

## Why ask about my thoughts on CAM / Integrative Medicine?

Susan was starting treatment for her chronic shoulder pain.

While completing her pre-appointment questionnaires, she noticed questions about Complementary and Alternative Medicine (CAM), also known as integrative medicine.

She told her pain management specialist that she was interested in hearing about treatment options other than conventional medicines, injections, and physical therapy.



Susan used the **attitudes about CAM questions** to talk to her doctor to learn more about CAM and ways to include it in her pain treatment.

Susan and the pain management specialist discussed the current treatment plan, ways to incorporate CAM, and potential costs and coverage by insurance.

## Frequently Asked Questions (FAQs)

New questions about your attitudes on CAM are included in your pre-appointment questionnaires.

### **Q: What is CAM?**

A: CAM stands for “Complementary and Alternative Medicine.” It has also become better known as integrative medicine. This is a non-conventional, holistic, or natural approach to health care. Common CAM treatments may include acupuncture, yoga, massage therapy, meditation, or herbal remedies.

### **Q: Will my doctor talk about CAM with me?**

A: Yes. Patients and doctors in this clinic have said they are interested in discussing CAM and are willing to pursue these options where possible.

### **Q: Are the treatments covered by insurance?**

A: While insurance coverages and costs will vary, some treatments may have some coverage. For example, some acupuncture treatments may be covered under insurance. You can also find videos about meditation, relaxation, and other self-management techniques online at no charge.

For more information, please visit [UPMC.com/IntegrativeMedicine](https://www.upmc.com/integrativemedicine).