Wake Forest Baptist Health

Center for Integrative Medicine

In This Issue

CIM Members

CIM Pilot Project

NIH Acupuncture in Menopause Study

WFBH Diabetes Care Center

EUJIM Call for Papers

Articles of Interest

Mindfulness Research Monthly

FREE Webinars and Recordings

Medscape

CIM Website & Library

You Make a Difference!

Calendar of Events

Applying Functional Medicine

Evidence-Based IM Conference

The Space Between

When Energy Matters

In Closing

Quick Links

WFBH Infinet

WFBH Action

July 20, 2011

WFBH CIM Member Media & Publications

- Steven Feldman, MD, PhD, Dermatology, is quoted in an article about sun safety in Cosmopolitan magazine.
- Stephen Kritchevsky, PhD - Selected as New Editor of Journal of Gerontology: Medical Sciences
- Fadel Zeidan, PhD, and Robert Coghill, PhD, are receiving widespread national and international coverage for study on how meditation reduces pain. Refer to *Thinking Away Pain*, and Doctor's Challenge: How Real Is That Pain in The Wall Street Journal.

CIM Pilot Project: Yoga Skills Training to Alleviate Treatment-Related Symptoms of Patients Undergoing Chemotherapy

The Supportive Intervention Program Study (SIPS) will include participants undergoing chemotherapy for colorectal cancer who will receive one of two Supportive Intervention Programs: brief yoga skills training OR education and counseling.

The study aims to: (1) investigate the feasibility of implementing a Yoga Skills Training (YST) for patients while they are receiving chemotherapy for colorectal cancer, (2) obtain preliminary data on the effect of the YST for reducing fatigue, other treatment-related symptoms, quality of life and (3) explore potential psychological (i.e., self-efficacy for coping) and physiological mediators (i.e., inflammatory cytokines). Results from this study may also have implications for expanding the reach of yoga to other oncology patients and creating a feasible means of integrating yoga into the treatment setting.

Principle Investigator: Stephanie Sohl PhD
Co-Investigators: Nancy Avis PhD, Suzanne Danhauer PhD, Janet Tooze PhD, Mebea Aklilu MD, Srikanth Nagalla MD, George Yacoub MD, Barbara Nicklas PhD

Health

Acupuncture

Aquatic Programs

BestHealth

Calendar of Events

CareNet

Center for Integrative Medicine

Clinical Trials - Recruiting

Cancer Clinical Trials - Recruiting

Dietary Supplements

Healing Touch

Healing Harps

Integrative Medicine Clinicians

Massage Therapy

Nutrition Services

Pastoral Care

Patient Resources

Pediatric Second Opinion Clinic

Stress Management

Tai Chi

Visual & Performing Arts

Women's Health Center of Excellence

NIH Acupuncture in Menopause Study

NIH Acupuncture in Menopause (AIM) Study
Location: WFUBMC - Winston-Salem, NC

Nancy Avis received a $2 million, five-year award from the National Institutes of Health to conduct a pragmatic trial of acupuncture for hot flashes. Go to www.ClinicalTrials.gov or contact Kristin Prevette at (336) 713-0246 for study and participant recruitment details.

WFBH Diabetes Care Center

According to data from the American Diabetes Association, 25.8 million people in our country have diabetes. For a moment reflect on these concepts: blood glucose monitoring, insulin injections, walking, eating well, and meditation. How do these pieces fit into the puzzle of diabetes management? We are all familiar with tools needed to manage diabetes such as blood glucose monitors, and healthy foods, but what about meditation?

When we see patients at the Diabetes Care Center, we assess their readiness to learn about diabetes management and then we consider an individual's barriers to making lifestyle changes. For most people, the thought of having a diabetes diagnosis along with checking blood sugars one to four times each day evokes a stress response. Read more from Donna Kernodle, MPH,RD,CDE - Diabetes Educator.

Call for Papers: EUJIM Special Issue - Integrity in Integrative Medicine

Integrity in integrative medicine can refer to integrity of the practitioner (standard issues relevant for all professionals, and unique issues such as the ethics of selling supplements in one's practice, or ordering special tests done in one's own lab or radiology department), the ethics/integrity of walking the talk (living a healthy lifestyle), and the ethics of issues such as discussions about safety and effectiveness of conventional care (e.g., vaccines).

There are also unique ethical issues in research in integrative medicine (e.g., using substances or practices available in the community or over the counter - should participants pay? What effects might this have on adherence, outcomes, etc).

