Open CIM Research Awards Nominations

Nominations are open for the 1st annual Research Awards in Integrative Medicine at Wake Forest.

Deadline for 2012 nominations materials:
January 20, 2012

Award Criteria: Two awards will be given to eligible faculty and/or trainees at Wake Forest University Health Sciences.

1. The Outstanding Early Career Investigator Research Award in Integrative Medicine will be presented to a student, resident, fellow, Instructor or Assistant Professor who has made exceptional contributions to the body of knowledge in his or her discipline through publications, presentations, and/or research grants and collaborations.

2. The Outstanding Senior Faculty Research Award in Integrative Medicine will be presented to an Associate or full Professor who has made exceptional contributions to the body of knowledge in his or her discipline through publications, presentations, and research grants and collaborations.

Award: A gift certificate of $500 and a plaque will be provided to each awardee.

Eligibility: All nominees and nominators must be members of the Center for Integrative Medicine with WFSM faculty or trainee appointments.

Questions regarding the award or nominations process can
CIM Pilot Research Funding – Congratulations!

The Center for Integrative Medicine and the Pepper Center are co-funding Pilot Research Project.

Study: Using brain function as a metric to predict physical performance in older adults.

Primary Investigator: Dr. Hugenschmidt
Co-Investigators: Barbara Nicklas, Jeff Williamson, Paul Laurienti

Date of Award: Will be scheduled for mid-March. Details to follow.

Natural Supplements Meeting (Coming Soon!)

The 9th Annual Natural Supplements: An Evidence-Based Update will be held January 19-22, 2012 at the Hilton Bayfront in San Diego, CA.

Scientific evidence has shown that food choices and certain supplements can improve health and symptoms of disease.

As a result, many Americans are self-prescribing and spending in excess of $20 billion annually on herbal and dietary supplements to address their health concerns. It is important for health care providers to receive timely, evidence-based information in order to address the risks and benefits of supplements with their patients. In this dynamic partnership with patients, providers also need
information about regulatory issues, dosing and product potency.

To register, email: med.edu@scrippshealth.org

Office: 858-652-5400, Fax: 858-652-5565

Click here to view more information.

Hospitals Are Making Room

More hospitals offer alternative treatments such as acupuncture and massage. Patient demand and profit are among the reasons, though many of the therapies have not been proved scientifically.

As hospitals elbow one another to attract patients, increasingly they’re hoping to tap into Americans’ interest in – and willingness to spend money on – complementary and alternative therapies such as acupuncture and massage.

Click here to view the complete article.

Story by Michelle Andrews, Special to the Los Angeles Times.

NCAAM Updates

New Go4Life Campaign Focuses On Fitness for Older Adults
Public-Private Effort Led By NIH Reaches Out to Boomers, Their Parents. National Institutes of Health

NIH-funded study shows increased prostate cancer risk from vitamin E supplements
National Cancer Institute

Click here to view additional articles.

Gaia Herbs Professional Solutions Webinars
January 11, 2012

Botanical Strategies for Metabolic Syndrome and T2 Diabetes
with Dr. Tori Hudson, ND | 4PM EST

Botanical medicines have been increasingly researched in relationship to their influence on lowering and stabilizing serum glucose, improving insulin sensitivity as well as reducing the impact of diabetes on risk factors for cardiovascular disease and its consequences. This presentation will discuss the evidence for the use of botanicals, with clinical guidance for indications, dosing and side effects.

February 15, 2012

Botanical Strategies for Cardiovascular Support
with Dr. Beverly Yates, ND | 4PM EST

Botanical medicines have substantial research and centuries-old traditions of use to support cardiovascular health. This webinar will review in detail the evidence-based clinical uses of key botanicals for improving the function of the cardiovascular system. Emphasis is placed on indications for usage, side effects and any known interactions with pharmaceutical drugs. Guidance for dosing is provided. Strategies to support both the arterial and venous cardiovascular system are presented.

Click here to view the Gala Herbs Professional Solutions newsletter.
The Mind and Life Institute completed a conference on Ecology, Ethics and Interdependence, in Dharamsala this past October.

This breakthrough conference featured dynamic dialogue between the Dalai Lama and contemplative scholars, activists and ecological scientists on the current state of the earth’s ecology and environment.

Click here to view the full proceedings of the conference.

Click here to view the Mind and Life newsletter.

