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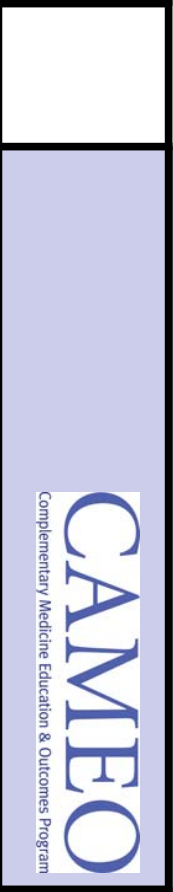


New Investigator funding to Dr. Lynda Balneaves
provided by:



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CAM Use Diary



HOW TO USE THE DIARY

(examples next 2 pages)

We recommend recording in the **top table row**:

- The name/brand of the therapy for that page
- Your goal of using the therapy (see notes below)
- The expected initial dose and frequency of use
- Any known side effects to watch for
- The outcome you hope to have and when you expect to experience the outcome.

In the **main table**, you have room to fill out the following:

- Date of use
- Effectiveness scale: *Is the therapy achieving your goal?* (1 = not effective to 10 = very effective)
- Any changes to the dose and frequency
- Side effects experienced
- Additional comments related to your therapy use

NOTES

- 1) Try just a few CAM at a time, or you may not be able to identify which therapy(s) may be producing the desired effects and/or which may be causing unwanted effects.
- 2) We recommend considering your goal of therapy use when ranking the effectiveness of a therapy. The effectiveness scale may not be appropriate for all CAM, especially those that may take weeks to see an effect.

Please take the time to verify what evidence is known about the use and effectiveness for your goal(s) of using the CAM, the possible side effects, and the possible interactions (could this CAM change the effectiveness of other medications or CAM you are using?).

Your health care professionals, as well as the recommended links on the *CAMEO* website or in the *CAM and Cancer in BC* booklet (available from the *CAMEO* website) will help you find that information. www.bccancer.bc.ca/cameo

Therapy Name	Your Goal for Use	Dose & Frequency	Possible Side Effects	Evaluation Plan

Date	Effectiveness? From 1 to 10	Dose & Frequency	Experienced Side Effects	Comments

Therapy Name	Your Goal for Use	Dose & Frequency	Possible Side Effects	Evaluation Plan

Date	Effectiveness? From 1 to 10	Dose & Frequency	Experienced Side Effects	Comments

Example 2: Natural Health Product, Garlic, for immune support

Therapy Name	Your Goal for Use	Dose & Frequency	Possible Side Effects	Evaluation Plan
Garlic	Boost my immune system	2 x 350 mg caps 2 times per day	Bleeding, bruising, change in blood pressure, heartburn, flatulence, diarrhea, decrease oral contraceptives	Evaluate every week: am I feeling better?

Date	Effectiveness? From 1 to 10	Dose & Frequency	Experienced Side Effects	Comments
August 3	4 feeling worse this week.	No change	Feeling bloated, mildly nauseated after meals & burping garlic.	Am I just under the weather, or is it the garlic? Will check with my GP about my blood pressure pills
August 10	5	No change	Hasn't improved much. Switch to odourless garlic helped the burping. Bloating and nausea better	Feeling okay. Is it the garlic? Will I really know? Will continue and keep monitoring.

Commentary

The goal here, like some goals for some therapies, may be difficult to assess. How are you going to assess your therapy? What will you measure or feel? This person is monitoring the effects weekly. After a month or more, they may try going off the therapy for week, and document and evaluate the change(s) that they feel. For difficult to assess goals such as this, you may want to discuss the effects with your health care provider (a diary like this will help to provide an overall picture) as well as further ways to assess if it is helping you.

