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## Complementary medicine use and health literacy in older Australians

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**Table 3** CAM use and information about CAM

	<b>n</b>	<b>%</b>
<b>Used CAM or currently using CAM</b>	114	74.5
<b>Discussed CAM use with medical practitioners</b>	83	54.2
<b>Main sources of information on CAM<sup>a</sup></b>		
General practitioner (GP)	64	56.6
Pharmacist	39	25.5
Family/friends	42	27.5
Internet	27	17.6
Magazines	26	17.0
Specialist	17	11.1
Others <sup>b</sup>	10	6.5
<b>CAM modalities</b>		
<b>currently used (mean SD)<sup>a</sup></b>	113	2.46 (1.66)
Vitamins	78	51.0
Minerals/Food supplements	54	35.3
Massage	21	13.7
Herbal medicine	17	11.1
Acupuncture/acupressure	13	8.5
Tai Chi	16	10.5
Chiropractor	12	7.8
Yoga	14	9.2
Meditation	18	11.8
Osteopathy	9	5.9
Qigong	6	3.9

Relaxation Techniques	6	3.9
Others $\pm$	21	13.7

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**Views on effectiveness of CAM compared to**

**conventional medicine**

More effective	13	8.5
Equally effective	47	28.8
Less effective	28	18.3
Don't know	37	44.4

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**Views on safety of CAM compared to**

**traditional medicine (n=114)**

Safer	11	9.6
Equally safe	47	41.2
Less safe	19	16.7
Don't know	37	32.5

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<sup>a</sup>Participants could choose multiple options. <sup>b</sup>Others included: book, herbalist, dietitian, naturopath, osteopath and physiotherapist.  $\pm$ Others: aromatherapy (4), Bach flowers, Chinese herbal medicine, art therapy (3); laser therapy, magnet therapy (2); hypnotherapy, myofascial release, homeopathy, trigger point therapy (1)