



eNewsletter for August 21, 2014

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Free Integrative Medicine Seminars



Upcoming Clinical Working Group Conference Call Meetings

(all meetings at 12 noon unless otherwise noted)

August 28: Business of Integrative Medicine

September 18: Pain

October: no meeting

November: Reiki in Healthcare

NOTE: Presentations are free and given near the Center for Integrative Medicine offices on the fifth floor of Piedmont Plaza II (corner of Miller and First Streets). **We meet in the Compliance Office conference room in suite 500.** Questions about this series? Please contact [Mary McLendon](#) at 713-9197.

If you are not yet on the email list for the Consortium, please [request to be added](#). You will start receiving announcements from a well-respected group of peers about the field of integrative and complementary medicine.

Media Available Through the CIM Library

[Integrative Medicine Clinicians](#)

[Massage Therapy](#)

[Nutrition Services](#)

[Office of Women in Medicine and Science](#)

[Pastoral Care](#)

[Patient Resources](#)

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[Tai Chi](#)

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External Links

[American Academy of Pediatrics: Section on Integrative Medicine](#)

[Collaborative on Health and Environment](#)

[Integrator Blog](#)

[Mindfulness Research](#)

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[Natural Medicine](#)

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The Center for Integrative Medicine has relocated, and [our library materials](#) have been recataloged and reorganized. We invite you to come by to browse our wide selection of books, videos, and audio CDs on a variety of integrative and complementary medicine topics. Materials are available for check out for members of the medical community and the general public.



LOCATION: Our offices are located on the fifth floor of Piedmont Plaza II in Suite 513. Contact [Mary McLendon](#) at 713-9197 for more information on our library offerings.

Volunteer For a Research Study on Insomnia



The Department of Neurology is recruiting participants in a study examining a new therapy for moderate to severe insomnia. [High-resolution, Relational, Resonance-based, Electroencephalic Mirroring \(HIRREM\)](#), also known as Brainwave Optimization, is a noninvasive, innovative type of brain feedback that is intended to facilitate greater balance of brain frequencies which may result in improved symptoms. Participants will be compensated for each study visit as well as for sleep diary entries. For more information and eligibility screening, [download the information sheet](#) or contact study staff at (336) 716-9447 or (336) 716-9482.

Chair Yoga For Every Body: Spring Schedule

Yoga is a natural stress reliever and a great way to re-energize your body. Join us for an hour of chair yoga that will leave you refreshed and rejuvenated. No experience necessary! Free for cancer survivors, their close family members and friends.



DATES:

Tuesdays from 5:30 p.m. - 6:30 p.m.

Sept. 9, 16, 23, 30

Oct. 7, 14, 21, 28

PedCAM

Samueli Institute

* * *

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 and was one of the first 35 academic health centers in North America to be accepted into the Consortium of Academic Health Centers for Integrative Medicine. The Center oversees a collaboration of educational, community outreach and research activities focusing on wellness and healing.

* * *

Center Leadership

Director

Jeff Feldman, PhD

Clinical Services

Rebecca Wells, MD

Community Engagement

Gary Gunderson, MDiv, DMin, DDiv

Education

Jamie Ungerleider, PhD
Jeff Feldman, PhD

Nov. 4, 11, 18, 25

Dec. 2, 9, 16

LOCATION: WFBMC Comprehensive Cancer Center, Second Floor Meditation Room

MATERIALS: Some yoga mats are available, but the teacher can advise you if you would like to buy your own.

QUESTIONS: Contact Lynn Felder, RYT, Yoga Gallery at 336-655-7047 or [email](#).

2014 Healing Touch Training Seminars

DATES:

Level 2: September 19-20

Level 3: October 17-18

Level 1: November 21-22

Level 2: December 12-13

LOCATION: the Shepherd's Center, 1700 Ebert Street, Winston-Salem

REGISTRATION: [Contact Ashley Fleetwood](#) at 336-777-0680.

