

- What is the Dr. Rogers Prize?** The Dr. Rogers Prize is a \$250,000 prize founded in 2007 which highlights the important contribution of Complementary and Alternative Medicine to health care. It is intended to recognize individuals who have made significant contributions in the field.
- Named for:** Dr. Roger Rogers - a Canadian pioneer in Complementary and Alternative Medicine (CAM) and co-founder of the Centre for Integrated Healing (now InspireHealth) in Vancouver, BC.
- Prize:** A cash prize of \$250,000 funded by the Lotte and John Hecht Memorial Foundation, a Vancouver-based philanthropic organization.
- Nominations and award presentation:** Nominations accepted until May 31, 2013, 5:00 PM (PST)
Dr. Rogers Prize Award Gala
Thursday, September 26, 2013
Fairmont Waterfront, Vancouver, BC
(Gala follows the Dr. Rogers Prize Colloquium)
- Past Dr. Rogers Prize Recipients:** Dr. Marja Verhoef, Canada's only Research Chair in Complementary Medicine at the University of Calgary, has been a tireless advocate of appropriate research methods for the often multi-faceted approaches that fall under the umbrella of complementary and alternative medicine.
- Dr. Hal Gunn (2009) – Dr. Gunn took the Centre for Integrated Therapy co-founded by Dr. Rogers and evolved it into InspireHealth, which is renowned for treating the whole patient, and not merely the disease.
- Dr. Badri (Bud) Rickhi (2009) – Dr. Rickhi established what is now the Canadian Institute for Natural and Integrative Medicine (CINIM) and played a key role in establishing the Integrative Health Institute at Mount Royal College. He is well known for his integrative approach to alleviating depression, particularly in teens.
- Dr. Abram Hoffer (2007) – Dr. Hoffer devoted his life to the goal of curing - not palliating – schizophrenia, and was a leading researcher and prolific author in the field of orthomolecular medicine.
- Dr. Alastair Cunningham (2007) – Dr. Cunningham, Professor Emeritus at the Ontario Cancer Institute/Princess Margaret Hospital, focuses on behavioural medicine/health psychology and he has extensively studied the effects of mental therapies as an adjunct to medical treatment for chronic disease.

CAM Use in Canada: 54 per cent of Canadians surveyed had used CAM in the year prior to the study and 74 per cent have tried it at least once in their lifetimes.*

Canadians spent more than \$5.6 billion in 2006 on providers of alternative therapy, and another \$2.2 billion on herbs, vitamins, special diet programs, books, classes and equipment.

(Source: Complementary and Alternative Medicine in Canada: Trends in Use and Public Attitudes, Fraser Institute, 1997-2006)

Top 10 most commonly used alternative therapies in Canada:

Chiropractic care
 Massage
 Relaxation techniques
 Prayer/spiritual practice
 Acupuncture
 Yoga
 Herbal therapies
 Special diet programs
 Energy healing
 Naturopathy

The 10 most frequently reported medical conditions for which CAM is used:

Allergies
 Back or neck problems
 Arthritis or rheumatism
 Difficulty walking
 Frequent headaches
 Lung problems
 Digestive problems
 Gynecological problems
 Anxiety attacks
 Heart problems or chest pain

While cancer is not on this list as it is less prevalent than the ten listed conditions, it is well known that people with cancer are high users of CAM. A paper in the 2006 Journal of Psychosocial Oncology estimated that 80% of adult cancer patients use at least one form of CAM during or after treatment (J Psychosoc Oncol 2006; 23(4): 35-60.)

Website: www.drrogersprize.org

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