

Mayo Clinic Minute
Integrative medicine and pain

Video	Audio
Vivien Williams	Do alternative therapies help with pain management?
Brent Bauer, M.D. Mayo Clinic Complementary and Integrative Medicine Program Mayo Clinic	“Acupuncture can help with pain. Massage can help with pain. Teaching people mind-body strategies like yoga, tai chi, meditation – they have all been shown to help.”
Vivien Williams	The National Institutes of Health reports more than 25 million Americans suffer pain every day. Dr. Brent Bauer says, because of the risk of opioid addiction, there’s a push to use nonpharmacologic options for chronic pain, when appropriate.
Brent Bauer, M.D.	“You still have symptoms. Let’s look at acupuncture. Let’s look at massage. Let’s look at mind-body treatments that can help the body relax and help the muscles that are being impacted – not as a cure but as a complement to that overall care.”
Vivien Williams	Dr. Bauer says the integrative therapies used at Mayo Clinic are evidence-based and found to work. They are not magic bullets or cures, but they can be effective tools to help manage pain and bring balance to the mind and body.
	For the Mayo Clinic News Network, I’m Vivien Williams.