Web Links

Yoga

Join Email List

Discontinue Email

External Quick Links

Collaborative on Health and Environment

EarthShare of NC

Healthiest Nation

HeartMath

Institute for a Sustainable Future

Institute for Integrative Healthcare Studies

Integrated Healthcare Policy Consortium

Integrator Blog

NCCAM

NCCAM Newsletter

Natural Medicine

Natural Triad

Physicians Committee for Responsible Medicine

Slow Food

Submit your manuscripts online at ees.elsevier.com/eujim , or contact Dr. Ava Lorenc at avalorenc@hotmail.com.

Deadline for accepted papers: October 15, 2011

Articles of Interest

- The Triumph of New-Age Medicine - *The Atlantic*
- Sleep and the Elderly - *JAMA*

Diet and Exercise

- Best Heart-Healthy Diets - *US News & World Report*
- The Value of Nutrient Laboratory Testing - *Alternative and Complementary Therapies*
- A Functional Approach to Mood Disorders: A Systems Biology Approach - *Alternative and Complementary Therapies*
- Fermented Milk Containing Bifidobacterium lactis DN-173 010 in Childhood Constipation: A Randomized, Double-Blind, Controlled Trial - *Pediatrics*
- Microbes in the Gut - *JAMA*
- Tai Chi Exercise in Patients with Chronic Heart Failure: A Randomized Clinical Trial - *JAMA*

Herbs and Supplements

- An Opportunity Map for Societal Investment in Health Study: Up to 1 in 10 Infants Given Herbal Supplements, Teas by Their Mother - *JAMA*
- Low Vitamin D Exacerbates Asthma - *Complementary and Alternative Therapies*
- Is Low Vitamin D Related to Overweight? - *Complementary and Alternative Therapies*
- Vitamin D3 Far Better Absorbed than Vitamin D2 - *Complementary and Alternative Therapies*
- *Herbs and Supplements for Memory Loss* - *University of Maryland Medical Center*

Mind / Body

- An Easy Meditation Practice to Reverse Memory Loss - *Huffington Post*
- Can Meditation Reverse Memory Loss? - *CBS News*

Mindfulness Research

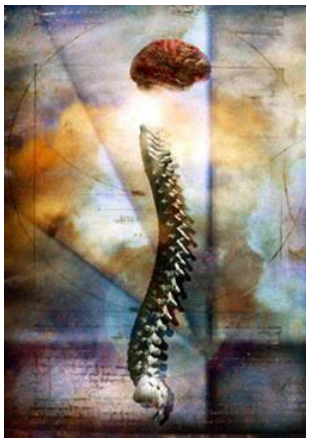
Society for Acupuncture Research

Teleosis: Green Healthcare

Recent Mindfulness Research Monthly articles include:

- I-CAN-SLEEP: Rationale and design of a non-inferiority RCT of mindfulness-based stress reduction and cognitive behavioral therapy for treatment of insomnia in cancer survivors. *Contemporary Clinical Trials*
- Mindfulness training reduces the severity of irritable bowel syndrome in women: Results of a randomized controlled trial. *American Journal of Gastroenterology*
- Association of mindfulness-based stress reduction with bowel symptoms, quality of life and gastrointestinal symptom-specific anxiety. *Gastroenterology*
- Examining mindfulness-based stress reduction: Perceptions from minority older adults residing in a low-income housing facility. *BMC Complementary and Alternative Medicine*
- One year follow-up of mindful sport performance enhancement (MSPE) with archers, golfers, and runners. *Journal of Clinical Sport Psychology*
- Mindfulness training in childhood. *Human Development*
- Audio recordings of mindfulness-based stress reduction training to improve cancer patients' mood and quality of life - a pilot feasibility study. *Supportive Care in Cancer*
- Mindfulness meditation in chronic stress. Trial #NCT01386060
- Effect of self-regulation with mindfulness training on body mass index and cardiovascular risk markers in obese adults. Trial #NCT01375504.

Gia Herbs FREE Webinars and Recordings



- Evidence-Based Use of Green Tea Extract, Curcumin, and Astragalus in Cancer Treatment, (Recording) - Michael Traub, ND
- Cardiovascular Disease in Women, (Recording) - Tori Hudson, MD

Gia Herbs Professional Solutions
Upcoming Webinars:

- Sept 14th (3pm EST) - Dr. Mary Bove presents *Pediatrics and Botanical Medicine*
- October 25th (2pm EST) - Dr. Tori Hudson presents *Metabolic Issues and Botanical Medicine*

Medscape

NOTE: Medscape REQUIRES a free login to access articles. (Login once.)

