Looking for a practitioner who specializes in integrative medicine? The Center maintains a [directory of clinicians] to help you find someone in your area. The listing contains links to local, regional and national integrative medicine specialists.

**Mental Health, Naturally Wins 2012 Indie Excellence Award**

*Mental Health, Naturally: The Family Guide to Holistic Care for a Healthy Mind and Body* received the 2012 Indie Excellence Award for independently published books in the Body/Mind Spirit category. Written by Center Director Kathi Kemper, the book is a compendium of non-traditional therapies for treating some of the most prevalent mental health issues. See winners from all categories at the [National Indie Excellence Book Awards site](#).

**Diet and Nutrition News**

- [Vitamin C Improves Lung Function in Babies of Smokers](#): MD Consult
- [Tests Show Carcinogen Levels in Coca-Cola Vary Worldwide](#): CSPI
- [Researcher Combines Traditional Chinese Medicine and Regulation of Gut Microbiota to Lose Weight](#): Science Magazine
- [Taxing Unhealthy Food and Drinks to Improve Health](#): British Medical Journal
- [Reducing Sodium Intake Could Prevent 11 Million...](#)
Cases of Hypertension: Center for Disease Control

The Latest on Alternative Therapies

- Children's After-School Friends Influence Their Physical Activity Level: MD Consult
- Using Computerized Self-Help Interventions to Treat Depression in Adolescents: British Medical Journal
- Creating a Culture of Health at Home: MedPage Today

Pharmaceutical News

- Abbott Labs Pays $1.6 Billion For Improperly Promoting Depakote (Valproic Acid): British Medical Journal

The Affordable Care Act and Integrative Medicine

John Weeks, author of The Integrator Blog, has written a new article on The Huffington Post about the Affordable Care Act and its impact on integrative medicine. Here are some related articles from The Integrator Blog:

- Integrative Health and CAM in the 2011 National Prevention Strategy
- CAM and Related Terms in the 2011 Institute of Medicine Pain Blueprint
- Language and Sections on CAM and Integrative Practice in HR 3590/Healthcare Overhaul
- NIH NCCAM's Mandate: 1998 Congressional Enabling Act
- Round-Ups: May 2008-December 2011

Duke Integrative Medicine

Duke Integrative Medicine, part of Duke Medicine, has announced the opening of its first primary care practice—set to open in July. Their website features a wealth of information and resources on health and healing, including patient care, workshops/education, and research.

Duke Integrative Medicine is also offering an information session about becoming an Integrative Health Coach Professional as a teleconference on July 16 at 12:00 p.m. This training will expand your capacity to help others attain their maximum level of health and wellness, and will develop your professional credentials, expertise and marketability.

Publication Opportunity
Insurance is Accepted
...for many integrative medical services provided by a physician or with a physician's order. Check with your insurance company for details.

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.

Center Leadership
Center Director
Kathi Kemper, MD
Clinical Services
Walt Curl, MD
Community Engagement
Jeff Feldman, PhD
Education
Jamie Ungerleider, PhD
Jeff Feldman, PhD
Research
Gil Yosipovitch, MD
Advisory Board
Julie Milunic

Please click here for a flyer announcing the European Journal of Integrative Medicine's call for a special issue in Public Health in Integrative Medicine which will appear later this year, co-edited by Prof. Jon Adams and Dr. Elizabeth Sommers. Systematic reviews and original articles are particularly welcome. Deadline for accepted papers is June 30, 2012. More details about the Journal can be found at www.elsevier.com/eujim.

Updates on CIM Research Projects
New Pilot Projects funded by CIM

PI: O'Gara, Tadgh
Source: CIM
Total: $10,000
Dates: 6/01/2012-01/30/2013
Title: Pre-operative assessment of nutritional status, mobility and frailty in geriatric patients

PI: Fortunato, John
Source: CIM
Total: $10,000
Dates: 6/15/2012 - 12/15/2013
Title: Brain Transmitters/Metabolites, Magnetic Resonance Spectroscopy, and Brain Connectivity: Diagnostic Strategies to Study the Effects of Non-Pharmacologic Therapies for Dysautonomia and Chronic Nausea

Ongoing Pilot Projects funded by CIM

PI: Brinkley, Tina
Source: Co-Funded with TSC
Total: $22,500
Dates: 03/1/2012-09/30/2013
Title: A.G.E and Incident Failure in older adults

PI: Groban, Leanne
Source: Co-Funded with TSC
Total: $10,000
Dates: 03/01/2012-09/30/2013
Title: Pre-operative assessment of nutritional status, mobility and frailty in geriatric patients

PI: Hugenschmidt, Christine
Co-investigators: Niclas, B; Laurienti P; Williamson, J
Source: Co-funded with the Pepper Center
Total: $10,000
Dates: 01/01/2012-01/31/2013
Title: Using brain functions as a metric to predict physical
performance in obese older adults

