**SUPPLEMENTAL DIGITAL CONTENT**

**Complementary Alternative Therapy Use in Breast Cancer: Notable Findings**

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**ABSTRACT:** Complementary and alternative medicine (CAM) is prevalent among women treated for breast cancer but poorly understood in some ethnic groups. This exploratory descriptive study characterized CAM use for treatment and general health among African and European American women with breast cancer. African American women reported higher CAM use and marked emphasis on faith among other differences from European American women. Implications for practice are discussed.

**KEY WORDS:** African Americans, breast cancer, complementary and alternative therapies, faith, prayer, spirituality

1. **Supplemental Table: Demographic and Clinical Characteristics of Participants**

**Summary:** Participants ranged in age from 35 to 67 years and included both urban and rural dwellers, high school only and college graduates, and employed and unemployed women; half reported family incomes below $25,000/year. Most reported religious affiliation to Protestant or Roman Catholic churches. The only statistically significant difference between participants was European American women were employed more than the African American women.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | African Americans n=9 | | European Americans n=10 | | Total Sample  N=19 | | AA vs. EA Significance a |
| Characteristic: | n | % | n | % | n | % | p value |
| Age |  |  |  |  |  |  | .808 |
| < 50 yr | 4 | 44% | 5 | 50% | 9 | 47% |  |
| ≥ 50 yr | 5 | 56% | 5 | 50% | 10 | 53% |  |
| Residence |  |  |  |  |  |  | .277 |
| Urban | 5 | 56% | 8 | 80% | 13 | 68% |  |
| Rural | 4 | 44% | 2 | 20% | 6 | 32% |  |
| Employed |  |  |  |  |  |  | <.001\* |
| Yes | 1 | 11% | 7 | 70% | 8 | 42% |  |
| No | 8 | 89% | 3 | 30% | 11 | 58% |  |
| Education |  |  |  |  |  |  | .028 |
| High School | 4 | 44% | 1 | 10% | 5 | 26% |  |
| College | 5 | 56% | 9 | 90% | 14 | 74% |  |
| Family Income |  |  |  |  |  |  | .173 |
| < $25,000 | 7 | 77% | 3 | 30% | 10 | 53% |  |
| $25,000 – 75,000 | 1 | 11% | 4 | 40% | 5 | 26% |  |
| > $75,000 | 0 |  | 2 | 20% | 2 | 10% |  |
| Missing Data | 1 | 11% | 1 | 10% | 2 | 10% |  |
| Religion |  |  |  |  |  |  | .482 |
| Baptist | 3 | 33% | 3 | 30% | 6 | 32% |  |
| Church of the Apostles | 0 |  | 1 | 10% | 1 | 5% |  |
| Nondenominational | 2 | 22% | 0 |  | 2 | 10% |  |
| Holiness | 1 | 11% | 0 |  | 1 | 5% |  |
| Roman Catholic | 0 |  | 3 | 30% | 3 | 16% |  |
| Methodist | 0 |  | 1 | 10% | 1 | 5% |  |
| Christian Methodist Episcopal | 1 | 11% | 0 |  | 1 | 5% |  |
| Episcopal | 0 |  | 1 | 10% | 1 | 5% |  |
| None | 2 | 22% | 0 | 0% | 2 | 10% |  |
| Time since diagnosis |  |  |  |  |  |  | .107 |
| 0-2 yr | 3 | 33% | 7 | 70% | 10 | 53% |  |
| > 2 yr | 6 | 67% | 3 | 30% | 9 | 47% |  |
| Treatment |  |  |  |  |  |  |  |
| Surgery | 5 | 56% | 9 | 90% | 14 | 74% | .395 |
| Chemotherapy | 7 | 78% | 7 | 70% | 14 | 74% | .720 |
| Radiation therapy | 4 | 44% | 6 | 60% | 10 | 53% | .525 |
| Hormonal therapy | 3 | 33% | 4 | 40% | 7 | 37% | .779 |
| Breast cancer in family |  |  |  |  |  |  |  |
| Yes | 3 | 33% | 5 | 50% | 8 | 42% | .490 |
| No | 6 | 67% | 5 | 50% | 11 | 58% |  |

a = (t-test for significant differences between groups; \* indicates significance)

1. **SUPPLEMENTAL TABLE: 81 CAM Therapies used for Health and for Cancer by Race - Sorted from Least to Most Used**

