March 5, 2012

Congratulations to Dr. Tegeler on a new grant

The Susanne Marcus Collins Foundation awarded a $600,000 grant to to expand the brainwave research program directed by Charles H. Tegeler, M.D. The Foundation’s 2011 grant allowed Dr. Tegeler’s team to launch a research study for migraine headaches using Brainwave Optimization™, a non-invasive technology that helps the brain achieve balance in neural oscillations. The new grant will allow Tegeler and his team to continue their migraine study and expand their work on insomnia, while adding research projects on mild cognitive impairment (MCI), and traumatic brain injury (TBI).

Congratulations to our members on recent pubs

It’s early in 2012, and our members have already been busy publishing. Since February 1, the following have been published by our members


Burke AR, Singh RN, Carroll DL, Wood JC, D’Agostino RB Jr, Ajayan PM, Torti FM, Torti SV. The resistance of breast cancer stem cells to conventional


Ulu A, Appt S, Morisseau C, Hwang Sh, Jones P, Rose T, Dong H, Lang J.

Save The Date

**Women in Medicine at Wake Forest: An Oral History Through Living Stories**

**DATE:** March 8, 2012 (International Women's Day)

**TIME:** 4:00 PM - 6:00 PM

**LOCATION:** Babcock Auditorium, on E-level at the Medical Center on Hawthorne Road, Winston-Salem, NC (the parking deck across the street will be open, FREE to visitors starting at 3:30 PM)

**ADDITIONAL INFO:** Dee Lanning at delannin@wakehealth.edu or 336-713-3847; click here for announcement and map

This is a cross-campus event. Panelists will include women who graduated from medical school over 40 years ago.

**PANELISTS INCLUDE:** Joyce Reynolds (MD '52), Bee Gwynn (MD '60), Gloria Graham (MD '61), Caryl Guth (MD '62) and Carolyn Ferree (MD '70)

**MODERATOR:** Professor Simone Caron (Chair, History WFU)

Support is gratefully acknowledged from: Wake Forest University Women's Forum; the Women's and Gender Studies Program; the Department of Anthropology; and the undergraduate program in Health Policy and Administration at WFU; The Dean's Office at the College of Wake Forest; the Dean's Office of the Graduate School of Arts & Sciences at Wake Forest University; The Maya Angelou Center For Health Equity; The Women's Health Center of Excellence; the Development and Alumni Affairs Office; the Center for Integrative Medicine; and The Office of the CEO of Wake Forest Baptist Medical Center.

Is there room for YOUR HEART in the practice of medicine?

Click HERE for a link to the Institute for the Study of Health and Illness at Commonweal, which features CME/CEU programs led by Rachel Naomi Remen, MD.

**International Symposia for Contemplative Studies**

Wake Forest University Health Science CIM is co-sponsoring The International Symposia for Contemplative Studies
About WFBH CIM:

The Center for Integrative Medicine began as a Program in 2005 under the direction of Kathi J. Kemper, MD, MPH, FAAP, Professor of social sciences and health policy, pediatrics, and family and community medicine, and the Caryl J. Guth Chair for Integrative Medicine.

2012 Cross Campus Research Fund – pilot research opportunity!

The Cross-Campus Collaborative Research Fund (CCCRF) aims to stimulate pilot research projects between School of Medicine and Reynolda Campus faculty that will generate extramural funding for both institutions. Up to $20,000 will be awarded for each project. The Center for Integrative Medicine may co-fund selected proposals. Click HERE for more information on application and deadlines.

Thank you to Dr. Gloria Gronowicz

A Professor of Surgery at University of Connecticut Health Sciences, Dr. Gronowicz visited Wake Forest University Health Sciences Center for Integrative Medicine February 22-24, 2012. A histologist specializing in bone and connective tissue, she has published ground-breaking work on the effects of Therapeutic Touch on bone cells in vitro. We are thankful for her generosity in sharing her experience with researchers and clinicians interested in Therapeutic Touch, Healing Touch, and bone health.

The next visiting professor to the Natural Triad-Wake Forest Seminar Series on Integrative Medicine will be Dr. Susan Lutgendorf from University of Iowa in April, 2012.

Thank you to Professor Floyd (Ski) Chilton

Dr. Chilton presented his innovative work on diet, inflammation, and epigenetics at the Natural Triad-Wake Forest Complementary Medicine seminar on February 20, 2012. Thank you to Natural Triad for hosting these events which bring together members of the medical school.
only and SHOULD NOT be relied upon as a substitute for sound professional medical advice, evaluation or care from your physician or other qualified health care provider.

**Gentle Yoga For Every Body**

**LOCATION:** Wake Forest Baptist Medical Center Comprehensive Cancer Center - Meditation Room, 2nd Floor

**COST:** FREE

**SERVICES FOR:** Yoga classes are open to cancer patients and survivors (whether in treatment or finished, men or women welcome) and their close family members or friends (bring a buddy!)

