The Prevalence of Complementary and Alternative Medicine used in Postmenopausal Women at Srinagarind Hospital

Nisanasat Booning, Sukree Soontrapa, Srinaree Kaewrudee, Chompilas Chongsomchaj, Bandit Chumworathayi, Teerayut Temtanakitpaisan

Department of Obstetrics and Gynecology, Faculty of Medicine, Khon Kaen University, Khon Kaen, Thailand

Objectives: To study the prevalence, types, motivations, and physician’s awareness regarding the usage of complementary and alternative medicine (CAM) in postmenopausal women at Srinagarind hospital.

Methods: This was a cross-sectional descriptive study. A survey was conducted between July and October 2013 in 200 postmenopausal women with general gynecologic problems who attended the outpatient department of Obstetrics and Gynecology, Srinagarind hospital, a tertiary care hospital, in northeastern region of Thailand. The pre-validated questionnaires for determining the prevalence, types, motivations, and awareness of the physicians in CAM were used.

Results: The mean age of the participants was 56.1 years. The prevalence of current CAM used was 63%. Ya Satree was the most common used (18.6%) followed by Fermented herb juice (16.5%) and Chlorophyll (13.1%). The most important motivation of participants in decision to use CAM was the recommendation of acquaintance people or friends (79.4%) followed by advertisement in newspaper or magazine (16.7%) and advertisement on television (13.5%). Only 28% of physicians asked the patients about history of CAM used, and 19.5% of physicians stated the potential risk of CAM such as herb-drug interaction and adverse effects.

Conclusions: More than 60% of postmenopausal women at Srinagarind hospital used CAM. Most physicians (72%) never asked the patients regarding CAM used. More education on this issue should be provided in order to reduce unnecessary CAM used, and CAM used should be a part of routine history taking in all patients.

Keywords: Complementary and alternative medicine, postmenopausal women, physician’s awareness.