**Update:** 15 subjects have been enrolled; 6 have pre/post cognitive data, and 3 have pre/post imaging data. The most substantial challenge we faced was the replacement of the 1.5T research MR scanner with a new 3T scanner. While this is beneficial for the pilot in the long-term, there was a short-term cost of very limited scan time that resulted in slowed recruitment, and in some cases, inability to acquire the baseline scan. This also complicated the follow-up scan for people who were initially scanned on the 1.5T scanner. However, since April when the new scanner became available, our recruitment has increased substantially and we are continuing to collect data. We anticipate having enough data to submit an abstract on this data in fall 2012 and potentially a manuscript in spring 2013. Data from this pilot was used in submission of a K01 to the NIA on 02/12/12. This grant was reviewed 6/7/12; we anticipate resubmitting the K01 for the 10/12/12 deadline.

**PI:** Kitzman, Dalane  
**Source:** Co-Funded with TSC  
**Total:** $10,000  
**Dates:** 03/01/2012-09/30/2012  
**Title:** The effects of nitrites on exercise intolerance in older patients with heart failure and preserved ejection fraction

**PI:** Beavers, Kristen and Nicklas, Barb  
**Co-investigator(s):** Timothy D. Howard, Mara Z. Vitolins, Kristen G. Hairston, Jamehl Demons, Iris Leng, Kylie Kavanagh, and Tom Register  
**Source:** CIM  
**Total:** $10,000  
**Term:** 1/1/2012-6/30/2013  
**Title:** Epigenomic and Transcriptional Skeletal Muscle Response to a Soy-Based Hypocaloric Dietary Intervention in Obese Older Adults.  
**Update:** 20 subjects have been enrolled. Currently, 14 participants have completed all intervention and follow-up visits, and recruitment is slated to end by September 2012. As with any feeding study, dietary compliance is a challenge; although, overall compliance to the meal replacement prescription is 93.1%. Of 14 completed participants, average weight loss per group over the 12-week period is 7.07±2.51 kg and 6.84±5.03 kg for the soy-based protein and animal-based protein groups, respectively. Additionally, a K99/R00 proposal has been submitted as a pathway to Independence Award to NIH in June, 2012
PI: Danhauer, Suzanne  
Source: CIM and Cancer Center  
Total: $20,000  
Term: 6/2010 - 12/2013 (due to slow enrollment)  
Title: Yoga and brain cancer: a feasibility study

PI: Ellis, Leslie  
Source: CIM, (Co-Funded with Internal Medicine Infectious Diseases and Hematology and Oncology)  
Total: $15,393  
Title: Ginseng and Response To Influenza Vaccine  
Dates: 4/1/2011-10/31/2012

PI: Houston, Denise  
Co-investigators: Demons, J; Tooze, J  
Source: CIM and Pepper Center  
Total: $20,000  
Term: 4/2010 - 6/2012  
Title: Vitamin D for Meals on Wheels Recipients  
Updates: This pilot study, jointly funded by the TSI, CIM, and Pepper Center, assessed the feasibility of a partnership with Senior Services of Forsyth County to address vitamin D insufficiency in home-bound older adults receiving home-delivered meals by providing supplemental vitamin D in amounts sufficient to address insufficiency and obtain preliminary estimates on the effect of vitamin D supplementation on reducing falls in a home-bound population. 491 clients from 35 Meals-on-Wheels (MOW) routes served by Senior Services were approached. Of those, 244 agreed to be contacted for an initial phone screen to determine eligibility. Of those, 71 refused participation and 85 were not eligible (common reasons for ineligibility were: already consuming prescription or over-the-counter vitamin D (>1000 IU/d; 29%), no longer interested (22%), <65 years of age (12%), and doctor advised against participating (13%). A total of 68 participants were enrolled in the intervention. Screening and randomization of the final group of MOW routes was completed the end of March 2011. Vitamin D3 (100,000 IU/mo; n=38) and active placebo (400 IU/mo vitamin E; n=30) were delivered monthly with the clients’ MOW meal; 90% of participants received at least 4 of the 5 monthly supplement doses. 5-month follow-up visits were completed in August 2011 with follow-up data collected on 94% of participants. Among those screened, 75% had 25-hydroxyvitamin D (25(OH)D) levels <30 ng/mL (“insufficient”) at baseline and 54% had 25(OH)D levels <20 ng/mL.
"deficient"), indicating that vitamin D insufficiency and deficiency is highly prevalent in this home-bound group of elders. At follow-up, only 15% of participants randomized to vitamin D had 25(OH)D levels <30 ng/mL and only 1 had 25(OH)D levels <20 ng/mL. In contrast, 92% of participants randomized to placebo had 25(OH)D levels <30 ng/mL and 72% had 25(OH)D levels <20 ng/mL at follow-up. At follow-up, 32% of those randomized to vitamin D reported 1 or more falls compared to 44% of those randomized to placebo. Results of the study were presented at the American Society for Nutrition Scientific Sessions and Annual Meeting (in conjunction with Experimental Biology) and the American Geriatrics Society Annual Meeting in April, 2012. Manuscript preparation is underway. An R01 grant proposal is planned for October 2012 or February 2013 (PA-11-123: Translational Research to Help Older Adults Maintain their Health and Independence in the Community). Published abstracts:


PI: Kemper, KJ
Source: CIM
Total: In Kind
Term: 2/1/2011-6/30/2012
Title: Impact of Time, Touch and Attention on the Autonomic Nervous System and Central Nervous System
Update: 2 manuscripts published! Two grants submitted to NIH.