**ADDITIONAL INFO:** Lynn Felder, RYT from the Yoga Gallery at lynn@artsofyoga.com or 336-655-7047

**TUESDAYS, 5:50 PM - 6:30 PM**
*(with Lynn Felder)* schedule:
- March 6, 13, 20, 27
- April 3, 10, 17, 24
- May 1, 8, 15, 22, 29
- June 5, 12, 19

**THURSDAYS, 5:30 PM - 6:30 PM**
*(with Stephanie Sohl)* schedule:
- March 8, 15

**News you can use**

- **Acupuncture** has few adverse effects, even for children. Click [here](#) for more info.
- **Hypnosis/guided imagery** has long-term benefits for pediatric patients with irritable bowel syndrome and functional abdominal pain. Success rates of 85% at 1 year follow-up and 68% at 7.7 years. Click [here](#) for more info.
- **Rosemary aromatherapy** boosts cognitive performance. Click [here](#) for more info.
- **Tai chi** helps patients with Parkinson's disease (from the [New England Journal of Medicine](#))
- **Vitamin C** reviewed by ConsumerLab – many high quality products are available

**Updates and warnings**

- Updates from the National Institutes of Health's National Center for Complementary and Alternative Medicine, including a story on the optimal "dose" of massage for osteoarthritis of the knee ([NIH NCCAM](#))
- Updates from the [Consortium of Academic Health Centers for Integrative Medicine](#)
- Updates from MD Consult news – safety
SAFETY NOTICES

- Product sterility concerns prompt recall of 3 lots of leukemia drug cytarabine ... READ MORE

- American Regent recalls 1 lot of phenylephrine for injection amid concerns of particulate contamination ... READ MORE

- VEGF-targeting cancer drugs raise risk of fatal side effects ... READ MORE

BOOK REVIEW. Thank you to the authors for sending us their new book!


“Know thyself.” This new paperback comes from some of the most trusted names in integrative medicine. This easy-to-read book offers some terrific ideas for knowing yourself and understanding how some of the most effective complementary therapies can work for you. Based on the Boundary Questionnaire developed by Dr. Ernest Hartmann, the new book divides most of us into two primary types: thin vs. thick boundaries and creates and intriguing matrix matching boundary-type with common conditions such as chronic fatigue, PTSD, irritable bowel syndrome, fibromyalgia, depression, hypertension, migraine, and phantom pain with 7 commonly used CAM therapies: hypnosis, acupuncture, biofeedback, meditation, yoga, guided imagery, relaxation and stress reduction. Matching these two types to particular conditions and therapies takes CAM into the next phase of personalized medicine, offering numerous testable hypotheses for CAM researchers to explore and validate. No matter whether you’re a patient, a clinician, or a researcher, you’ll find this book intriguing and enjoyable. It’s now on the bookshelf and available for local CIM members to borrow.

Consortium Updates


March wellness events at BestHealth

Click HERE for a link to BestHealth events, held at Hanes Mall in Winston-
Salem.

Calendar Of Events - March 2012

The Shaman's Pharmacy

DATE: March 8, 2012; 4:30 - 5:30 PST
Location: On-line; Price: $10 - Register Here
Topic: Travel the world of shamans and healers with FOX News Medicine Man Chris Kilham. An author, educator, and adventurer, Kilham has conducted medicinal plant research in more than 30 countries and appeared on hundreds of radio and TV shows.

Scientific Frontiers of Integrative Medicine

DATE: March 9 - 10, 2012
LOCATION: Embassy Suites, Greensboro, NC
COST: $295 (members); staff/friend $150 Nonmembers - $295 plus membership dues with a $100 discount; $50 late fee after Feb. 9
REGISTRATION: Click here to register
ADDITIONAL INFO: NC Integrative Medical Society

Color My World

Date: March 20, 2012 at Noon
Location: Ardmore Cafeteria
Presentation: Christina Tourin
Topic: Therapeutic Harp Music
Note that Ruth Moskop leads our developing therapeutic music program including the volunteer program, “Healing Harps” sponsored by the Cancer Patient Support Program.

Clean Air Carolina

will sponsor a presentation by Dr. Sandra Steingraber, noted author, biologist and expert on the connection between environmental toxins and disease
DATE: March 20, 2012
TIME: 7:00 PM
LOCATION: Providence Day School, Fine Arts Theatre, 5800 Sardis Road, Charlotte, NC
COST: FREE
ADDITIONAL INFO: Click here to email Clean Air Carolina or 704-307-9528

Dr. Sandra Steingraber, bioloaist, author and cancer survivor, is an
internationally recognized authority on the environmental links to disease. Her latest book, *Raising Elijah: Protecting Our Children in an Age of Environmental Crisis*, is a moving memoir combined with compelling research. Join us for a compelling lecture on protecting our children in a toxic environment and Dr. Steingraber’s call to action.

