

SCOPING REVIEW: COMPLEMENTARY AND ALTERNATIVE MEDICINE OBSERVATIONAL STUDY IN HIGH SCHOOL ATHLETES

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Introduction

This study explores adolescent athletes' knowledge and use of complementary and alternative medicine (CAM) in the Lehigh Valley. It seeks to identify CAM practices, purposes, and usage trends to offer insights into prevalence and guide future research on CAM efficacy and health impacts.

Methods

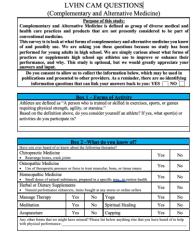
Surveys assess CAM knowledge, use, and purpose among adolescents grades 9-12, covering many provider-administered and non-provider-based modalities. Privacy is prioritized, and parental implied consent obtained. Surveys will be done at school: teens using healthcare without parental awareness are likelier to report CAM (72% vs 52%, P=.021). Data will analyze trends by teen activity and modalities

Results from Literature Review

Our research differs from previous studies by examining multiple aspects of CAM use, focusing on sports performance while also assessing teens' knowledge of CAM and any other reasons for use. This helps identify whether CAM use is increasing for sports alone or other reasons such as health or wellbeing. The project is under IRB review, pending high school approval. A literature review highlights limited U.S.-based research on adolescent athletes and CAM, emphasizing the need for updated data. Key findings include:

- > 1999 NY Survey (361 teens): most common CAM use Massage (13%), Herbal (11.5%), Vitamins (11%), Chiropractic (7%).
- > 2002 Midwest Study (401 teens): 68% used CAM; top modalities were Herbal Medicines (27%), Massage Therapy (27%), Megavitamins (22%).
- ➤ 2007 NHIS (9417 children): 12% used CAM; 4% non-vitamin products, 3% Chiropractic/OMT.
- > 2012 Muscle-Enhancing Study (2973 teens): Protein powders (35%), Steroids (6%).
- > 2013 Energy Drink Study: n = 52,016; ED prevalence in children 6-10 (18%) vs Teens (68%) vs. Adults (30%).

Proposed Questionnaire



			do you do?	
Do you personally use any of	the following the	rapies to	help your own performance?	_
 Chiropractic Medicine Rearrange bones, crack joi 	iens			Yes
Osteopathic Medicine • Use of therapeutic pressure		muscula	r, bone, or tissue issues	Yes
Homeopathic Medicine Small doses of natural sub	stances, prepared	in a spec	rific way to restore health	Yes
 Herbal or Dietary Suppler Natural performance enhance 	ments ncers, items boug	ht at any	stores or online sellersC.	Yes
Message Therapy	Yes	No	Yoga	Ye
Meditation	Yes	No	Spiritual Healing	Yes
Acupuncture	Yes	No	Cupping	Ye
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Conclusions

Our study will update trends and usage to address gaps in knowledge. Understanding teen CAM usage will help guide research on efficacy, benefits, and risks. Identifying prevalent modalities will help educate patients and providers, addressing gaps in knowledge on provider-based CAM and non-prescribed supplements.