Aims: The purpose of this study was to investigate complementary and alternative medicine use among breast cancer survivors in Taiwan. Materials and Methods: This study employed a descriptive research design approach to detail the CAM use among the target population. Convenience sampling was used along with a structured questionnaire. Results: A total of 230 breast cancer survivors completed the use CAM scale. Prayer, reading books, taking antioxidants, eating various grains, and maintaining a vegetarian diet proved to be the five most frequently used CAM practices among patients in our study. More than 50.0% of the participants reported praying occasionally. More than 40.0% of participants read books occasionally, and 38.7% stated that they occasionally take antioxidants. Conclusions: These results provide more insight into CAM use for nurses who care for breast cancer patients.


Breast cancer incidence rates are increasing worldwide. Approximately one in eight American women will develop breast cancer during her lifetime (1). When a woman develops breast cancer, she and her family are considerably affected. Currently, chemotherapy remains the first option to control the postoperative progression of cancer to increase the survival rate (2). Use of Complementary and Alternative Medicine Among Breast Cancer Survivors in Taiwan. Asian Pac J Cancer Prevent. 2012; 13(9): 4789-92[DOI]. 10. Lee MH, Kim DH, Yu HS. The effect of guided imagery on stress and fatigue in patients with thyroid cancer undergoing radioactive iodine therapy. Evid Based Complement Alternat Med. 2013; 2013: 130324[DOI][PubMed]. The use of complementary and alternative medicine among Malay breast cancer survivors. Shaharudin SH1, Sulaiman S, Emran NA, Shahril MR, Hussain SN. Author information. 1. Information on sociodemographic characteristics, cancer clinical treatment history, and use of CAM were obtained through a modified self-administered questionnaire from 116 Malay breast cancer survivors aged 21 to 67 years who were 2 years postdiagnosis and currently undergoing follow-up treatment at breast cancer clinics at Hospital Kuala Lumpur and Universiti Kebangsaan Malaysia Medical Centre. RESULTS CAM was commonly used by breast cancer survivors as a coping mechanism to battle the disease. PMID: 21614944.