



eNewsletter for January 26, 2016

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

Research

Suzanne Danhauer, PhD

Clinical Research

Rebecca Wells, MD

Neuroscience Research

Fadel Zeidan, Ph.D.

Community Engagement

Gary Gunderson, MDiv,
DMin, DDiv

Education

Integrative Medicine Conference

**WAKE FOREST SCHOOL OF MEDICINE
NORTHWEST AREA HEALTH EDUCATION CENTER (AHEC)**

DATE: March 4, 2016

Time: 8:30 a.m. - 3:45 p.m.

Topic: Complementary/Alternative Medicine in 2016

Please [click here](#) for program details and registration information.

Complementary and Integrative Approaches for Cancer Symptoms and Treatment Side Effects

Many people who have been diagnosed with cancer use complementary health approaches. According to the 2007 National Health Interview Survey (NHIS), which included a comprehensive survey on the use of complementary health approaches by Americans, 65 percent of respondents who had ever been diagnosed with cancer had used complementary approaches. Those who had been diagnosed with cancer were more likely than others to have used complementary approaches for general wellness, immune enhancement, and pain management.

A substantial amount of evidence suggests that some complementary health approaches, such as acupuncture, massage therapy, mindfulness-based stress reduction, and yoga may help to manage some cancer symptoms and side effects of treatment. For other complementary approaches (e.g., natural products), the evidence is more limited. Click on this link to the [NCCIH Clinical Digest](#) to learn more on the evidence base on complementary and integrative health approaches for cancer-related symptoms and treatment side effects.



Volunteer for a Research Study on Insomnia

Jamie Ungerleider, PhD
Jeff Feldman, PhD

Scientific Advisor
Daniel Kim-Shapiro, PhD

* * *

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

Quick Links

WFBMC Intranet

WFBMC Action Health

Acupuncture

Aquatic Programs

BestHealth

Calendar of Events

CareNet

Center For Integrative
Medicine

Clinical Trials: Recruiting

Cancer Clinical Trials:
Recruiting

Dietary Supplements

WFBMC Employee
Assistance Program

Healing Touch

Healing Harps

Integrative Medicine
Clinicians

Massage Therapy

Nutrition Services

Office of Women
in Medicine
and Science

Pastoral Care

Patient Resources



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.

Stress and Relaxation Techniques from NCCIH

Relaxation techniques may be helpful in managing a variety of health conditions, including anxiety associated with illnesses or medical procedures, insomnia, labor pain, chemotherapy-induced nausea, and temporomandibular joint dysfunction.

For some of these conditions, relaxation techniques are used as an adjunct to other forms of treatment. Relaxation techniques have also been studied for other conditions, but either they haven't been shown to be useful, research results have been inconsistent, or the evidence is limited.

Click on this link for detailed information: [NCCIH Stress and Relation Techniques](#)



Movement Classes for Parkinson's Disease

DATES:

Wednesdays - 9:00 a.m. - 10:00 a.m.

LOCATION: Academy of Dance Arts, 1425 West 1st Street. Phone: 336-723-4459.

INSTRUCTOR & ADDITIONAL INFO:

[Christina Soriano](#),

Associate Professor of Dance at Wake Forest University. This improvisational movement class is for people with Parkinson's Disease and their care partners.

QUESTIONS: Contact Christina Soriano at sorianct@wfu.edu.



Parkinson Power Moves Exercise Class

WHEN:

Tuesdays and Thursdays
5:30 p.m. - 6:30 p.m.

LOCATION: Neuro Rehab Gym - Medical Miller Plaza, 131 Miller Street.

Research evidence based exercises specifically designed for persons with Parkinson's disease.



Stress Management

Visual and Performing Arts

Chair Yoga

External Links

American Academy of Pediatrics: Section on Integrative Medicine

Collaborative on Health and Environment

Integrator Blog

Mindfulness Research

NCCIH

NCCIH - Herb-Drug Interactions

NCCAM Newsletter

NCI-OCCAM

Natural Medicine

Natural Triad

Nutrition Secrets

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.

Join Our Mailing List!

cim@wakehealth.edu

QUESTIONS: Julie Bradwell, LRT/CTRS, Recreational Therapy Department. 336-716-8007 or jbradwel@wakehealth.edu

Chair Yoga For Every Body

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.

February 2, 9, 16, 23

March 1, 8, 15, 22, 29

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](#).

2016 Healing Touch Training Seminars

DATES:

Level 3: March 11-12

Level 1: April 15 - 16

Level 2: June 10 - 11

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

REGISTRATION: [Contact Ashley Fleetwood](#) at 336-777-0680. Email: HToftheCarolinas@me.com

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

ADDITIONAL INFO: : Healing Touch focuses on restoring harmony and balance to the human energy system, which then promotes the healing process. It is an ancient art which is used in today's world of modern medicine. The curriculum provides continuing education units for nurses, massage therapists, as well as all people who want to study this integrative modality of care.



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 aquatic class, open to the public, 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:

Mondays - 1:00 p.m. - 2:00 p.m.
Wednesdays - 1:00 p.m. - 2:00 p.m.

LOCATION: Salemtowne Retirement Community

COST: \$35 per month

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

Media Available Through the CIM Library

The Center for Integrative Medicine invites you to come by to browse [our library materials](#). We offer a 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.

