



Complementary and Integrative Medicine: Sex and gender differences

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Complementary and integrative Medicine

Terminology

Alternative medicine	Complementary medicine	Integrative medicine
Treatments used instead of conventional treatments	Treatments used in addition to conventional treatments	Evidence-based treatments used in addition to conventional treatments
 or 	 plus 	 plus  

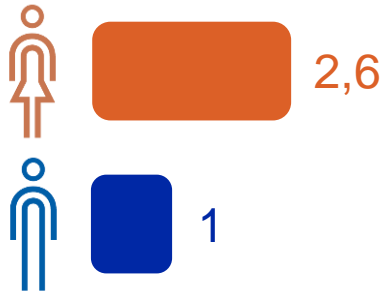
Examples for therapies





Situation in Switzerland

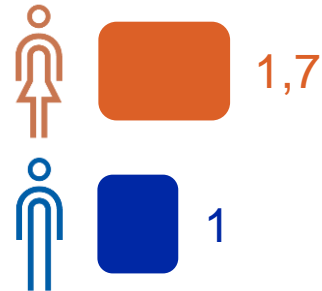
Usage of
complementary medicine



Numbers present odds ratio

Klein et al. PLOS One, 2015

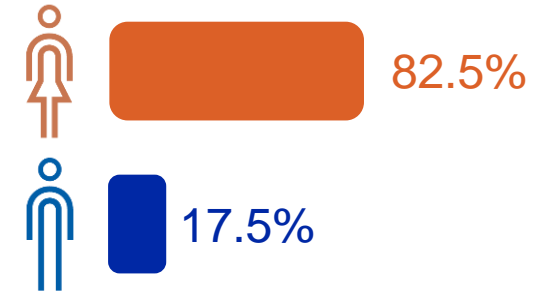
Supplementary health
insurance for
complementary medicine



