



# Research Directions

Office of Research Services

## ***Complementary Medicine Healthy Ageing***

**Professor Alan Bensoussan and Adjunct Associate Professor Caroline Smith of CompleMed (UWS Centre for Complementary Medicine) have received funding from the Australian Self Medication Industry (ASMI) and the National Prescribing Service, to explore the health benefits of Omega-3 fish oils and calcium supplementation.**



'Many recent surveys of complementary medicine (CM) use in Australia and other OECD countries reflect a trend of increasing use of CM, with over half the Australian population using some form of CM. Many people don't tell their GP that they are using CM, often in combination with conventional prescribed medicines, but there's an expectation that GPs will provide accurate information to patients about their self-medication choices. The information available to GPs and consumers is often disparate, conflicting and generally not well consolidated or easily accessible' says Professor Bensoussan.

In conjunction with researchers from ASMI, Nepean Hospital, and other Australian universities, CompleMed investigators will concentrate their review on two versions of a popular self-medication supplement: Omega-3 fish oil for prevention and treatment of coronary artery disease, and calcium (with and without Vitamin D) for prevention and treatment of osteoporosis in post-menopausal women.

The project will consider the evidence that is available to quantify the effects of these self-medications, through literature reviews and meta-analysis of journal papers of clinical studies, randomised control trials and epidemiological analyses.

Results from the project will be disseminated widely, to other researchers and will assist the National Prescribing Service in the preparation of information for consumers and health professionals.

**Project Title:** *ASMI Research Project*

Funding allocated to UWS has been set at: \$71,500.

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