



Best and Worst Cases after Use of Complementary and Alternative Medicine

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WHAT IS A BEST AND WORST CASE?

A clinical course of serious disease that is very different from what was expected based upon medical examinations:

A “best case” could be full or long time recovery of cancer or other diseases with a poor prognosis, after CAM-treatment.

A “worst case” could be when use of CAM has serious side effects or contributes to delayed conventional treatment with serious consequences for the disease.

STUDY OBJECTIVES

Provide data for CAM-treatment

- Help patients to choose treatment based on correct information

Provide data for CAM-research

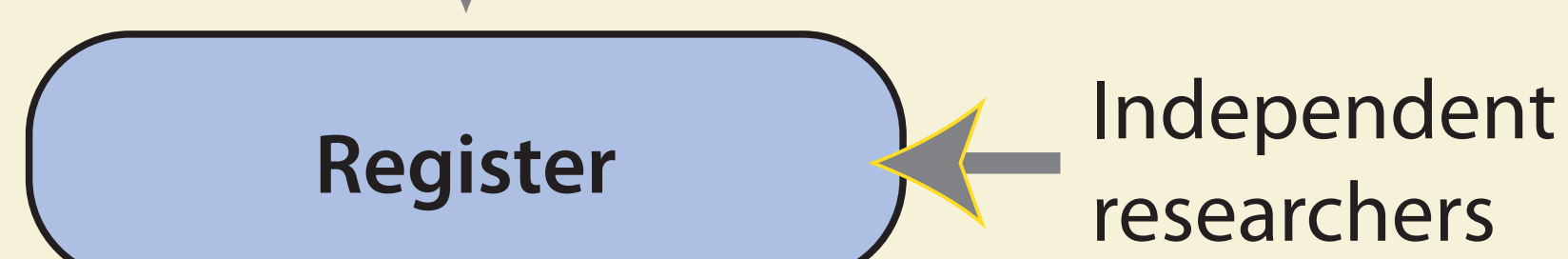
- Seek out therapies, therapists and case characteristics to focus on in further research

BEST AND WORST CASES – How?

Spontaneous communications

Selection

Quantitative and qualitative data



Independent expert panel

Report

Research
projects

WHERE ARE WE TODAY?

Approx. 150 communications

40 selected for follow-up with collection of additional information;

- 38 potential best cases;
 - 22 cancers, 6 multiple sclerosis, 10 others
- 2 potential worst cases; side effects of homeopathy

RESEARCH PROJECTS

NAFKAM: *The patient between different medical systems.*

Both qualitative and quantitative data

Karolinska Institutet: *Exceptional cancer case histories.*

Both qualitative and quantitative data

INTERNATIONAL COLLABORATION

National Cancer Institute, Best Case Program, USA

Karolinska Institutet, CSC, Sweden

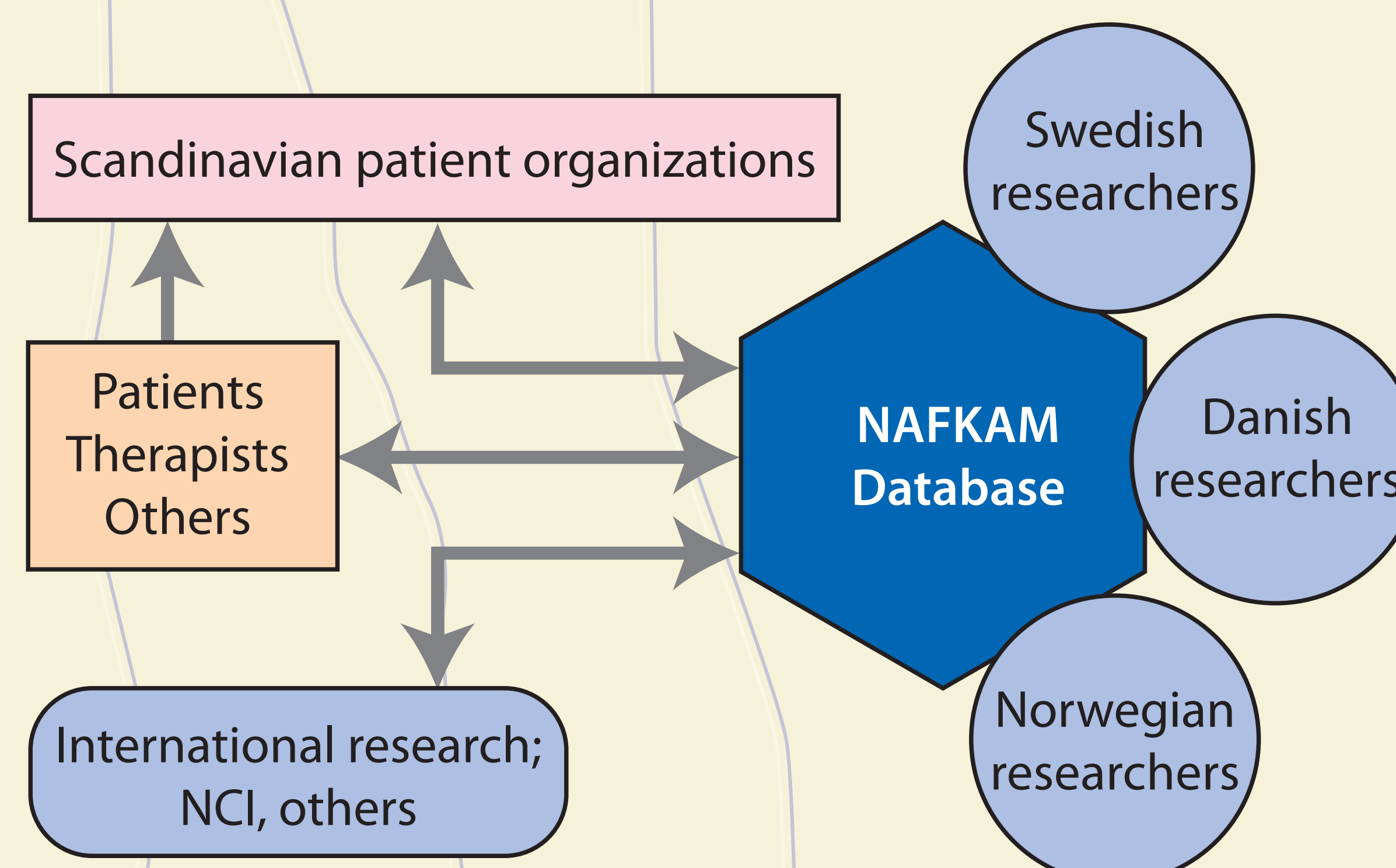
Patient organizations:

Cancer (Denmark and Norway)

Asthma and allergy (Norway)

Multiple sclerosis (Denmark and Norway)

ORGANIZATION MODEL



CRITERIA FOR FOLLOW-UP

- Serious and / or life threatening disease
- General agreement on diagnostic criteria e.g. cancers, multiple sclerosis, asthma
- CAM treatment during the course of disease
 - Consider cases of conventional treatment only during the course of disease?

USEFUL KNOWLEDGE?

Cannot be used to:

- Estimate incidence of best and worst cases
- Generalize findings to large groups of patients

Can be used to:

- Generate hypotheses and new research projects
- Contribute validated information to patients, patient organizations and therapists

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