

Could Complementary and Integrative Health Approaches Benefit Veterans Over Time?

Physical and mental health disorders in veterans returning from war zones often cannot be treated with allopathic medicine alone



Complementary and integrative health (CIH) approaches, which are non-pharmacological treatment alternatives, can be helpful

Is participating in CIH associated with improved veterans' patient-reported outcomes over time?

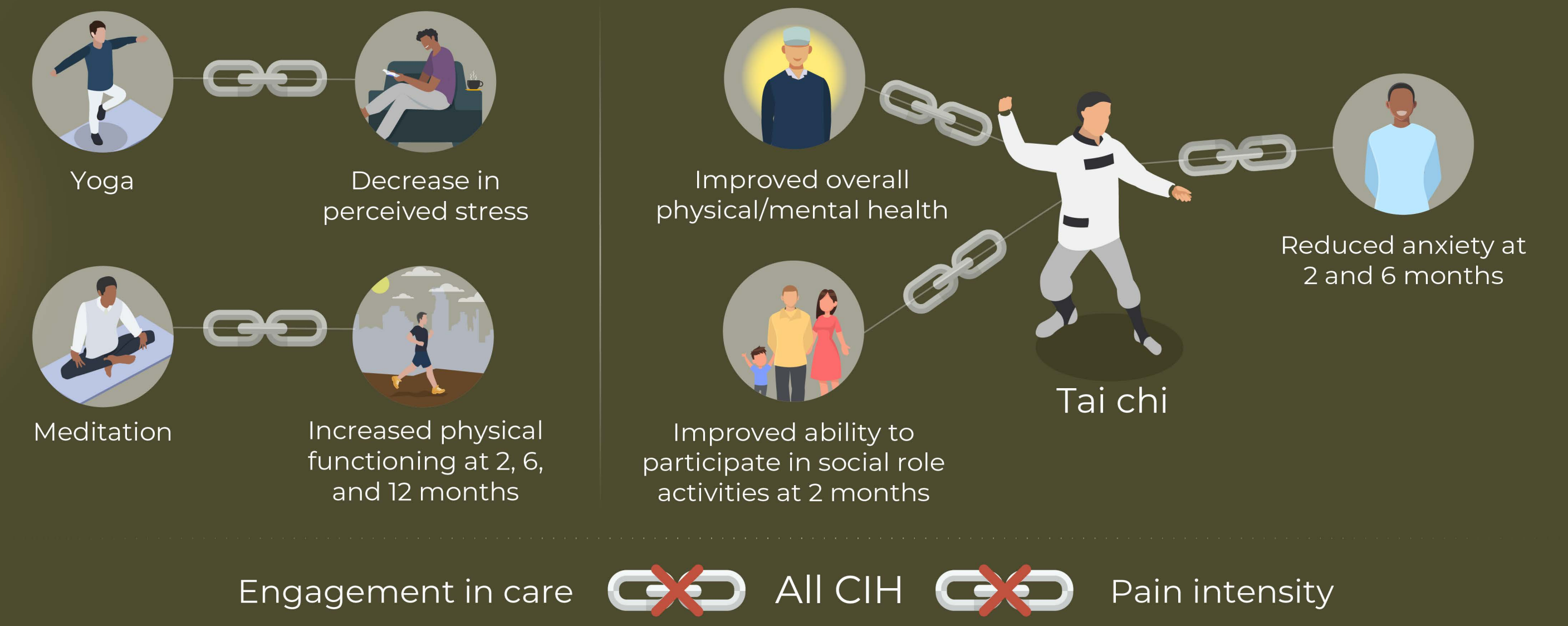
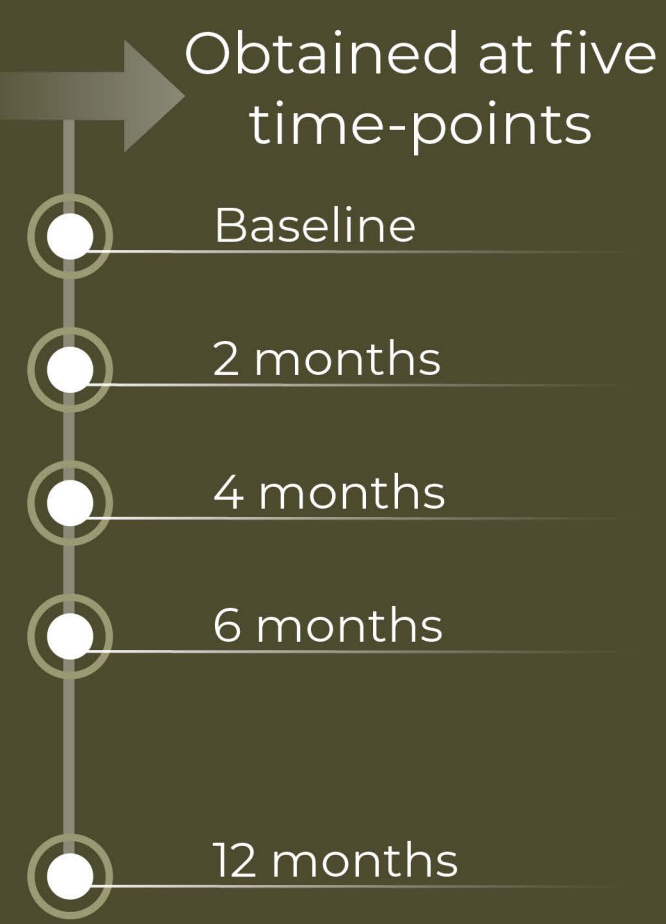
2 Veterans Affairs medical centers



119 veterans participating in any type of CIH

401 surveys of patient-reported outcomes

- Overall physical/mental health
- Pain intensity
- Perceived stress
- Engagement in care



Specific CIH approaches are associated with improved patient-reported outcomes and are worth considering as non-pharmacological treatment options for enhancing the health and well-being of veterans.