

## WFBMC- Center for Integrative Medicine December 22, 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

Remy Coeytaux, MD,  
PhD

##### Associate Director

Jeff Feldman, PhD

\*\*\*

##### Associate Director, Research

Suzanne Danhauer,  
PhD

### CIM ASSOCIATE DIRECTOR, DR. FADEL ZEIDAN, PRESENTS HIS RESEARCH FINDINGS TO THE DALAI LAMA



Fadel Zeidan, PhD (second from right), Associate Director of Neuroscience for the Center and assistant professor in Neurobiology & Anatomy, recently discussed the ramification of using complementary medicine to treat pain at a meeting in Ulaanbaatar, Mongolia, where he met with the Dalai Lama. At the Conference on Buddhism and Science, Zeidan shared a stage with His Holiness and presented results of his research, titled "The Neuroscience of Mindfulness Meditation and Pain" to several hundred attendees. Zeidan states: "This was an amazing opportunity. His Holiness displayed a pure curiosity about the possibilities for treating pain with mindfulness meditation and other complementary medicine techniques. His calming and compassionate nature was amazing to experience, and helped me feel at ease right away." The conference was held on November 21, 2016.

#### Announcements

##### Wake Forest to Study Cognitive Behavior Therapy and Yoga:

A research team at Wake Forest Baptist Medical Center (Consortium Member) has been awarded a three-year grant for \$2 million by the Patient-Centered Outcomes Research Institute (PCORI) to compare the effectiveness of cognitive-behavior therapy and yoga on anxiety in older adults.

**Associate Director,  
Clinical Research**  
Rebecca Wells, MD

**Associate Director,  
Neuroscience  
Research**  
Fadel Zeidan, PhD

**Associate Director,  
Clinical Education**  
Vanessa Baute, PhD

**Community  
Engagement**  
Gary Gunderson, MDiv,  
DMin, DDiv

**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

**CIM Associate Director Chosen as Co-Chair of International Congress on Integrative Medicine:** Jeff Feldman, PhD, CIM Associate Director has been chosen to Co-Chair, along with [Dr. Helen Lavretsky](#) of UCLA, the 2018 International Congress on Integrative Medicine and Health. This is the largest such meeting on Research, Clinical, Educational and Policy Issues in Integrative Health. Congratulations Jeff!

---

## Integrative Medicine Grand Rounds Webinar

---



**DATE:** Thursday, January 19, 2017

**TIME:** 12:00 - 1:00

**TOPIC:** Symptom Reduction in the Palliative Care Patient: Evidence of Mind-Body Therapies and other Integrative Approaches.

**PRESENTER:** Dr. Pooja Amy Shah, Columbia University

**MODERATORS:** Lauray MacElhern, MBA & Raymond Teets, MD

**REGISTRATION:** You must register for the webinar. [Click here.](#)

Please contact Mary McLendon 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.  
(The Consortium)*

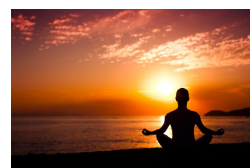
---

## Volunteers Needed for Study on Low Back Pain

---

Do you have **chronic low back pain** and are interested in learning meditation?

Researchers at Wake Forest Baptist Health are conducting a research study to assess the effects of meditation in individuals suffering from chronic low-back pain.



Participants of this study will undergo sensory testing and brain imaging during meditation and after asking participants to lift their legs straight up with the assistance of a trained clinician. We estimate that the entire study can take up to 1 month to complete.

If you are interested in participating or would like additional information, please contact Dr. Zeidan at [fzeidan@wakehealth.edu](mailto:fzeidan@wakehealth.edu) for questions.

