

# Research Directions

Office of Research Services

## ***Cardiovascular Complementary Medicine***

**Dr Dennis Chang and Professor Alan Bensoussan, Centre for Complementary Medicine Research, together with the Cardiac Health Institute have been awarded a UWS Research Partnership Program grant to evaluate the effectiveness of herbal medicine and nutritional supplements in treating high blood pressure and hardening of the arteries.**



Cardiovascular disease (CVD) is a leading cause of morbidity and mortality in Australia and high blood pressure (hypertension) and hardening of the arteries (atherosclerosis) are key components of CVD. Nearly 4 million Australians are affected by some form of CVD and it kills more people than any other disease group. More than one million Australians are disabled by the disease and two-thirds of all families are affected by CVD.

'In 2004, the direct costs of conventional treatment for cardiovascular disease (CVD) were \$7.6 billion or 11% of total health spending. Strategic investment in cost-effective prevention and management of CVD is essential' says Dr Chang. 'There exists strong clinical evidence of the benefits of some complementary medicine (CM) interventions in CVD, although these are poorly integrated in conventional healthcare.'

The clinical effectiveness of herbal medicine and/or nutritional supplements in treating hypertension and atherosclerosis as fat-lowering agents will be carried out through Cochrane reviews – reviewing patient data from across the world. The researchers will also carry out a review of economic analyses applied to CM therapies for CVD.

Results from the study will include information on the level of effectiveness of complementary medicine in the treatment of cardiovascular disease. Study results will be disseminated through the Cochrane Library and major international journals.

**Project Title:** *Developing a long term cardiovascular research plan in complementary medicine CM. Phase 1: review of clinical effectiveness and approaches to economic analysis of CM interventions*

Funding has been set at: \$23,897.  
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For more information on UWS Research Partnership Program, check:  
<http://www.uws.edu.au/about/adminorg/devint/ors/fundingopps/internalgrants>