Numbers present odds ratio

Klein et al. PLOS One, 2015

Complementary and
integrative medicine
non-medical providers

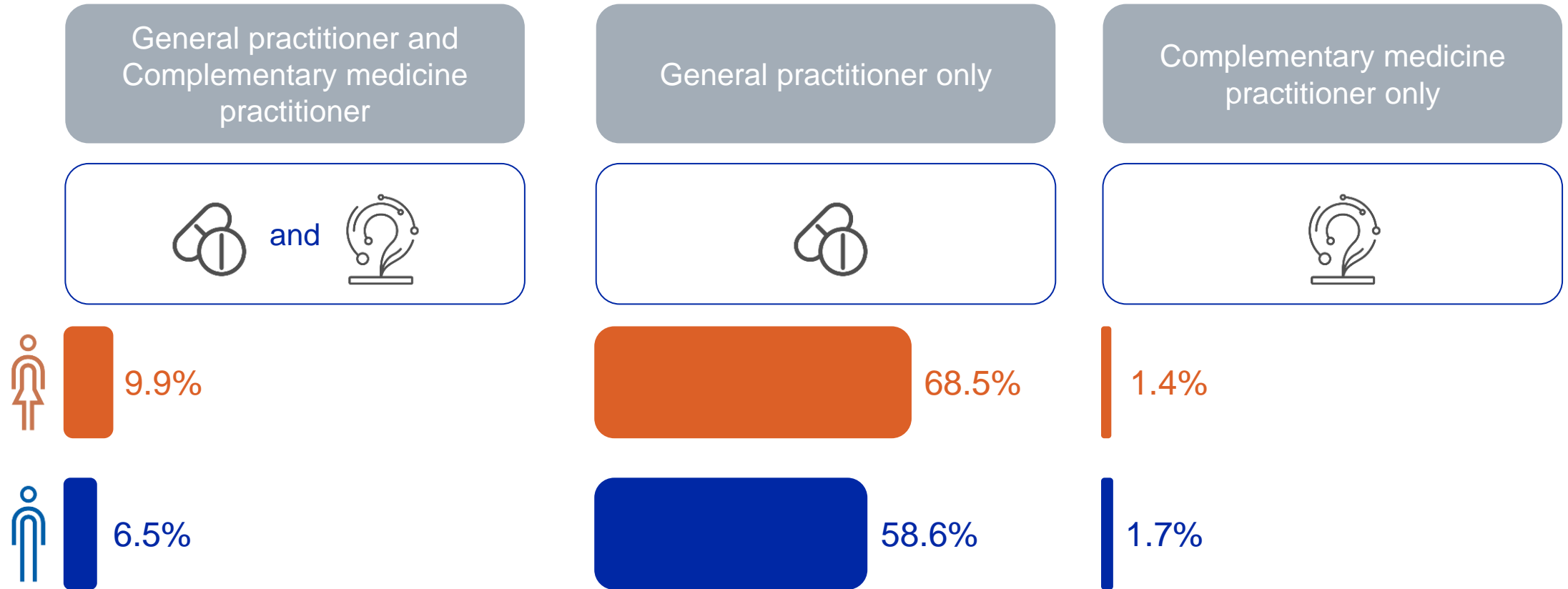


Numbers present percentage

*Barth et al. European Journal of Integrative
Medicine, 2020*



Profiles of adults visiting practitioners in Norway





Numbers present percentage

Steinsbekk et al. Scandinavian Journal of Primary Health Care, 2007



Example cancer: Demographic predictors of complementary medicine use

Demographic factor	Relevance
Female sex	
Higher education	
Younger age	
Higher income	
Previous use of complementary and alternative medicine	

Keene et al. Complementary Therapies in Clinical Practice, 2019



Example pain: Usage of complementary therapies in patients with knee arthrosis



Acupuncture




Yoga/Tai Chi/
Chi Gong/Pilates

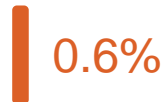


Relaxation
techniques



Dietary supplements

 N=1562



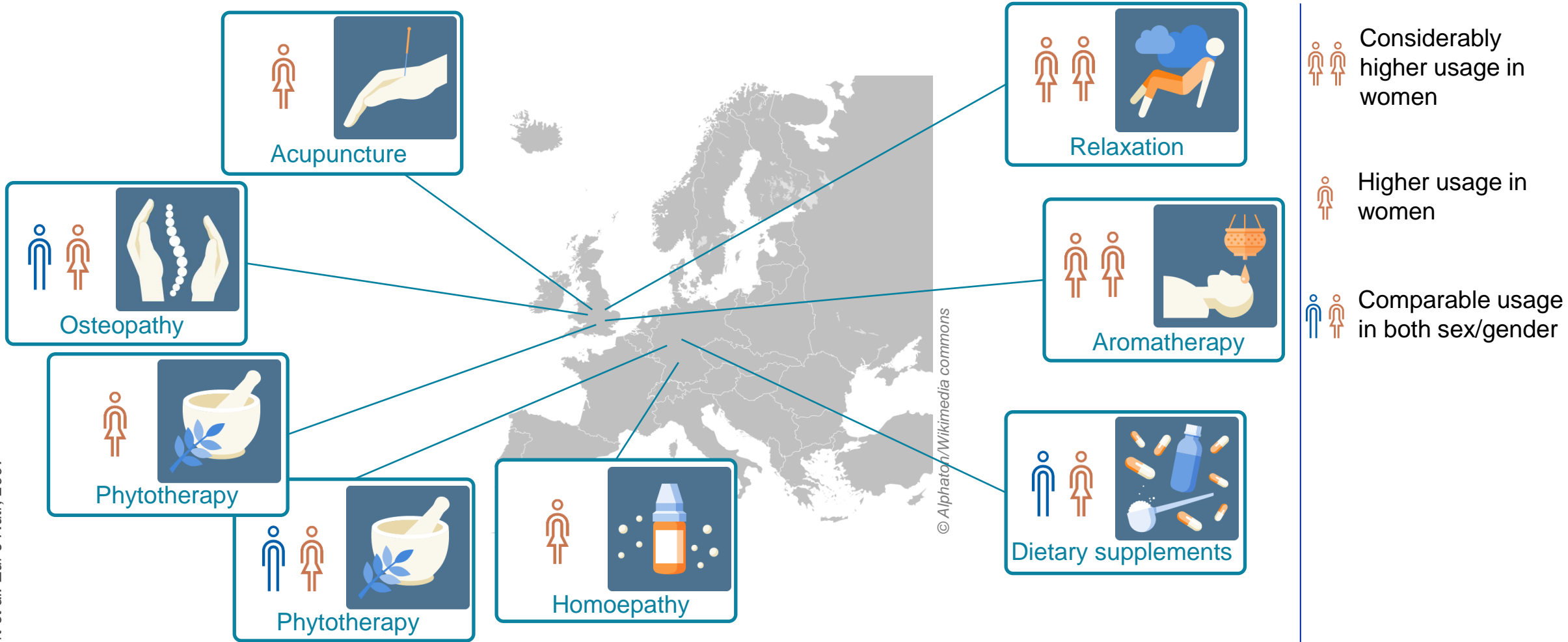
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Numbers present percentage

