

# Center for Integrative Medicine

eNewsletter for June 13, 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

## CIM and 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 highlighted in an article in the Journal of the American Medical Association (JAMA). [Click here for the full article.](#)



## Integrative Medicine Grand Rounds Webinar



ACADEMIC CONSORTIUM  
FOR INTEGRATIVE  
MEDICINE & HEALTH

**DATE:** Thursday, June 16, 2016

**Time:** 12:00 - 1:00

**Topic:** Measuring the Context of Healing: Development and Validation of Healing Encounters and Attitudes Lists (HEAL)

Nonspecific or context factors, such as treatment expectations and views of the patient-provider relationship, may play an important role in treatment outcomes. Such factors also may be important components of the placebo response. However, such factors are rarely measured in research and clinical settings. Our team has developed a set of patient-reported questionnaires, entitled the Healing Encounters and Attitudes Lists (HEAL), that are concise, precise, and appropriate for use with many types of treatments and nearly any clinical condition. In this presentation, Dr. Greco will describe basic procedures used to create the HEAL questionnaires and will provide evidence for the HEAL questionnaires' validity for predicting improvement following integrative and conventional treatments.

Jeff Feldman, PhD

**Scientific Advisor**  
Daniel Kim-Shapiro, PhD

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(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

Stress Management

**Presenter:** Carol M. Greco, PhD, University of Pittsburgh

**Moderators:** Lauray MacElher, MBA and David Victorson, PhD

**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](mailto: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



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

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

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### 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

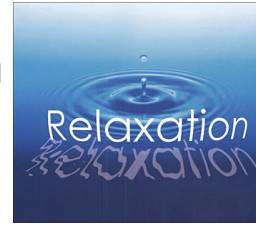
brain feedback that is intended to facilitate greater balance of brain frequencies which may result in improved symptoms. Participants will be compensated for each study visit as well as for sleep diary entries. For more information and eligibility screening, [download the information sheet](#) or contact 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](mailto: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](mailto: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.

June 14, 21, 28

July 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 3 - July 8 - 9

Level 1 - July 15 - 16

Level 1 - September 9 - 10

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

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

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### Diet and Nutrition News/Research

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- [Why is whole fruit healthier than a smoothie?](#) (MNN)
- [Psyllium shows satiety benefits: P & G Study](#) (Nutra Ingredients USA)
- [The Revised Nutrition Facts Label, A Step Forward and More Room for Improvement](#) (JAMA)
- [Walnuts may improve your colon health](#) (ScienceDaily)
- [Dietary fiber intake tied to successful aging, research reveals](#) (ScienceDaily)

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### News/Research Relevant to Integrative Health

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- [Computers, Crafts, Games, Social Activities May Help Protect Memory](#) (AARP)
- [Concept of healthy microbiome gaining acceptance among MDs.](#) (Nutra Ingredients USA)
- [Increase your physical activity by using your neighborhood environment](#) (HellaWella)
- [The Chanda Plan™s Integrative Therapies for the Disabled](#) (Integrative Practitioner)
- [FDA Issues Voluntary Sodium Reduction Targets](#) (CSPI)
- [New Priorities for Nonpharmacologic Management of Pain](#) (NCCIH)
- [Laughter Yoga, Adults Living With Parkinson's Disease, and Caregivers: A Pilot Study](#) (Explore)

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### Free NCCIH Herbal Supplement Info

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The National Center for Complementary and Alternative Medicine (NCCIH, formerly 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.



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### Recent Publications by CIM Members

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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](mailto:CIM@wakehealth.edu). All Center members are encouraged to submit information on services, awards, and publications.

**Disclaimer:** The information on this email is for general informational purposes only and SHOULD NOT be relied upon as a substitute for sound professional medical advice, evaluation or care from your physician or other qualified health care provider.

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