



Natural Standard

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November 2006

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Bread and Kidney Cancer



A diet high in bread intake and low in vegetables may increase the risk of renal cell carcinoma, the most common type of kidney cancer, a new study reports.

Researchers at the Istituto di Ricerche Farmacologiche "Mario Negri" in Italy explained that although nutrition and diet have been related to renal cell carcinoma (RCC), the role of specific foods or nutrients on this cancer is still controversial.

The case-control study evaluated the relation between a wide range of foods and the risk of RCC. Between 1992 and 2004, researchers interviewed 767 patients (494 men and 273 women) under the age of 79 with incident, histologically confirmed RCC and 1,534 controls (988 men and 546 women) admitted to the same hospitals.

Patients completed a validated and reproducible food frequency questionnaire including 78 foods and beverages. There was a separate section on alcohol drinking that was used to assess patients' dietary habits two years before diagnosis or hospital admission.

Researchers obtained multivariate odds ratios (OR) after allowance for energy intake and other major confounding factors. A significant direct trend in risk was found for bread and a modest excess of risk was observed for pasta and rice, and milk and yogurt. Poultry, processed meat and vegetables were inversely associated with RCC risk. No relation was found for coffee and tea, soups, eggs, red meat, fish, cheese, pulses, potatoes, fruits, desserts and sugars.

The study concluded that a diet rich in refined cereals and poor in vegetables may have an unfavorable role on RCC.

The U.S. Department of Agriculture (USDA) recommends a diet that emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products; includes lean meats, poultry, fish, beans, eggs and nuts; and is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

For more information on diets and nutritional supplements, please visit [Natural Standard's Herbs & Supplements Database](#).

For more information on renal cell carcinoma and other cancers, please visit [Natural Standard's Condition Center](#).

References:

1) Bravi F, Bosetti C, Scotti L, et al. Food groups and renal cell carcinoma: A case-control study from Italy. *Int J Cancer*. 2006 Oct 20; [Epub ahead of print] [View Abstract](#).

2) U.S. Department of Agriculture. Dietary Guidelines. Accessed October 25, 2006. www.mypyramid.gov.

Nursing and CAM



As complementary and alternative medicine (CAM) becomes more popular among patients, health professionals are recognizing the need to integrate knowledge of CAM into their education and practice. A new survey reports that a majority of nurses recognize the need for CAM education and that only a minority have experience in the area.

Researchers at Yonsei University in South Korea analyzed and compared the knowledge, experience and attitudes of nursing faculty and students regarding complementary and alternative therapies (CAT).

The study used a cross-sectional survey with 153 participants. Forty-one were undergraduate nursing students, 57 were graduate students and 55 were faculty in a school of nursing. Most participants were white (87 percent) and female (78 percent).

The survey found that over 70 percent of the students and faculty agreed that clinical care should integrate the use of CAT. More than 85 percent desired more education about CAT, especially in undergraduate nursing curricula.

Over 65 percent of the survey-takers agreed that the clinical nurse specialist or nurse practitioner role should include the use of CAT in their practice. Further, while 50 percent agreed that they had some knowledge of CAT, only roughly 30 percent had actual experience with CAT.

Researchers found that faculty and students expressed positive attitudes toward integrating CAT into the undergraduate nursing curriculum and nursing practice. The study concluded that faculty development and nursing research are needed to facilitate curriculum change and integrate CAT into nursing programs at all levels.

In a related study, researchers studied the ability of nursing students to provide spiritual care to patients at the end of life. Spiritual care may include different types of prayer or spiritual practices used to comfort terminally ill patients.

The study, which was conducted at Nicholls State University in Louisiana, observed that nurses spend more time with their patients than do other health care workers and suggested that the spiritual needs of patients should be recognized as a domain of nursing care.

According to the researchers, holism cannot exist without consideration of the spiritual aspects that create individuality and give meaning to people's lives. The report was intended to provide nursing faculty with tools that may be used to develop spiritually knowledgeable nursing students who can overcome barriers to providing spiritual care to end-of-life patients.

