Wake Forest Baptist Health

eNewsletter for February 15, 2016

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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.

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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

Registration: Please Click here for program details and registration information.

Integrative Medicine Grand Rounds Webinar

DATE: Thursday, February 18, 2016

Time: 12:00 - 1:00

Topic: The Ancient Roots of Integrative Medicine: Ayurvedic Medical Education for the Modern Practitioner

Presenter: Stuart Rothenberg, MD, National Medical Director Maharishi Ayurveda Association of America

Registration: You must register for the webinar. **Click here** to access online registration form. You can then participate in the webinar directly from your own computer. You will be sent a reminder and instructions a day or two ahead of the webinar from the Consortium.

Please contact Mary McLendon with any questions you may have. Email: mmclendo@wakehealth.edu. Or phone: 336-713-9197

Jointly sponsored by Vanderbilt University School of Medicine Department of Medicine, Division of General Internal Medicine and Public Health and the Academic Consortium for Integrative Medicine & Health

Jamie Ungerleider, PhD
Jeff Feldman, PhD

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Daniel Kim-Shapiro, PhD

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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

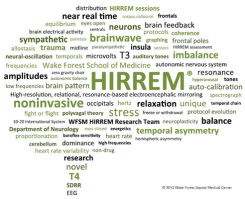
Patient Resources

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.

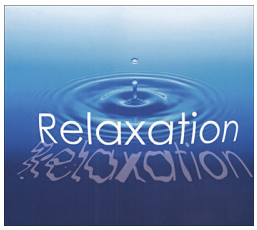
A substantial amount of evidence suggests that some complementary health approaches, such as acupuncture, massage therapy, mindfulness-based stress reduction, and yoga may help to manage some cancer symptoms and side effects of treatment. For other complementary approaches (e.g., natural products), the 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



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

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.

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cim@wakehealth.edu

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.

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 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

- *A Healthy Dietary Pattern at Midlife, Combined with a Regulated Energy Intake, Is Related to Increased*

Odds for Healthy Aging *(JN)*
- Why children are more likely to develop food allergies. Researcher identifies T cell population that renders normal food harmless. (ScienceDaily)
- Wholesome wholegrain (ScienceDaily)
- Popular diet myths debunked (Science Daily)
- Higher dietary fiber intake in young women may reduce breast cancer risk (HPH)

Research Relevant to Integrative Health

- Neurobiologic Advances from the Brain Disease Model of Addiction (NEJM
- Simple Remedies for Constipation (NYT)
- Zinc supplements may boost immunity markers for the elderly (Nutra Ingredients)
- Meditation: How could it benefit your health? (MNT)
- Modern acupuncture-like stimulation methods: a literature review (ScienceDirect)
- New answers concerning a weight-regulating hormone (ScienceDaily)

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

Adhikari R, D'Souza J, Solimon EZ, Burke GL, Daviglus M, Jacobs DR Jr, Park SK, Sheppard L, Thorne PS, Kaufman JD, Larson TV, Adar SD. Long-Term Coarse Particulate Matter Exposure and Heart Rate Variability in the Multi-Ethnic Study of Atherosclerosis (MESA). Epidemiology. 2016 Jan 29. [Epub ahead of print] PMID: 26829158

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media Thickness Measurements: Relations with Atherosclerosis, Risk of Cardiovascular Disease and Application in Randomized Controlled Trials. Chin Med J (Engl). 2016 20th Jan;129(2):215-226. doi: 10.4103/0366-6999.173500. No abstract available. PMID: 26830994

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Shea MK, Booth SL. Concepts and Controversies in Evaluating Vitamin K Status in Population-Based Studies. Nutrients. 2016 Jan 2;8(1). pii: E8. doi: 10.3390/nu8010008. Review. PMID: 26729160

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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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