Aims and objectives of this session
The use of Complementary and Alternative Medicine (CAM) among the population is widespread and appears to be increasing. It can be used to protect, to boost the immune system, to treat certain symptoms, to prevent diseases or just be a way to lead a healthy live.

As nurses, we have noticed an increase of use of CAM among our patients. Examples are drinking cranberry juice to prevent urinary tract infections, selenium in prostate cancer etc. Do we, as urology nurses, know the exact definition of the CAM? Are we only talking about herbal products or also about other types of products? Is there any evidence about the efficacy of complementary or alternative medicine? Is it safe to use the CAM in urology? All these questions we have will be answered during this session.