INSTRUCTOR INFO & BIO: [Deborah Larrimore](#), RN, LMBT, CHTP/I.

ADDITIONAL INFO: Healing Touch is a biofield therapy that is an energy based approach to health and healing. The goal in Healing Touch is to restore harmony and balance in the energy system, placing the client in a position to self-heal. Learn the practice of Healing Touch from [Deborah Larrimore](#), Certified Healing Touch Instructor and Practitioner.



Warm Water Ai Chi Classes at Salemtowne Pool

Join Wake Forest University Baptist Medical Center certified Ai Chi Instructors for a new warm water pool class offered at Salemtowne Retirement Community.



This 45 minute aquatic class uses flowing, yet powerful progressions combining deep breathing with slow, broad movements of arms, legs and torso; gentle stretching and range of motion and excellent deep breathing exercise. It is like Tai Chi in the water!

These classes are designed for anyone wishing to benefit by improving cardio respiratory function; increased metabolism and blood circulation; improved range of motion and mobility as well as total relaxation and sound sleep.

DATES:

Wednesdays at 1:00 p.m.

Fridays at 1:00 p.m.

LOCATION: Salemtowne Retirement Community

Research

Suzanne Danhauer,
PhD

Scientific Advisor

Daniel Kim-Shapiro,
PhD

Advisory Board

Julie Milunic

* * *

(336) 713-9197
(336) 713-3849 FAX

Join Our Mailing List!

COST: \$35 per month

QUESTIONS: Contact the Aquatics Program at 336-713-8082 for more information and to request an application.

Diet and Nutrition News

- [Defining Powerhouse Fruits and Vegetables: A Nutrient Density Approach](#) (CDC)
- [Maternal vitamin D status during pregnancy: the Mediterranean reality](#) (EJCN)
- [Research supports ever-wider role for Vitamin D, CRN says.](#) (Nutra Ingredients)
- [Sugar-Sweetened Beverage Consumption Is Associated with Abdominal Fat Partitioning in Healthy Adults](#) (JN)
- [What to Eat Now](#) (AARP)

Research Relevant to Integrative Health

- [Fibromyalgia and Complementary Health Approaches](#) (NCCAM)
- [Multiple 60-Minute Massages per Week Offer Relief for Chronic Neck Pain](#) (NCCAM)
- [Mindfulness Meditation May Reduce Risk of Suicidal Thoughts in Middle Schoolers](#) (NCCAM)
- [Mindfulness May Be Helpful for People With Ulcerative Colitis](#) (NCCAM)
- [Efficacy of Auricular Therapy for Pain Management: A Systematic Review and Meta-Analysis](#) (ECAM)
- [Potential Therapeutic Effects of Meditation for Treating Affective Dysregulation](#) (ECAM)
- [How Exercise Helps Us Tolerate Pain](#) (NY Times)
- [Ask Well: Does Yoga Build Strength?](#) (NY Times)
- [A Randomized Trial of Epidural Glucocorticoid Injections for Spinal Stenosis](#) (NEJM)
- [Caudal epidural steroid injections no better than saline epidurals or sham injections for the treatment of chronic lumbar radiculopathy](#) (EBM)

Free NCCAM Herbal Supplement Info

The National Center for Complementary and Alternative Medicine (NCCAM) has made their extensive herbal supplement information database ([Herbs at a Glance](#)) available as [an ebook, in Nook/iPad and Kindle formats](#). Specific information on each herbal supplement is also available separately to download in PDF format.



University of Michigan's Healing Foods Pyramid



[University of Michigan Integrative Medicine](#) has developed a nine-tier Healing Foods Pyramid, designed to inform and to celebrate food "in all its beauty, variety and healing benefits."

An interactive version is available on the [UMich Integrative Medicine website](#), as well as a printable version.

