

Traditional & Complementary Medicine (T&CM)

Before I consider starting on T&CM



Continue with **Western medicine** unless otherwise advised by your doctor



Seek **advice from a T&CM practitioner** before taking herbal medicines or supplements



Continue to **monitor your blood sugar** as advised

What I need to know about T&CM

In Singapore, Traditional Medicine (TM) typically refers to Traditional Chinese Medicine (TCM), Traditional Malay Medicine (TMM), Traditional Indian Medicine (TIM), while Complementary Medicine (CM) refers to all other forms of medicine that are non-mainstream, e.g., chiropractic, osteopathy, aromatherapy, etc.

Scientific studies on effectiveness of T&CM for diabetes and its complications are inconclusive or insufficient.