University of Michigan and Michigan Academy of Family Practice CME Conference
Creating Wellness: An Integrative Approach to Primary Care

DATE: March 29 - 30, 2012
LOCATION: University of Michigan, Kensington Court, Ann Arbor, MI
REGISTRATION: Click here for cost, click here to register
ADDITIONAL INFO: Madeline Wegener, Michigan Academy of Family Physicians at mwegener@mafp.com or 517-347-0098, click here for brochure, click here for schedule

Natural Triad Health, Wellness and Green Living Show

DATE: March 31, 2012
LOCATION: Greensboro Coliseum Complex, Greensboro, NC
TIME: 9:00 AM - 6:00 PM
COST: FREE
REGISTRATION: Click here for booth rental info
ADDITIONAL INFO: www.naturaltriad.com or 336-369-4170

Premier wellness event in the Carolina featuring the latest in health, wellness, green living and eco-friendly products and services.

Calendar Of Events - April 2012

22nd Annual Art & Science of Health Promotion Conference

DATE: April 11 - 15, 2012
LOCATION: Manchester Grand Hyatt, San Diego, CA
REGISTRATION: Click here for cost and to register
ADDITIONAL INFO: Conference2012@HealthPromotionConference.org or 248-682-070, click here for conference brochure
The symposium will investigate how Tibetan medical and meditation systems have traditionally been used in the healing of mind and body, as well as exploring how these techniques can be adapted and incorporated into contemporary healthcare systems.

The 9th Annual Nutrition and Health Conference: State of the Science and Clinical Applications

The Nutrition and Health conference provides an overview and practical summary of the latest information on nutrition and health presented by leaders in scientific research, clinicians skilled in nutritional medicine, experts on food and agricultural policy, and innovative chefs. Speakers include: Dr. Andy Weil, David Ludwig, David Eisenberg, and Tieraona LowDog, and more!

The 5 Medicines© Program is a comprehensive one week course that addresses these challenges by providing mental health professionals from diverse backgrounds and perspectives with a clinical model of integrative mental health care that can be seamlessly incorporated into almost any clinical setting.
Consortium of Academic Health Centers for Integrative Medicine will host the 3rd International Research Congress on Integrative Medicine and Health

**DATE:** May 15 - May 18, 2012  
**LOCATION:** Portland Marriott Downtown Waterfront, 1401 SW Naito Parkway, Portland, OR  
**REGISTRATION:** Click here to register  
**ADDITIONAL INFO:** IRCIMH@ConferenceSolutionsInc.com

This Congress will showcase original scientific research through eight keynote and plenary sessions, oral and poster presentations, and innovative sessions. **Integrative medicine and health** research presented and discussed at the Congress will include basic science, clinical trials, lifestyle and prevention, methodology, health services, cost effectiveness, and education.

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**2012 Healer Within Retreat**

**DATE:** May 20 - 26, 2012; Early bird pricing ends March 11  
**LOCATION:** Hui Ho'olana, Molokai, Hawaii  
**ADDITIONAL INFO:** Click here for brochure, Scott at scott@wholeness.com

Honoring the Memory of Lee Lipsenthal, MD Founder, Finding Balance in a Medical Life. A Learning Vacation for Clinicians and Significant Others. Scott Shannon, MD will offer this journey inside for any professionals interested. Spouses are most welcome. CME is provided.

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**Calendar Of Events - June 2012**

**Healthy Environments Across Generations Conference**

**DATE:** June 7 - 8, 2012  
**LOCATION:** The New York Academy of Medicine, 1216 5th Avenue (at 103rd Street), New York City, NY  
**REGISTRATION:** Collaborative on Health and the Environment, or Maria Valenti at mvalenti@lgc.org

The Collaborative on Health and the Environment (CHE) is partnering with AARP, the U.S. EPA Aging Initiative, The Intergenerational School, The Whole Child Center, the Children’s Environmental Health Center at Mt. Sinai Medical Center, Gray is Green, and WEACT for Environmental Justice, to organize a conference entitled Healthy Environments Across Generations. This interactive event will focus on diverse factors that influence both human and ecological health across the lifespan, and will combine plenary “conversation” sessions featuring prominent leaders in a range of fields, along with experimental sessions.
Mind & Life Summer Research Institute (MLSRI) Theme: The Situated and Embodied Mind

DATE: June 16 - June 22, 2012
LOCATION: Garrison Institute, c/o Glenclyffe, 14 Mary's Way, Route 9D, Garrison, NY
ADDITIONAL INFO: sri@mindandlife.org
Application due FEBRUARY 19, 2012

Drawing on research in neuroscience, basic psychological science, clinical psychology, and philosophy and contemplative studies, this year’s MLSRI will focus on ways to integrate the study of embodied and situated cognition and emotion into Contemplative Science. Special attention will be given to the role of the body in contemplative practices and to bio behavioral investigations of these practices that go beyond exclusive focus on the brain.

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Join our free mailing list and to keep you up to date on valuable integrative medicine information.
YES! I want to JOIN the CIM eNewsletter list!
Please unsubscribe me from the WFBH CIM eNewsletter list.

In Closing...

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