



BE AWARE

Traditional and Complementary Medicine

Traditional & Complementary Medicine (T&CM)



**Traditional Chinese Medicine
and acupuncture**



**Traditional medicines
like Ayurveda**



**Herbal medicines
and supplements**

Traditional and complementary medicine (T&CM) aims to supplement general health and is not an alternative treatment for diabetes. The concurrent use of T&CM with diabetic treatments may not be suitable for all. Improper T&CM use has caused harm like burns from moxibustion. Such risks are greater in individuals who have complications arising from diabetes e.g., decreased feeling or sensation due to neuropathy, or kidney failure. Please speak to your doctor before starting any T&CM treatment.

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.