The literature on spirituality was reviewed, use of care mapping in nursing curricula was described and a teaching approach to develop nursing students who are skilled at providing spiritual care was explained. Researchers also presented three case studies and care maps created by former students to demonstrate examples of spiritual competence.

For more information on prayer, distant healing and other related therapies, please visit [Natural Standard's Complementary Practices Database](#).

References:

- 1) Kim SS, Erlen JA, Kim KB, Sok SR. Nursing students' and faculty members' knowledge of, experience with, and attitudes toward complementary and alternative therapies. *J Nurs Educ.* 2006 Sep;45(9):375-8. [View Abstract](#).
- 2) Mitchell DL, Bennett MJ, Manfrin-Ledet L. Spiritual development of nursing students: developing competence to provide spiritual care to patients at the end of life. *J Nurs Educ.* 2006 Sep;45(9):365-70. [View Abstract](#).

Occlusion Therapy for Lazy Eye in Children

Occlusion therapy may help children with anisometropic amblyopia or lazy eye, a new study reports.

Researchers at Hallym University College of Medicine and Chunchon Sacred Heart Hospital in Korea investigated the outcome of part-time occlusion therapy in children with anisometropic amblyopia detected after they were 8 years of age. Occlusion therapy employs the use of an eye patch.



Amblyopia, or lazy eye, is a disorder of the eye that is characterized by poor or blurry vision in an eye that is otherwise physically normal, or out of proportion to associated structural abnormalities. The problem is caused by either no transmission or poor transmission of the visual image to the brain for a sustained period of dysfunction or disuse during early childhood. The condition will only arise at a young age because most of the visual system's development in humans is complete and locked in by 8 to 10 years of age.

Researchers analyzed 29 eyes with anisometropic amblyopia in children 8 years of age and older. The mean age was 8.79 +/- 0.98 (range 8-12) years old. The subjects whose best-corrected visual acuity (BCVA) did not improve by two lines or better within two weeks of wearing glasses full-time were prescribed occlusion therapy for six hours a day outside of school hours, along with the instruction to wear glasses full-time. Subjects who complied with occlusion for more than three hours a day were considered to comply well.

The study found that the major component of the anisometropia was farsightedness (hyperopia) in 51.7 percent of the subjects, and hyperopia plus astigmatism was found in 24.1 percent. Compliance was approximately 90 percent. The success rate was 96.43 percent. It took an average of 4.79 +/- 3.35 months to reach the desired post-treatment BCVA. The mean post-treatment stereopsis was 79.78 +/- 37.61 seconds of arc. The recurrence rate was 8 percent. The visual improvement was related to the degree of compliance. The time taken to reach the post-treatment BCVA was shorter in subjects with a better pretreatment BCVA, but it did not relate to the compliance.

The study concluded that the most common component of anisometropia detected after 8 years of age was hyperopia. The part-time occlusion therapy, which had been carried out after school hours, was successful in most cases.

For more information on eye disorders, please visit [Natural Standard's Condition Center](#).

Reference: 1) Lee YR, Lee JY. Part-time occlusion therapy for anisometropic amblyopia detected in children eight years of age and older. Korean J Ophthalmol. 2006 Sep;20(3):171-6. [View Abstract](#).

Joint Library Conference



In March 2007, the New Mexico Library Association (NMLA) is hosting a joint annual conference with the Mountain Plains Library Association (MPLA) in Albuquerque. The joint conference will likely be the largest conference NMLA has ever hosted, offering New Mexico librarians and librarians from the Mountain Plains region an opportunity to learn, share and network with a large group of librarians while enjoying New Mexico's diverse cultural experiences.

Plans are well underway for this conference. Special tours are being arranged. Conference organizers are planning events at special venues in the Albuquerque area. Joseph Janes will be the Keynote Speaker. Robert J Blake is scheduled to speak at the Children's Literature Luncheon. Author [Rudolfo Anaya](#) will be speaking at another luncheon.

For more information, please visit www.nmla.org.

Aromatherapy and Recreational Diving



Aromatherapy may help treat diving-related illnesses in women, a new study suggests.

Russian researchers report that in recent years, recreational diving has gained popularity among women and the occasional decompression sickness and pulmonary barotrauma associated with the sport may be cured with the use of recompression tables.

