



1<sup>st</sup> World Congress on Healthy Ageing, Kuala Lumpur, Malaysia

**Abstract 18**

**Dr. Noel Laxamana**

**A STUDY ON KNOWLEDGE, ATTITUDES & PRACTICES AMONG ADULT PATIENTS ON THE USE OF SELECTED HERBAL PRODUCTS & DIETARY SUPPLEMENTS AT THE OUT-PATIENT DEPT OF THE VETERANS MEMORIAL MEDICAL CENTER**

**Noel M. Laxamana, MD and Susan Rosalia L. Mateo, MD, FPAFP**

Department of Family Medicine, Veterans Memorial Medical Center

*Diliman, Quezon City, Republic of the Philippines*

**ABSTRACT** The frequency of dietary supplement and herbal product use at the Out-Patient Department has been observed to be progressively increasing for the past few months, to the extent that some of the patients are asking their Primary Care Physicians regarding product safety and effectiveness. Upon routine medical interview, some of the patients are involved in self-initiated supplementation, and are taking them with prescription medications. There is a need to find out how many of our own patients use these preparations and why.

**Objectives:** To determine the extent of knowledge, attitudes and practices among adult patients at the Out-Patient Department of Veterans Memorial Medical Center on the use of selected herbal products and dietary supplement.

**Subjects and Setting:** Filipino adult patients aged 40 years old and above who consulted at the Out-Patient Medical Clinic of the Veterans Memorial Medical Center.

**Study Design:** Descriptive Cross-Sectional Study.

**Results:** The study population consisted of 257 respondents, whose mean age was 60 + 11, with the most number at 70 years old and above (22.2%), mostly female (59.9%), married (67.7%), with an educational level reaching college (57.6%), retired (49.8%) and a great majority with a declared monthly income of more than PhP 10,000 (41.6%). Most of the respondents are hypertensive (59.9%) and are currently using prescription medications. Television ranks first (52.9%), followed closely by physician's advise (21.4%), as a source of information. Respondents of this survey have perceived that the use of these substances carries no health risk to the general public (82.9%). Interestingly, majority of the respondents volunteered the information that they have been using an herbal product, to their Family Physicians (95.3%). Further, multivitamins (21.4%), silymarine (17.1%) and ampalaya capsule (10.9%) were the top three most commonly consumed dietary supplements and herbal products. Respondents have taken these substances for more than a year (47.1%). Reasons for self-initiated supplementation include "for good health" (20.6%) and "it is good for the liver", among others.

**Conclusion:** There are variable factors that involve the use of dietary supplements and herbal products including perceived safety of these substances, perception of improving general health and wellness, and perceived lack of drug-to-drug interactions. This greatly contributes to continuing patronage and consumption of these preparations, even without the consent of the Primary Care Physician.

**Key Words:** *Dietary supplements, Herbal products, Knowledge, Attitudes, Practices*