Mary Ann Liebert Online Articles

Overprescribing of Antibiotics for Children’s Upper Respiratory Infections: Alternative Options to Consider
Published in Volume: 17 Issue 6: December 27, 2011

Therapeutic Massage: Significant Advancements in the Field

The Program in Narrative Medicine: Mindful Storytelling and Listening Transform Patient Care

Probiotics (Bifidobacterium, Lactobacillus, and Saccharomyces boulardii): An Evidence-Based Systematic Review by the Natural Standard Research Collaboration
Catherine Ulbricht, Tantri Budiman, Wendy Chao, Shaina Tanguay-Colucci, Julie Conquer, Dawn Costa, Richard Isaac, Joseph
Parriott, Amritita Randhawa, Erica Rusie, Jill M. Grimes Serrano, Minney Varghese, Jen Woods, Sara Zhou

**Free Screening Tuesdays**

Come to BestHealth for free health screenings to help identify possible risk factors for heart disease, and learn how to reduce them. Screenings offered each Tuesday in February at BestHealth.

Registration open to those who have not participated in a heart risk appraisal/heart screening in the past 3 months.

[Click here](#) for more information on BestHealth programs.

[Click here](#) to sign up to receive BestHealth newsletter.

**Calendar Of Events**

**January 2012**

The Institute of Women’s Health & Integrative Medicine conference on *Acute & Chronic Infections in Women* will be held January 27-29, 2012, at the Red Lion Hotel in Portland, OR.

The Institute of Women’s Health and Integrative Medicine is an educational and research organization whose mission is to provide advanced training to primary health care practitioners and to conduct and support clinical research in women’s health and natural therapies and integrative medicine.

[Click here](#) for information and registration.

**February 2012**

The Integrative Healthcare Symposium will be held

Midlife women are facing fundamental physiological changes during this time of life and providing options to ease the impact of these changes and try to prevent or manage disease consequences is a key part of working with this population of women. This lecture will include important botanical research, as well as traditional clinical herbal medicine concepts in addressing thyroid function, adrenal regulation, and issues related to metabolic syndrome in women.

Click here for information and registration.

The 4th Annual Celebration of Caring Coming of Age: Practice, Research, and Education will be held 7:30am-4:30pm, February 16, 2012, at the Hawthorne Inn and Conference Center in Winston-Salem, NC.

For more information, please contact Tammy Rush, RN, at tarush@wakehealth.edu or 336-713-6444.

March 2012

The NC Integrative Medical Society 4th Annual – Scientific Frontiers of Integrative Medicine will be held March 9-10, 2012, at the Embassy Suites in Greensboro, NC.

This CME and continuing education activity is being planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education thru the Joint Sponsorship of the Institute for Medical Studies (IMS).
and North Carolina Integrative Medical Society. IMS is accredited by the ACCME to provide continuing medical education for physicians.

Click here for more information.

Click here for registration.

April 2012

The 9th Annual Nutrition and Health Conference: State of the Science and Clinical Applications will be held April 16-18, 2012 at the Westin Boston Waterfront hotel in Boston, MA.

Speakers include: Dr. Andy Weil, David Ludwig, David Eisenberg, and Tieraona LowDog, and more!

The 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.

Click here for information and registration.

The International Symposia for Contemplative Studies is being held...
April 26-29, 2012, at the Hyatt Regency in Denver, CO.

Awake Forest Baptist Health's Center for Integrative Medicine is a cosponsor of this conference.

The inaugural 2012 International Symposia for Contemplative Studies, facilitated by the Mind & Life Institute, is a collaborative effort among Centers and Laboratories around the world to explore the correlates and consequences of contemplative practice. The Symposia brings together world-renowned researchers, scholars, teachers, and students in keynote addresses, concurrent master lectures, panels, workshops, and poster presentations.

Click here for more information and to register.

May 2012

On May 15-18, 2012, the Consortium of Academic Health Centers for Integrative Medicine will host the third International Research Congress on Integrative Medicine and Health at the Marriott Downtown Waterfront in Portland, Oregon. The Consortium's Steering Committee meeting will take place before this event on Monday, May 14, 2012.

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. The Consortium is committed to making this meeting an international focal point for this wealth of talent and resources.

Click here to register for International Research Congress on Integrative Medicine and Health.

In Closing …

If you would like us to help promote your integrative medicine
related information or events, email CIM@wakehealth.edu or send a fax to (336) 713-3849.

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