Medscape from WebMD

Diet and Exercise

- Even Diet Soda Induces Weight Gain in the Elderly
- New Strategies to Fight Preschooler Obesity: IOM Report
- Low-Energy Diet May Be Helpful in Obstructive Sleep Apnea
- Caffeine Linked to Age at Onset of Huntington's
- Adherence to Diet Index May Help Lower Risk for CVD Death
- Exercise Reduces Silent Brain Infarcts
- Brisk Walking Reduces Risk for Prostate Cancer Progression

Environment

- 'Dirty Dozen' List Reveals Foods With Most Pesticides

Mind / Body

- Meditation Improves Mental Well-Being, Reduces Stress
- Just Say Om: Meditation May Alleviate PTSD Symptoms
- Massage Therapy May Relieve Chronic Back Pain
- Talk Therapy Improves Mood, May Lower Mortality After Stroke
- Courses With Horses Calm Violent Patients

Supplements

- Soy May Improve Cognitive Function in Early Menopause
- Higher Vitamin D Levels Linked to Lower Diabetes Risk
- Low Vitamin D: A Contributor to Mental Disorders in Children?
- Nutritional Supplement Boosts Cognition in Healthy Women
- Olive Oil May Protect Against Stroke
- 'Surprising' Result in Flaxseed-for-Hot-Flashes Study

New Additions to CIM Library

The CIM Library has over 1,000 integrative medicine books, CD's, DVD's, and videos to lend to WFBH employees. New additions to the library include:

- *Family Friendly Farming: A Multigenerational Home-Based Business Testament* by Joel Salatin
- *You Can Farm: The Entrepreneur's Guide to Start and Succeed in a Farming Enterprise* by Joel Salatin

Contact CIM@wakehealth.edu for CIM Library information and loans.

You Make a Difference!

The Center for Integrative Medicine is able to offer integrative medicine clinical services, education, and research in our community thanks to the support of generous individual donors like yourself!

We welcome all types of donations, whether it is a one-time gift, a monthly donation, or resources for our Library (books, DVD's, CD's and videos). And ... Making a donation is as easy as 1-2-3!

Option 1 - Make an On-Line Gift - See our website for step-by-step directions.

Option 2 - Mail a Gift to the Center for Integrative Medicine. 2060 Cloverdale Avenue, Winston-Salem, NC 27157

Option 3 - Call the Office of Development and Alumni Affairs at (336) 716-4589 or visit their website.

Integrative Medicine Calendar of Events

Visit the CIM Calendar of Events for a complete listing of local, national and international integrative medicine related events!

- Local and Regional Events
- National and International Events
- Natural Triad / Wake Forest Integrative Medicine Seminar Series

Applying Functional Medicine in Clinical Practice Conference

September 12 - 16
Baltimore, MD

THE INSTITUTE FOR FUNCTIONAL MEDICINE™

An epidemic of chronic disease threatens to compromise the health of our population and the effectiveness and economics of our healthcare system. Because of its focus on acute care, the current medical model fails to confront both the causes of and solutions for the chronic disease epidemic, and must be replaced with a model of comprehensive care and prevention that is systems-based, integrative, patient-centered, and much more effective. AFMCP has been designed to meet that challenge. Learn more!

Evidence-Based IM Conference

September 17 & 18
Asheville, NC

The 4th Annual "Partnering Western Medicine and Complementary/ Integrative Therapies" evidence-based integrative medicine conference sponsored by Mission Hospitals Systems and MAHEC will feature Alan Gaby, MD, and Patch Adams, MD. Robert Browning from HeartMath will present a plenary, and Kathi Kemper, MD, MPH will present her latest research.

The Space Between, A Mountain Retreat: Creating Sacred Space & Endless Possibilities

September 23
Blowing Rock, NC

Co-facilitators Andy Moretz and Nancy Elizabeth Green will share ideas and practical techniques from their professional and personal healing practices, offering participants the opportunity to move beyond limitations, and bring forth new possibilities for growth and change. Participants will learn how the "sacred space" perspective can help them in their own personal and professional development. 12.0 hours CME. Read more!

Where Energy Matters

The conference will bring together the pioneers in the field of energy medicine to share the latest findings in the subtle energy field. PhDs, Scientists, Medical Doctors, Chiropractors and others share with their latest findings in nutrition, water, sound, color, the bio-field , and the human body-field. Learn more.

In Closing …

If you would like us to help promote your integrative medicine related information or events, email CIM@wakehealth.edu.