---

## Volunteers Needed for Migraine Study

---

### **Stress Reduction for Migraines**

Rebecca Erwin Wells, MD, MPH, Principal Investigator  
Wake Forest Baptist Health

Healing Harps  
 Integrative Medicine  
 Clinicians  
 Massage Therapy  
 Nutrition Services  
 Office of Women  
 in Medicine  
 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  
 NCCIH Clinical Digest  
 NCI-OCCAM  
 Natural Medicine  
 Natural Triad  
 Nutrition Secrets  
 PedCAM  
 Samuelli Institute

\*\*\*

**Insurance is Accepted**

New research study of non-drug  
 treatment for adults with migraines:



- 8 weekly classes involving education on headaches, stress, triggers and/or relaxation/gentle stretching
- Participants will discuss and learn drug-free ways to better handle headaches
- Parking covered, all visits at Wake Forest Baptist Medical Center
- Participants may CONTINUE all current migraine drug treatments for the duration of the trial, but need to stay on stable doses of all medications
- As a sign of our appreciation, participants will receive \$80 for study completion

Please contact one of the following for additional information:

Emily Ansinha  
 Email: emansusi@wakehealth.edu  
 Phone: 336-716-0170

Sandra Norona  
 Email: snorona@wakehealth.edu  
 Phone: 336-716-0308

**Recent Publications by CIM Members**

Milliron BJ, Vitolins MZ, Gamble E, Jones R, Chenault MC, Tooze JA. [Process Evaluation of a Community Garden at an Urban Outpatient Clinic.](#) J Community Health. 2016 Nov 29. [Epub ahead of print] PMID: 27900514

Mokhtari F, Paolini BM, Burdette JH, Marsh AP, Rejeski WJ, Laurienti PJ. [Baseline gray- and white-matter volume predict successful weight loss in the elderly.](#) Obesity (Silver Spring). 2016 Dec;24(12):2475-2480. doi: 10.1002/oby.21652. PMID: 27804273

Ross CL. [The use of electric, magnetic, and electromagnetic field for directed cell migration and adhesion in regenerative medicine.](#) Biotechnol Prog. 2016 Oct 31. doi: 10.1002/btpr.2371. [Epub ahead of print] Review. PMID: 27797153

Sohl SJ, Avis NE, Stanbery K, Tooze JA, Moormann K, Danhauer SC. [Feasibility of a Brief Yoga Intervention for Improving Acute Pain and Distress Post Gynecologic Surgery.](#) Int J Yoga Therap. 2016 Jan;26(1):43-47. PMID: 27797666  
 Zeidan Fadel. [No, Mindfulness Meditation-Based Analgesia Is Not Mediated by Endogenous Opioids.](#) Am J Med. 2016 Nov;129(11):e297. doi: 10.1016. PMID: 27770844

**Diet and Nutrition News/Research**

- [Omega-3 fatty acid stops known trigger of lupus](#) (ScienceDaily)
- [Personalized nutrition: The path from niche service to mass appeal](#) (Nutraingredients-usa.com)
- [PepsiCo's Naked Juices Mislead Consumers, Says Lawsuit](#) (CSPI)

...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

- [Sweet potato wastewater may help weight loss](#) (MNT)
- [Vegetarian diets best for health and the environment, say nutritionists](#) (MNT)
- [3 Ways to Take Your Plant-Based Diet to the Next Level](#) (USN Wellness)
- [Low-Carb Diet May Aid Your Metabolism](#) (HealthDay)

---

### 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:**

Every Tuesday and Thursday  
10:00 a.m. - 11:00 a.m. or  
5:30 p.m. - 6:30 p.m.



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

**FEE:** \$10.00 per class

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

---

No experience necessary! Free for cancer survivors, their close family members and friends.

**DATES:**

Tuesdays from 5:30 p.m. - 6:30 p.m.  
December 27  
January 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](#).

---

### 2017 Healing Touch Training Seminars

---

**DATES:**

Level 1 - January 13 - 14

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

**REGISTRATION:** [Contact Ashley Fleetwood](#) at 336-777-0480. Email:



336-777-0000. Email:

HTofftheCarolinas@me.com

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

---

### Warm Water Tai Chi Classes at Salemtowne Pool

---

**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.



---

### Join the CIM eNewsletter List

---

*Join our free mailing list and stay up-to-date on valuable integrative medicine information.*

**YES! I want to JOIN the CIM eNewsletter list!**

Please [unsubscribe](#) me from the WFBH CIM eNewsletter list.

---

### 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.

WFUBMC-Center for Integrative Medicine, Medical Center Boulevard, Winston-Salem, NC 27157

[SafeUnsubscribe™ {recipient's email}](#)

[Forward email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [cim@wakehealth.edu](mailto:cim@wakehealth.edu) in collaboration with

**Constant Contact** 

Try it free today