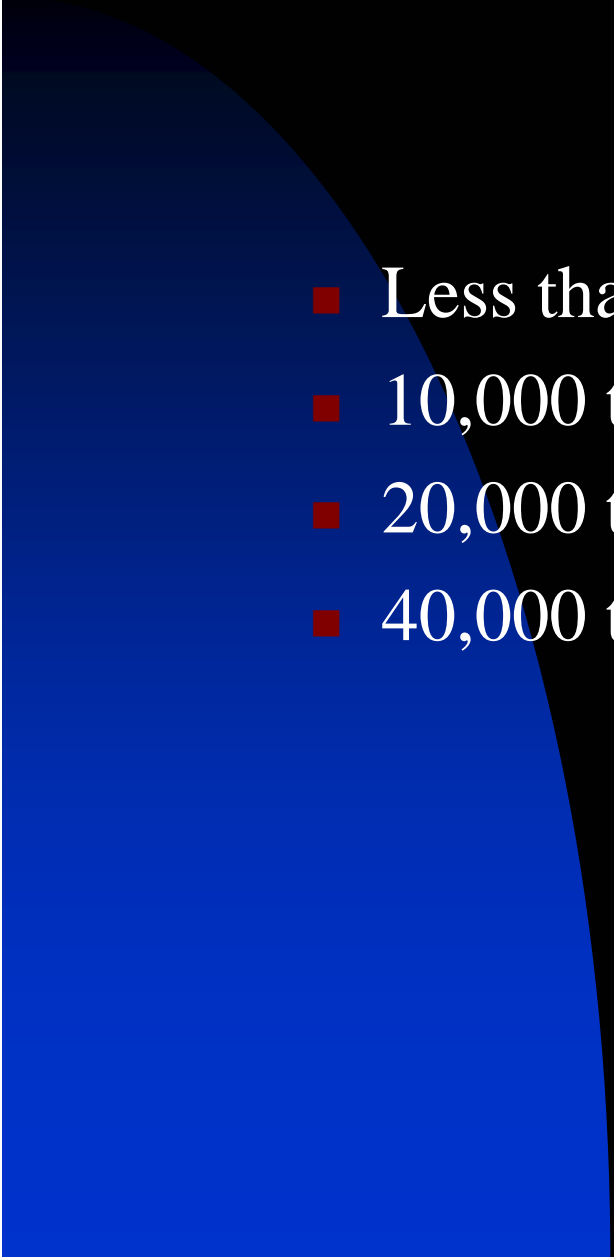
- 77 % of the Border Population surveyed
- 87 % Hispanic
- 13 % White
- 65 % Females
- 35 % Males

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

Income



■ Less than 10,000	33.33 %
■ 10,000 to 20,000	30 %
■ 20,000 to 30,000	11.11 %
■ 40,000 to 50,000	25.55 %









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TANJIAN NONI

PESO CARA NJA

CIA
ATICA
STA

AQUI LOS COLOCAMOS
PROFESIONALMENTE
PARA BAJAR PESO Y TALLA
LOS AUTENTICOS Y ORIGINALES
PARCHES CHINOS DE BALINES \$10 DI



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 %

Complementary Alternative
Providers

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

Complementary Alternative
Providers

Did it work?

- YES 87.10 %
- NO 12.89 %

Complementary Alternative
Providers

Herbal Products

Aloe Vera

Cactus

Celery

Chamomile

Chicken Poultice

Cinnamon

Corn silk

Eucalyptus

Flor de Jamaica

Garlic

Lemon

Marijuana

Mullein

Nopal

Oregano

Peppermint

Perejil

Potato Poultice

Rue

Rosa de Castilla

Tila

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

Herbal Products

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

Herbal Products

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 %

Herbal Products

Did you tell your Doctor?

- YES 69.31 %
- NO 30.68 %

Did it work?

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

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

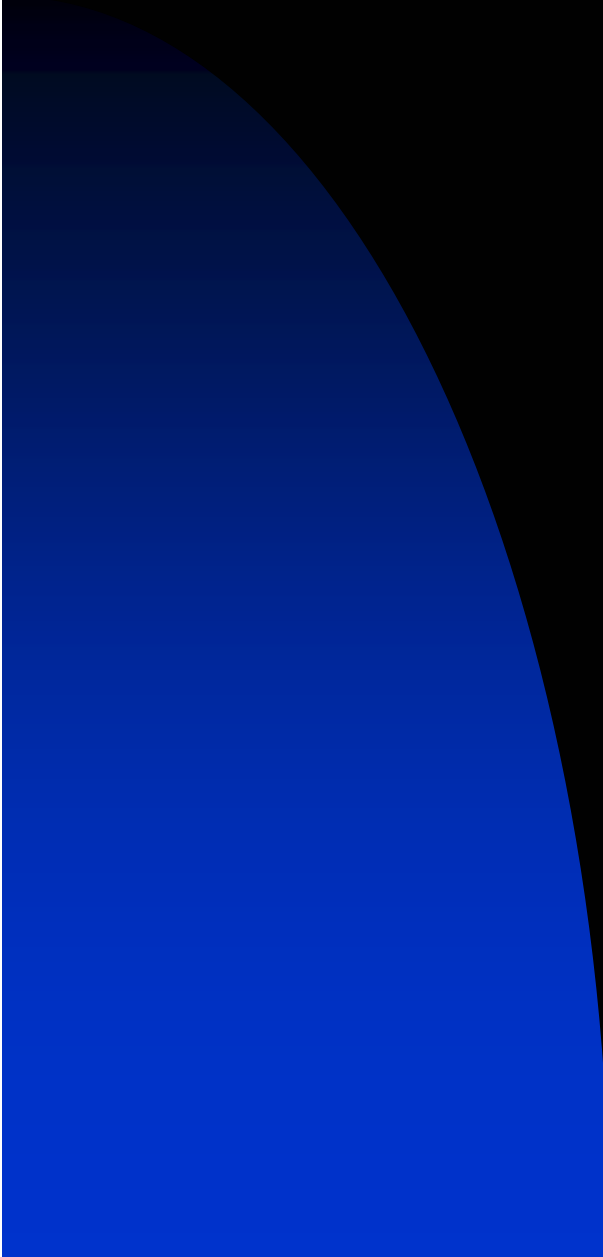
- Vitamins
- Uña de Gato
- Cartilago de Tiburon
- Ginseng
- Noni
- Metabolife
- Performance Enhancers

Vitamins

- Vitamin B-12
- Vitamin C
- Vitamin D
- Vitamin E
- Max Memory
- Stress

Nutritional and Commercial
Products

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.