Recent Publications by CIM Members

Agarwal A, Cooke L, Riley C, Qi W, Mount D, Mahadevan D. [Genetic and cytokine changes associated with symptomatic stages of CLL](#). *Leuk Res*. 2014 Jun 18. pii: S0145-2126(14)00158-1. doi: 10.1016/j.leukres.2014.05.017. [Epub ahead of print] PMID: 25063525

Aslam I, Sandoval LF, Feldman SR. [What's new in the topical treatment of allergic skin diseases](#). *Curr Opin Allergy Clin Immunol*. 2014 Jul 24. [Epub ahead of print] PMID: 25061854

Datta M, Vitolins MZ. [Food Fortification and Supplement Use - Are there Health Implications?](#) *Crit Rev Food Sci Nutr*. 2014 Jul 18:0. [Epub ahead of print] PMID: 25036360

Feldman SR, Burudpakdee C, Gala S, Nanavaty M, Mallya UG. [The economic burden of psoriasis: a systematic literature review](#). *Expert Rev Pharmacoecon Outcomes Res*. 2014 Jul 23:1-21. [Epub ahead of print] PMID: 25052261

Foraker RE, Pennell M, Sprangers P, Vitolins MZ, DeGraffinreid C, Paskett ED. [Effect of a Low-Fat or Low-Carbohydrate Weight-Loss Diet on Markers of Cardiovascular Risk Among](#)

[Premenopausal Women: A Randomized Trial.](#) *J Womens Health (Larchmt)*. 2014 Aug;23(8):675-680. Epub 2014 Jul 16. PMID: 25029619

Genther DJ, Betz J, Pratt S, Kritchevsky SB, Martin KR, Harris TB, Helzner E, Satterfield S, Xue QL, Yaffe K, Simonsick EM, Lin FR; for the Health ABC Study. [Association of Hearing Impairment and Mortality in Older Adults.](#) *J Gerontol A Biol Sci Med Sci*. 2014 Jul 14. pii: glu094. [Epub ahead of print] PMID: 25024235

George SM, Ballard-Barbash R, Manson JE, Reedy J, Shikany JM, Subar AF, Tinker LF, Vitolins M, Neuhouser ML. [Comparing Indices of Diet Quality With Chronic Disease Mortality Risk in Postmenopausal Women in the Women's Health Initiative Observational Study: Evidence to Inform National Dietary Guidance.](#) *Am J Epidemiol*. 2014 Jul 17. pii: kwu173. [Epub ahead of print] PMID: 25035143

Goff DC Jr, Katula JA, Blackwell CS, Isom SP, Pedley CF, Vitolins MZ. [Comment on kahn and davidson. The reality of type 2 diabetes prevention.](#) *Diabetes care* 2014;37:943-949. *Diabetes Care*. 2014 Aug;37(8):e185-6. doi: 10.2337/dc14-0854. No abstract available. PMID: 25061153

Halter JB, Musi N, McFarland Horne F, Crandall JP, Goldberg A, Harkless L, Hazzard WR, Huang ES, Kirkman MS, Plutzky J, Schmader KE, Ziemann S, High KP. [Diabetes and cardiovascular disease in older adults: current status and future directions.](#) *Diabetes*. 2014 Aug;63(8):2578-89. doi: 10.2337/db14-0020. PMID: 25060886

Kositsawat J, Kuchel GA, Toozé JA, Houston DK, Cauley JA, Kritchevsky SB, Strotmeyer ES, Kanaya AM, Harris TB, Johnson KC, Barry LC; for the Health ABC. [Vitamin D Insufficiency and Abnormal Hemoglobin A1c in Black and White Older Persons.](#) *J Gerontol A Biol Sci Med Sci*. 2014 Aug 11. pii: glu122. [Epub ahead of print] PMID: 25112493

Malabanan AO, Whittaker LG, McNamara EA, Rosen HN. [Inconsistency in Filling in the Bottom of the Spine Bone Map Affects Reported Spine BMD.](#) *Endocr Pract*. 2014 Aug 6:1-15. [Epub ahead of print] PMID: 25100396

