

Alternative Medicine Study

Burge SK, Albright T (formerly McCutcheon), RRNeST Investigators. Complementary and alternative medicine use among family practice patients in south Texas: an RRNeST project. **American Journal of Public Health** 2002, 92(10): 1614-1616.

Objectives: To examine prevalence and predictors of complementary and alternative medicine (CAM) use among family practice patients in South Texas.

Methods: A cross-sectional survey of CAM use in the past year administered to 575 family practice patients.

Results: This sample was 80 percent Hispanic. Eighty-nine percent of patients used at least one CAM in the past year. NonHispanic Whites were more likely to use lifestyle strategies, mind-body treatments and manual healing, while Hispanics and NonHispanic Whites were equally likely to use herbs and folk remedies. The strongest predictor of CAM use was use of other medicines, both prescription and over-the-counter.

Conclusions: South Texas patients use many methods to improve their health. Physicians should routinely ask patients about CAM use to avoid adverse drug interactions.