THE USE OF COMPLEMENTARY AND ALTERNATIVE MEDICINES TWO YEARS AFTER CANCER DIAGNOSIS IN FRANCE – EVIDENCE FROM THE VICAN SURVEY

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Complementary and alternative medicine = “a group of diverse medical and health care systems, practices, and products that are not presently considered to be part of conventional medicine”
Background & objectives

• From 15 to 85 % of CAM users in cancer patients worldwide
• CAM use mostly studied in the period following diagnosis/first treatments
• Now available in many French hospitals and cancer centers: acupuncture, hypnosis, osteopathy, relaxation methods
• Little information on CAM use among French cancer patients
• Objectives: to determine patterns of use during survivorship (2 years after diagnosis)
  ❑ Who are CAM users?
  ❑ What are the characteristics of new users?
  ❑ What are the characteristics of experienced users?
Method

- VICAN survey: implemented to document life 2 years after a cancer diagnosis among a large population-based national sample of adults diagnosed with cancer in 2010 in France.
- The 12 most common cancer sites
- Data: Patients telephone interview with 3 questions on CAM use
  - Do you use CAM at the moment?
  - If yes: Which ones (open question)? and did you use CAM before cancer diagnosis?
- + medical questionnaire + national health administrative database (SNIIR-AM)
- N = 4349 adults
Results

- 16.4% of CAM users 2 years after cancer diagnosis (with 54.9% of them who reported CAM use before diagnosis)
- 2/3 used only one CAM
- More often used therapies:
  - Mind and body practices: 50.6% (Acupuncture: 22% - Osteopathy: 15% - Energy therapy 5.8%)
  - Biologically based therapies: 14.9% (Herbal medicine: 8.1% - Diets 7.3%)
  - Other complementary health approaches: 67% (Homeopathy: 64%)
    (classification of The National Center for Complementary and Integrative Health (NCCIH))
Results

Women

Men

New CAM-users

Experienced CAM-users
## Independent factors associated with CAM use

<table>
<thead>
<tr>
<th></th>
<th>New CAM users</th>
<th>Experienced CAM users</th>
</tr>
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<tbody>
<tr>
<td><strong>Female (vs Male)</strong></td>
<td>2.7 ***</td>
<td>2.9 ***</td>
</tr>
<tr>
<td><strong>18-49 years at diagnosis (vs 70-82)</strong></td>
<td>1.6 *</td>
<td>ns</td>
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<tr>
<td><strong>50-59 years at diagnosis (vs 70-82)</strong></td>
<td>1.5 *</td>
<td>1.6 **</td>
</tr>
<tr>
<td><strong>60-69 years at diagnosis (vs 70-82)</strong></td>
<td>1.6 **</td>
<td>ns</td>
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<tr>
<td><strong>≥ High school certificate (vs lower level)</strong></td>
<td>1.6 **</td>
<td>2.0 ***</td>
</tr>
<tr>
<td><strong>Managerial occupations (vs executive)</strong></td>
<td>ns</td>
<td>1.6 **</td>
</tr>
<tr>
<td><strong>Never worked (vs executive)</strong></td>
<td>0.4 *</td>
<td>ns</td>
</tr>
<tr>
<td><strong>≥80% survival at diagnosis (vs &lt;80% survival)</strong></td>
<td>ns</td>
<td>1.4 *</td>
</tr>
<tr>
<td><strong>Missing (vs &lt;80% survival)</strong></td>
<td>ns</td>
<td>1.5 *</td>
</tr>
<tr>
<td><strong>Cancer progression (vs no)</strong></td>
<td>1.5 **</td>
<td>ns</td>
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<tr>
<td><strong>Impaired physical Quality of Life (vs no)</strong></td>
<td>1.3 *</td>
<td>ns</td>
</tr>
<tr>
<td><strong>Reported pain (vs no)</strong></td>
<td>1.4 **</td>
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Multinomial regression - *p<0.05 **p<0.01 ***p<0.001
Conclusion

- Recent recommendations have been issued for the use of *complementary therapies* in the management of cancers like breast or lung cancer
- No change in CAM user profile (young/female/ high educated)
- For new users: response to unmet needs (low quality of life, persistent pain)
- Very little use of hypnotherapy and relaxation therapies

Better information of patients and caregivers needed
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