Meléndez GC, Register TC, Appt SE, Clarkson TB, Franke AA, Kaplan JR. [Beneficial effects of soy supplementation on postmenopausal atherosclerosis are dependent on pretreatment stage of plaque progression.](#) *Menopause*. 2014

Jul 28. [Epub ahead of print] PMID: 25072952

Murphy RA, Patel KV, Kritchevsky SB, Houston DK, Newman AB, Koster A, Simonsick EM, Tylvasky FA, Cawthon PM, Harris TB; the Health, Aging, and Body Composition Study. [Weight Change, Body Composition, and Risk of Mobility Disability and Mortality in Older Adults: A Population-Based Cohort Study.](#) *J Am Geriatr Soc.* 2014 Jul 15. doi: 10.1111/jgs.12954. [Epub ahead of print] PMID: 25039391

Raffield LM, Agarwal S, Cox AJ, Hsu FC, Carr JJ, Freedman BI, Xu J, Bowden DW, Vitolins MZ. [Cross-sectional analysis of calcium intake for associations with vascular calcification and mortality in individuals with type 2 diabetes from the Diabetes Heart Study.](#) *Am J Clin Nutr.* 2014 Aug 6. pii: ajcn.090365. [Epub ahead of print] PMID: 25099552

Rautaharju PM, Zhang ZM, Vitolins M, Perez M, Allison MA, Greenland P, Soliman EZ. [Electrocardiographic Repolarization-Related Variables as Predictors of Coronary Heart Disease Death in the Women's Health Initiative Study.](#) *J Am Heart Assoc.* 2014 Jul 28;3(4). pii: e001005. doi: 10.1161/JAHA.114.001005. PMID: 25074699

Schwartz GG. [Vitamin d in blood and risk of prostate cancer: lessons from the selenium and vitamin e cancer prevention trial and the prostate cancer prevention trial.](#) *Cancer Epidemiol Biomarkers Prev.* 2014 Aug;23(8):1447-9. doi: 10.1158/1055-9965.EPI-14-0520. PMID: 25085835

Sinner MF, Stepas KA, Moser CB, Krijthe BP, Aspelund T, Sotoodehnia N, Fontes JD, Janssens AC, Kronmal RA, Magnani JW, Witteman JC, Chamberlain AM, Lubitz SA, Schnabel RB, Vasan RS, Wang TJ, Agarwal SK, McManus DD, Franco OH, Yin X, Larson MG, Burke GL, Launer LJ, Hofman A, Levy D, Gottdiener JS, Kääl S, Couper D, Harris TB, Astor BC, Ballantyne CM, Hoogeveen RC, Arai AE, Soliman EZ, Ellinor PT, Stricker BH, Gudnason V, Heckbert SR, Pencina MJ, Benjamin EJ, Alonso A. [B-type natriuretic peptide and C-reactive protein in the prediction of atrial fibrillation risk: the CHARGE-AF Consortium of community-based cohort studies.](#) *Europace.* 2014 Jul 18. pii: euu175. [Epub ahead of print] PMID: 25037055

Tyrrell DJ, Bharadwaj MS, Van Horn CG, Kritchevsky SB, Nicklas BJ, Molina AJ. [Respirometric Profiling of Muscle Mitochondria and Blood Cells Are Associated With Differences in Gait Speed Among Community-Dwelling Older Adults.](#) *J Gerontol A Biol Sci Med Sci.* 2014 Jul 16. pii: glu096. [Epub ahead of

print] PMID: 25030980

Wells RE, Burch R, Paulsen RH, Wayne PM, Houle TT, Loder E. [Meditation for Migraines: A Pilot Randomized Controlled Trial.](#) *Headache*. 2014 Jul 18. doi: 10.1111/head.12420. [Epub ahead of print] PMID: 25041058

Winston B, Moskop JC. [Redefining principles. A review of the update NAEMT code of ethics.](#) *JEMS*. 2014 Jun;39(6):50-3. No abstract available. PMID: 25109147

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](#)

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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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