**Summary:** When asked to distinguish between two roles for currently used CAM therapies, participants distinguished between cancer-related and general health-related CAM use. Cancer-related CAM therapies were used to target specific side effects of treatment, including emotional and physical toxicities. Some also used CAM to counteract past poor health decisions and become healthier so they could tolerate treatment and lessen the likelihood that cancer would recur. Therapies considered elements of general healthy living included vitamins, exercise, and a healthy diet. Participants used a wider variety of CAM treatments for their health than for their breast cancer.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | CAM for Cancer | | | CAM for Health | | | Total CAM Use |
|  | White | African  American | Total | White | African  American | Total |  |
| Chinese medicine | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Colored light treatments | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Hypnosis | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Rootwork | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Aloe vera juice | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Black Cohosh | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Cannabis, Marijuana | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Chelation | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| DHEA | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Gingko | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Hydrogen peroxide | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Metabolic therapy | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Milk Thistle | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mullen | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Noni | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Ozone Therapy | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Red clay | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Red Clover | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Remifemin | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Rum soaked raisins | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Selenium | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Turpentine | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Vitex | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Chiropractic | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Acupuncture/Acupressure | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Electro-stimulation | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Polarity | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Reiki | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Folk medicine | 0 | 0 | 0 | 1 | 0 | 1 | 1 |
| Naturopathy | 0 | 0 | 0 | 1 | 0 | 1 | 1 |
| Biofeedback | 1 | 0 | 1 | 0 | 0 | 0 | 1 |
| Homeopathy | 0 | 1 | 1 | 0 | 0 | 0 | 1 |
| Pickle juice | 0 | 1 | 1 | 0 | 0 | 0 | 1 |
| Mistletoe | 0 | 0 | 0 | 0 | 1 | 1 | 1 |
| Mushroom Extract | 0 | 0 | 0 | 0 | 1 | 1 | 1 |
| Whiskey | 0 | 0 | 0 | 0 | 1 | 1 | 1 |
| Reflexology | 0 | 0 | 0 | 0 | 1 | 1 | 1 |
| Magnetic Therapy | 1 | 0 | 1 | 0 | 0 | 0 | 1 |
| Guided Imagery | 1 | 0 | 1 | 1 | 0 | 1 | 2 |
| Detoxification | 0 | 1 | 1 | 1 | 0 | 1 | 2 |
| Fasting | 0 | 1 | 1 | 0 | 1 | 1 | 2 |
| Vinegar | 0 | 0 | 0 | 1 | 1 | 2 | 2 |
| Therapeutic Touch | 0 | 1 | 1 | 1 | 0 | 1 | 2 |
| Coenzyme Q10 | 1 | 2 | 3 | 0 | 0 | 0 | 3 |
| Enemas | 1 | 1 | 2 | 0 | 1 | 1 | 3 |
| Glucosamine/Condroitin | 1 | 0 | 1 | 1 | 1 | 2 | 3 |
| Soy | 0 | 0 | 0 | 2 | 1 | 3 | 3 |
| Echinacea | 0 | 1 | 1 | 0 | 2 | 2 | 3 |
| Ginseng | 1 | 0 | 1 | 0 | 2 | 2 | 3 |
| Talking away illness | 0 | 0 | 0 | 2 | 2 | 4 | 4 |
| Home remedies | 1 | 2 | 3 | 1 | 1 | 2 | 5 |
| Counseling | 1 | 0 | 1 | 2 | 2 | 4 | 5 |
| Ginger | 1 | 2 | 3 | 1 | 1 | 2 | 5 |
| Salves | 2 | 1 | 3 | 0 | 2 | 2 | 5 |
| Zinc | 1 | 0 | 1 | 1 | 3 | 4 | 5 |
| Yoga | 0 | 0 | 0 | 2 | 3 | 5 | 5 |
| Natural medicine | 2 | 2 | 4 | 1 | 1 | 2 | 6 |
| Art Therapy | 3 | 0 | 3 | 2 | 1 | 3 | 6 |
| Aromatherapy | 1 | 0 | 1 | 2 | 3 | 5 | 6 |
| Honey | 1 | 0 | 1 | 3 | 3 | 6 | 7 |
| Support group | 4 | 2 | 6 | 1 | 1 | 2 | 8 |
| Spiritual healing | 1 | 4 | 5 | 2 | 1 | 3 | 8 |
| Herbal supplements. | 2 | 3 | 5 | 3 | 0 | 3 | 8 |
| Massage | 1 | 3 | 4 | 4 | 0 | 4 | 8 |
| Meditation | 2 | 4 | 6 | 3 | 1 | 4 | 10 |
| Health food supplements. | 2 | 3 | 5 | 3 | 2 | 5 | 10 |
| Mineral supplements | 2 | 1 | 3 | 4 | 3 | 7 | 10 |
| Herb tea | 2 | 2 | 4 | 3 | 4 | 7 | 11 |
| Vitamin B6 | 2 | 1 | 3 | 3 | 5 | 8 | 11 |
| Relaxation techniques | 2 | 3 | 5 | 6 | 1 | 7 | 12 |
| Special diet | 4 | 4 | 8 | 2 | 2 | 4 | 12 |
| Lemon | 1 | 2 | 3 | 4 | 5 | 9 | 12 |
| Vitamin E | 1 | 2 | 3 | 3 | 6 | 9 | 12 |
| Traditional medicine | 6 | 2 | 8 | 2 | 3 | 5 | 13 |
| Antioxidants | 4 | 3 | 7 | 4 | 2 | 6 | 13 |
| Special foods | 3 | 3 | 6 | 4 | 3 | 7 | 13 |
| Vitamin C | 3 | 3 | 6 | 4 | 4 | 8 | 14 |
| Music | 2 | 3 | 5 | 6 | 5 | 11 | 16 |
| Humor | 4 | 1 | 5 | 5 | 6 | 11 | 16 |
| Exercise | 2 | 4 | 6 | 6 | 4 | 10 | 16 |
| Prayer | 2 | 7 | 9 | 7 | 2 | 9 | 18 |
| TOTAL: | 72 | 76 | 148 | 105 | 95 | 200 | 348 |