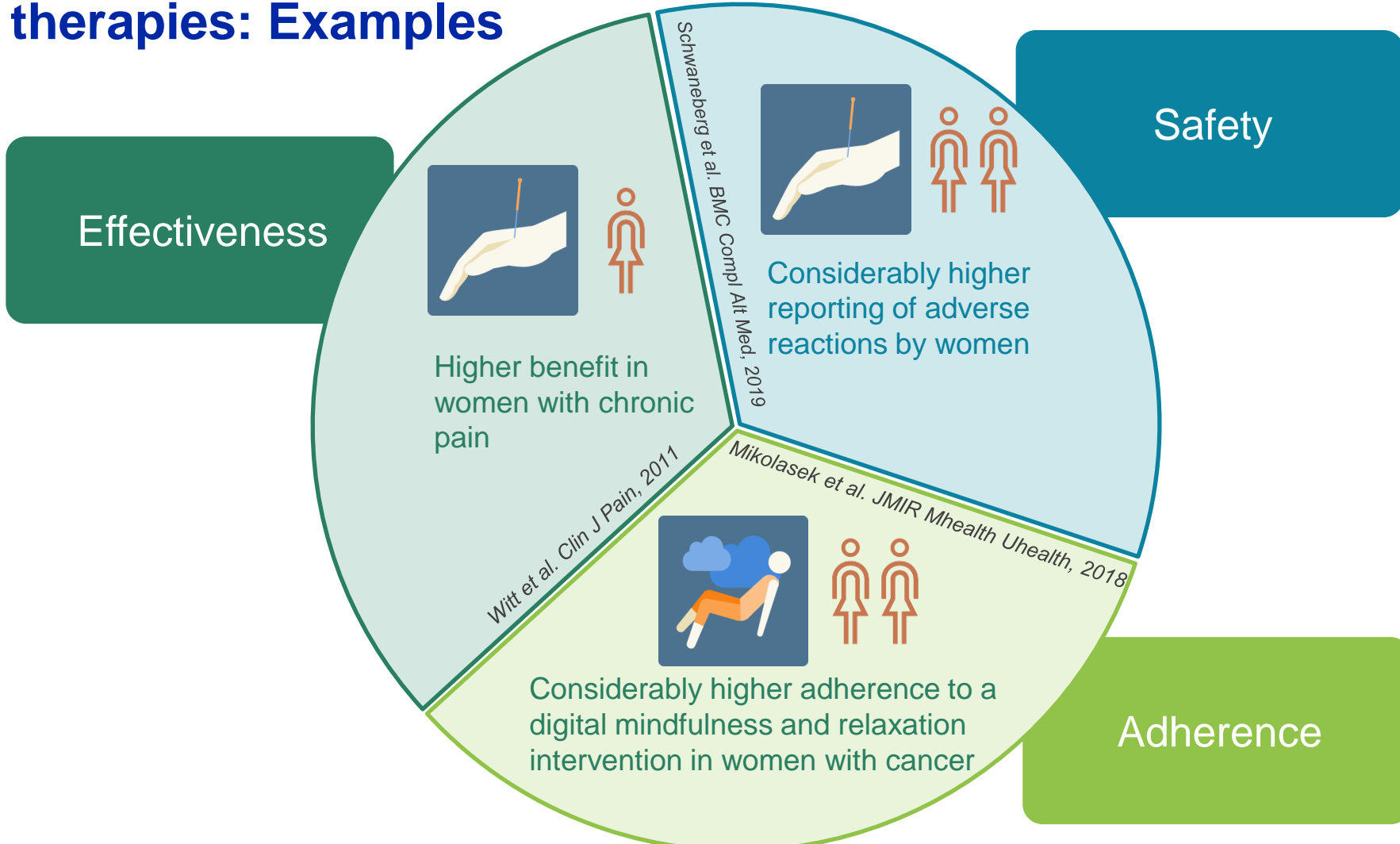
Jahawar et al. J Womens Health, 2012

Europe: Genderspecific use of specific complementary therapies



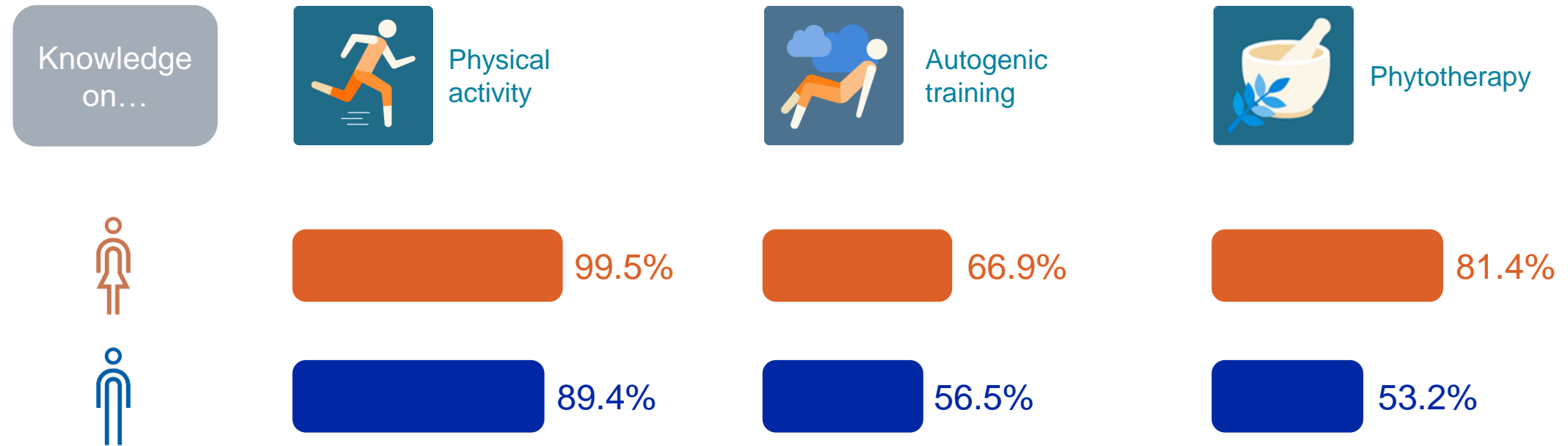
Hunt et al. *Int J Clin Pract*, 2010
de Sombre, *fd-Allensbach*, 2014
Welz et al. *BMC Health Service Research*, 2019
Peilitz et al. *Nutrients*, 2019
Reinert et al. *Eur J Nutr*, 2007

Effectiveness, safety and adherence of complementary therapies: Examples





Knowledge on complementary and integrative medicine in cancer patients



Numbers present percentage

Rogge et al. Cancer 2021 (Supplemental non-published data)



Take home messages

- Complementary medicine is defined as treatments used in addition to conventional treatments. Integrative medicine is defined as evidence-based treatments used in addition to conventional treatments.
- Female sex is a relevant predictor of complementary medicine use.
- Genderspecific differences in usage can vary for specific complementary therapies.
- There is first evidence of gender-specific aspects regarding the effectiveness and side effects of complementary therapies.



These slides are based on

**Witt, Canella, Huber, Thomae:
Factsheet Complementary and Integrative Medicine: Sex and Gender Differences.
University of Zurich, March 2023**

- Illustrations of complementary therapies: Tara von Grebel, Central IT, Multimedia & E-Learning Services, University of Zurich
- Icons: University Hospital Zurich