Diet and Nutrition News/Research

- [Dietary Guidelines for Americans](#) (JAMA)
- [Gradual reduction of sugar in soft drinks without substitution as a strategy to reduce overweight, obesity, and type 2 diabetes: a modelling study](#) (The Lancet)
- [Total and Full-Fat, but Not Low-Fat, Dairy Product Intakes are Inversely Associated with Metabolic Syndrome in Adults](#) (JN)
- [Walnuts Consumed by Healthy Adults Provide Less Available Energy than Predicted by the Atwater Factors](#) (JN)
- [The Anti-Inflammatory Diet - What is It & Do You Need It?](#) (Fooducate)
- [Sprouted Grains - 8 Things to Know](#) (Fooducate)
- [Olive oil polyphenols may boost cognition: Nutrigenomic data](#) (Nutra)
- [Navigating health conundrums: Nutrients, probiotics and nutrient-microbiome interactions](#) (Nutra)
- [Steeping temperature and time may affect antioxidants in tea](#) (Science Daily)

News/Research Relevant to Integrative Health

- [10 Ways to Stop a Panic Attack](#) (Everyday Health)
- [Meditation: how could it benefit your health?](#) (MNT)
- [Pycnogenol bolsters cognitive function in baby boomers](#) (MNT)

Free NCCIH 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.



Recent Publications by CIM Members

Arcury TA, Summers P, Talton JW, Chen H, Sandberg JC, Spears Johnson CR, Quandt SA. [Heat Illness Among North Carolina Latino Farmworkers](#). J Occup Environ Med. 2015 Dec;57(12):1299-304. doi: 10.1097/JOM.0000000000000552. PMID: 26641825

Brown PD, Anderson SK, Carrero XW, O'Neill BP, Giannini C, Galanis E, Shah SA, Abrams RA, Curran WJ Jr, Buckner JC, Shaw EG. [Adult patients with supratentorial pilocytic astrocytoma: long-term follow-up of prospective multicenter clinical trial NCCTG-867251 \(Alliance\)](#). Neurooncol Pract. 2015 Dec;2(4):199-204. Epub 2015 Aug 6. PMID: 26640699

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Garimella PS, Katz R, Patel KV, Kritchevsky SB, Parikh CR, Ix JH, Fried LF, Newman AB, Shlipak MG, Harris TB, Sarnak MJ; Health ABC Study. [Association of Serum Erythropoietin With Cardiovascular Events, Kidney Function Decline, and Mortality: The Health Aging and Body Composition Study](#). Circ Heart Fail. 2016 Jan;9(1):e002124. doi:10.1161/CIRCHEARTFAILURE.115.002124. PMID: 26721912

Gencer B, Auer R, de Rekeneire N, Butler J, Kalogeropoulos A, Bauer DC, Kritchevsky SB, Miljkovic I, Vittinghoff E, Harris T, Rodondi N. [Association between resistin levels and cardiovascular disease events in older adults: the Health, Aging and Body composition study](#). Atherosclerosis. 2015 Dec 9;245:181-186. doi: 10.1016/j.atherosclerosis.2015.12.004. [Epub ahead of print] PMID: 26724528

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Guffey D, Feldman SR, Huang WW. [What are the most important factors that determine the overall quality of dermatology residency training: A resident survey](#). Dermatol Online J. 2015 Oct 16;21(10). pii: 13030/qt0j11p97g. PMID: 26632809

Harrison BJ, Venkat G, Hutson T, Rau KK, Bunge MB, Mendell LM, Gage FH, Johnson RD, Hill C, Rouchka EC, Moon L, Petruska JC. [Transcriptional changes in sensory ganglia associated with primary afferent axon collateral sprouting in spared dermatome model.](#) Genom Data. 2015 Oct 23;6:249-52. doi: 10.1016/j.gdata.2015.10.005. eCollection 2015 Dec. PMID: 26697387

Iannaccone A, Giorgianni F, New DD, Hollingsworth TJ, Umfress A, Alhatem AH, Neeli I, Lenchik NI, Jennings BJ, Calzada JI, Satterfield S, Mathews D, Diaz RI, Harris T, Johnson KC, Charles S, Kritchevsky SB, Gerling IC, Beranova-Giorgianni S, Radic MZ; Health ABC study. [Circulating Autoantibodies in Age-Related Macular Degeneration Recognize Human Macular Tissue Antigens Implicated in Autophagy, Immunomodulation, and Protection from Oxidative Stress and Apoptosis.](#) PLoS One. 2015 Dec 30;10(12):e0145323. doi: 10.1371/journal.pone.0145323. eCollection 2015. PMID: 26717306

Korman AM, Hill D, Alikhan A, Feldman SR. [Impact and management of depression in psoriasis patients.](#) Expert Opin Pharmacother. 2016 Jan 4:1-6. [Epub ahead of print] No abstract available. PMID: 26641936

Mahler SA, Riley RF, Russell GB, Hiestand BC, Hoekstra JW, Lefebvre CW, Nicks BA, Cline DM, Askew KL, Bringolf J, Elliott SB, Herrington DM, Burke GL, Miller CD. [Adherence to an Accelerated Diagnostic Protocol for Chest Pain: Secondary Analysis of the HEART Pathway Randomized Trial.](#) Acad Emerg Med. 2015 Dec 31. doi: 10.1111/acem.12835. [Epub ahead of print] PMID: 26720295

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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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