The Natural Medicines database provides high quality, evidence-based information about complementary and alternative therapies. This international multidisciplinary collaboration now includes contributors from more than 100 eminent academic institutions.

Memorial Sloan-Kettering's About Herbs app is presented by our Integrative Medicine Service. It is compatible with iPad® and iPhone® devices. A web app version for all other mobile devices is also available. In this app, our Integrative Medicine Service — under the leadership of a pharmacist and botanicals expert — provides comprehensive, objective information about herbs, botanicals, supplements, complementary therapies, and more.

Case A: Menopausal Symptoms

Your patient, Mio Sasaki, aged 48, is experiencing menopausal symptoms such as mood disturbances, hot flashes, and diaphoresis. She mentions that on the advice of friends, she has been using black cohosh for the past 8 months, and though she is willing to consider other supplements, she has no interest in traditional drug therapy.

You want to find more information in order to advise her, and use Natural Medicines and/or About Herbs to address the following questions:

1. What evidence supports/contraindicates use of black cohosh for menopausal symptoms?

2. What dosing would you recommend, if Mrs. Sasaki continues to take the supplement?

3. Are there any safety concerns or side effects that should be considered?

4. Based on the information gathered, what recommendations would you offer to Mrs. Sasaki?
   a. Would you recommend another CAM option?
   b. What resources might you recommend to Mrs. Sasaki? For example, would About Herbs be a useful (and credible) tool to show her based on her interest?