

eNewsletter for March 14, 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

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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 Grand Rounds Webinar



DATE: Thursday, March 17, 2016

Time: 12:00 - 1:00

Topic: Complementary and Integrative Health in Veterans Health Administration

Presenters: Kavitha Reddy, MD, Clinical Champion OPCC & CT, Veteran-centered Care Coordinator and Alison M. Whitehead, MPH, RYT, Health Systems Specialist, Integrative Health Coordinating Center, Office of Patient Centered Care & Cultural Transformation, Department of Veterans Affairs.

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

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

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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

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.



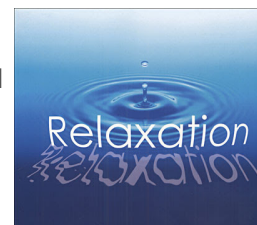
Volunteer for a Research Study on Insomnia



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 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.



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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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.
March 1, 8, 15, 22, 29
April 5, 12, 19, 26

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 1 - April 15 - 16
Level 2 - June 10 - 11
Level 3 - July 8 - 9

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 Broccoli Lessens Development of Fatty Liver and Liver Cancer in Mice Given Diethylnitrosamine and Fed a Western or Control Diet*](#) (JN)
- [*Effect of Avoidance on Peanut Allergy after Early Peanut Consumption*](#) (NEJM)
- [*Burying the Snackwell Myth*](#) (CSPI)
- [*Study raises questions about standards for whole grain label*](#) (Hellowella)
- [*Food industry slow to react to demand for natural colours & flavours: Mintel*](#) (Food Navigator)
- [*Soy protein may diversify gut microbiota more than dairy protein: Study*](#) (Nutra Ingredients USA)

News/Research Relevant to Integrative Health

- [Yoga for Heart Health](#) (Newswise)
- [TCM - cultural practice or valuable science?](#) (The Straits Times)
- [Aromatherapy Book Awarded 2015 ABC James A. Duke Excellence in Botanical Literature Award](#) (American Botanical Council)
- [Understanding your brain activity can help you learn what motivates you](#) (MNN)
- [The Best Exercises to Improve Balance](#) (NYT Well)
- [Seasonal Allergies and Complementary Health Practices](#) (NCCIH)

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, Trejo G, Suerken CK, Ip EH, Quandt SA. [Stability of Household and Housing Characteristics Among Farmworker Families in North Carolina: Implications for Health.](#) J Immigr Minor Health. 2016 Feb 8. [Epub ahead of print] PMID: 26856879

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Eggebeen J, Kim-Shapiro DB, Haykowsky M, Morgan TM, Basu S, Brubaker P, Rejeski J, Kitzman DW. [One Week of Daily Dosing With Beetroot Juice Improves Submaximal Endurance and Blood Pressure in Older Patients With Heart](#)

[Failure and Preserved Ejection Fraction](#). JACC Heart Fail. 2016 Feb 2. pii: S2213-1779(15)00835-5. doi: 10.1016/j.jchf.2015.12.013. [Epub ahead of print] PMID: 26874390

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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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