PI: Melcher-Thompson, Suzanne
Source: CIM
Total: $500
Title: Patient satisfaction with Guided Imagery CDs
Update: Project complete. During both phases of the study participants consistently indicated a high level of satisfaction with the CDs provided with 58% indicating a satisfaction of 8 or higher (on 10 point scale with 10 being extremely satisfied) during Phase 1 as compared to 59% in Phase 2. An overwhelming majority during both phases of the project would recommend use of guided imagery CDs to others with 80% noting in the affirmative during Phase 1.
Numerous positive comments were noted by participants on their survey form. During Phase 2 of the pilot project, Child/Adolescent Behavioral Health conducted a Pre/Post Stress test (1-10 Stress Scale) for 43 interventions utilizing the CDs. Results indicated 58% had improvement on the stress scale after the intervention while 37% indicated no change and 5% had worsening stress.

PI: Rosenquist, P  
Source: CIM  
Total: $10,000  
Term: 1/1/2012-6/30/2013  
Title: Synchronized TMZ in Patients with Major Depressive Disorder  
Update: Withdrawn due to PI moving to new institution. All funds were unspent and will revert to Pilot Project fund.

PI: Shea, Kyla  
Source: CIM, (Co-Funded with Aging Center)  
Total: $20,000  
Term: 2/1/2011-6/30/2012  
Title: Vitamin D and Vitamin K Status and Physical Function in Heart Failure  

PI: Sohl, Stephanie  
Co-investigators: Avis, NE; Danhauer SC; Tooze J; Akilu M, Nicklas B  
Source: CIM  
Total: $10,000  
Term: 4/1/2011-6/30/2012  
Title: Brief Yoga Training during Chemotherapy (Supportive Intervention Program Study-SIPS)  
Update: We have recruited 14 of the targeted 20 participants. We have had an approximately a 50% recruitment rate with interest in the study from both men (57%) and women (43%). Some reasons patients have given for not participating include: not interested; interested in yoga but don't want to be randomized to counseling; unable to approach within two-week window; declined based religious beliefs (e.g., how yoga spiritually impacts his Christianity). Our study met in February to discuss recruitment and took the following steps to improve our numbers: hung a laminated flyer in physician's offices as a reminder of the study; created a more detailed flyer to place in patients' charts; adjusted inclusion criteria to include patients starting after a "treatment holiday." We were back on pace for a few months and it has slowed again due to a physician moving and a change in study.
Overall, feedback from participants has been positive (e.g., "I am always in fight-or-flight mode on treatment days and the yoga really helps. I feel so much better now. I feel so relaxed"), and we anticipate completing recruitment by the fall. Receiving this grant funding has made the Principal Investigator, Dr. Sohl, more marketable for other funding and career opportunities. Once data collection is complete, it will be compiled to be used for a conference presentation, manuscript and preliminary data for a larger grant submission.

**PI:** Yang, Q  
**Source:** CIM  
**Total:** $10,000  
**Term:** 1/1/2012-6/30/2013  
**Title:** Reduction of Intravenous Lipid Infusion by Early Supplementation of Enteral Microlipid and Fish Oil in Infants with Enterostomy After Bowel Resection.  
**Update:** Additional funding awarded by the American Academy of Pediatrics Section on Complementary and Integrative Medicine

**PI:** Zeidan, F  
**Source:** CIM  
**Total:** $10,000  
**Term:** 1/1/2012-6/30/2013  
**Title:** Brain mechanisms supporting the modulation of pain by mindfulness meditation and placebo  
**Update:** Additional funding awarded by the Mind-Life Research Institute

### Calendar of Events

Our online calendar of events has been updated, and features an up-to-date listing of local happenings, regional and national workshops and conferences, and international symposiums. Bookmark the following links for ongoing event news related to integrative medicine:

- **Local/Regional Events**  
- **National/International Events**

### Join the CIM eNewsletter List

Join our free mailing list and stay up-to-date on valuable integrative medicine information.  
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### In Closing...
If you would like us to help promote non-profit integrative medicine related information or events, contact CIM at CIM@wakehealth.edu. All Center members are encouraged to submit information on services, awards, and publications.

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