Barotrauma consists of injuries caused to humans by water pressure, specifically by a difference in pressure between an air space inside or beside the body and the surrounding gas or liquid.

In the study, researchers evaluated factors in therapeutic recompression. Experiment Rusalka-2004 (Mermaid) was performed with participation of a female crew "descended" at air pressure of 70 m H₂O and maintained in hyperoxic heliox at 40-0 m H₂O for four days. On "ascent" the crew was given a course of aroma rehabilitation.

To assess effects of this therapy, entries in a dedicated questionnaire were made and the Spilberger-Khanin SAM (self-appraisal-activity-mood) test and a modification of the

Dembau--Rubinshtein self-appraisal method were fulfilled on the daily basis.

The study found that the best results were achieved in the subjects who were particularly favorable to this sensory stimulation and made their own choice of scents with 100 percent natural essences.

Aromatherapy is a loosely-applied term referring to several modalities of delivery of essential oils to the body. Essential oils (also known as aromatic oils) are usually mixed with a "carrier" oil, usually a vegetable oil (such as soy, evening primrose or almond) or weakened (diluted) in alcohol before being applied to the skin, sprayed in the air, or inhaled.

For more information on aromatherapy, please visit [Natural Standard's Complementary Practices Database](#).

Reference: 1) Andreeva EA. [Results of aromatherapeutic rehabilitation of women after extended exposure in altitude chamber for recompression treatment][Article in Russian] *Aviakosm Ekolog Med.* 2006 Mar-Apr;40(2):36-41. [View Abstract](#).

CAM for Radiation Therapy

More radiation therapy patients are seeking complementary and alternative medicine (CAM), a new study reports.

Researchers at the University of Cincinnati Medical Center in Ohio examined the pattern of alternative medicine use in patients undergoing radiation treatment of cancer.

A cross-sectional study was conducted among cancer patients treated with radiation therapy from July 2003 through July 2005 at the University of Cincinnati. CAM was defined as the use of dietary supplements, massage therapy, prayer, acupuncture, chiropractic and other novel therapies undertaken after diagnosis with cancer.



The study included 152 patients with a median age of 59 (range, 21-85). There were 82 (54 percent) males and 70 females ((46 percent); 108 (69 percent) were Caucasian. Out of the 152 study participants, 104 or 68 percent used CAM. The most common CAM modality reported was prayer (85 or 82 percent) and use of dietary supplements (84 or 80 percent).

The study found that the majority of users were female and well-educated. Among CAM users, 60 or 58 percent had discussed its use with their physician. Level of education, employment status and income showed a significant correlation

with the use of CAM.

The study concluded that the use of complementary alternative medicine among cancer patients receiving radiation therapy is frequent. Given the potential risks with some CAM therapies, researchers recommended that physicians actively ask patients whether they use CAM and provide appropriate counseling.

For more information on alternative therapies associated with cancer, please visit please visit [Natural Standard's Condition Center](#) or [Natural Standard's Complementary Practices Database](#).

Reference: 1) Swarup AB, Barrett W, Jazieh AR. The use of complementary and alternative medicine by cancer patients undergoing radiation therapy. Am J Clin Oncol. 2006 Oct;29(5):468-73. [View Abstract](#).

NBScience International Conference of Biomedical Sciences



NBScience, a scientific research organization, will be hosting an International Conference of Biomedical Sciences this Dec 18-19 in Dubai, United Arab Emirates.

NBScience today is an independent International Organization formed by the European and U.S. Community to promote worldwide scientific co-operation . NBScience provides researches without borders. Members around the world have strong experience in healthcare, clinical research management etc.

For more information, please visit www.nbscience.com or e-mail shevchenko@nbscience.com.

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[Natural Standard](#) would like to welcome Audrey Nealon, PharmD- Northeastern University Jenny Kim, PharmD- Massachusetts College of Pharmacy and Ruslan Voloshin- PharmD, Massachusetts College of Pharmacy.

[Natural Standard](#) would like to congratulate Shaina Tanguay-Colucci on the successful completion of her first marathon. Shaina ran the Maine Marathon with the Leukemia and Lymphoma's Society's [Team in Training](#).

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