



eNewsletter for April 13, 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.

Wake Forest Researcher In the News

The research of Fadel Zeidan, PhD, Neurobiology and Anatomy, on mindfulness meditation reducing pain through a novel pathway was recently covered by CBSNews.com, as well as numerous other news organizations. [Click here](#) for CBS article. Also, see full reference on this study in the CIM membership publications listed in the last section of this newsletter.



Integrative Medicine Grand Rounds Webinar



ACADEMIC CONSORTIUM
FOR INTEGRATIVE
MEDICINE & HEALTH

Two in April

DATE: Thursday, April 21, 2016

Time: 12:00 - 1:00

Topic: Sustainable Integrative Models of Care

Presenter: Courtney Baechler, MD, MS, Allina Health, Abbott Northwestern Hospital

Moderator: Amy Locke, MD

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.

DATE: Friday, April 29, 2016

Time: 12:00 - 1:00

Community Engagement

Gary Gunderson, MDiv,
DMin, DDiv

Education

Jeff Feldman, PhD

Scientific Advisor

Daniel Kim-Shapiro,
PhD

* * *

(336) 713-9197
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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

Topic: Using Group Visits to Provide Integrative Care

Presenters: Illana Seidel, MD, George Washington University
Katherine Gergen Barnett, MD, Boston University Medical Center

Moderator: Amy Locke, MD

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 McLendo 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 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

distribution HIRREM arousal
near real time human
brain activity NEURONS brain feedback
sympathetic brainwave patterns
attention trauma malice immersion insula
neuro-modulation temporal microstate T2 auditory system limbic system
frequency Wake Forest School of Medicine autonomic nervous system
amplitudes HIRREM
high-resolution relational resonance-based electroencephalographic noninvasive
Department of Neurology Wake Forest University School of Medicine
insomnia research
T4
T6
T8
EEG

The Department of Neurology is recruiting participants in a study examining a new therapy for moderate to severe insomnia. [High-resolution, Relational, Resonance-based,](#)

and Science
Pastoral Care
Patient Resources
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.

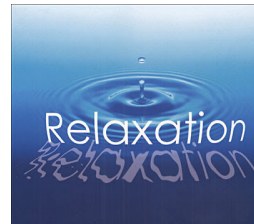
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[Electroencephalic Mirroring \(HIRREM\)](#), also known as Brainwave Optimization, is a noninvasive, innovative type of brain feedback that is intended to facilitate greater balance of brain frequencies which may result in improved symptoms. Participants 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.

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.

April 12, 19, 26

May 3, 10, 17, 24, 31

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

- [Forget what you believe about full-fat dairy](#) (MNN)
- [Salt Promotes Passive Overconsumption of Dietary Fat in Humans](#) (JN)
- [Lifespan Weighed Down by Diet](#) (JAMA)
- [Ultra-processed foods make up more than half of all calories in US diet](#) (BMJ)
- [Saturated fats 'jet lag' body clocks, triggering metabolic disorders, study shows](#) (Science Daily)
- [A Paleolithic-type diet may help reduce future risk of diabetes and cardiovascular disease](#) (Science Daily)
- [Gluten: What Is Gluten? Facts, Foods and Allergies](#)

News/Research Relevant to Integrative Health

- [Meditation Plus Running as a Treatment for Depression](#) (NYT Well)
- [A Mind-Body Program for Older Adults With Chronic Low Back Pain](#) (JAMA)
- [Acceptability, Adaptation, and Clinical Outcomes of Acupuncture Provided in the Emergency Department: A Retrospective Pilot Study](#) (Pain Medicine)
- [The Green Road Project - A natural healing environment for wounded warriors & their families](#) (The Institute for Integrative Health)
- [Acupuncture in the Military for Rapid Pain Relief on the Battlefield](#) (JACM)

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, Soliman EZ, Burke GL, Daviglius ML, 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](#). Epidemiology. 2016 May;27(3):405-13. doi: 10.1097/EDE.0000000000000455. PMID: 27035690

Avis NE, Coeytaux RR, Isom S, Prevette K, Morgan T. [Acupuncture in Menopause \(AIM\) study: a pragmatic, randomized controlled trial.](#) Menopause. 2016 Mar 18. [Epub ahead of print] PMID: 27023860

Danziger J, Young R, Shea MK, Tracy RP, Ix JH, Jenny NS, Mukamal KJ. [Vitamin K-Dependent Protein Activity and Incident Ischemic Cardiovascular Disease: The Multi-Ethnic Study of Atherosclerosis.](#) Arterioscler Thromb Vasc Biol. 2016 Mar 31. pii: ATVBaha.116.307273. [Epub ahead of print] PMID: 27034472

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[Older Adults: The LIFE Study.](#) J Gerontol A Biol Sci Med Sci. 2016 Mar 17. pii: glw057. [Epub ahead of print] PMID: 26988662

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LJ, Markello TC, Brashear A. [ATP1A3 Mutation in Adult Rapid-Onset Ataxia](#). PLoS One. 2016 Mar 18;11(3):e0151429. doi: 10.1371/journal.pone.0151429. eCollection 2016. PMID: 26990090

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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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