

Center for Integrative Medicine

WFBMC- Center for Integrative Medicine January 25, 2017

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

Associate Director, Clinical Research

Rebecca Wells, MD

Introducing Vanessa Baute, MD CIM Associate Director of Clinical Education

"The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition" - Thomas Edison



This quote summarizes one of my main passions within the field of integrative medicine - the power of nutrition on the body. Over the past two years, I have

studied the role of food as medicine in an integrative medicine fellowship through the University of Arizona. I have been fascinated by the effects of food on common disease states such as pain, inflammation, neuropathy, dementia, and cancer among others. Currently, I share this knowledge with patients through neurology clinics, as well as give local and national lectures on this important topic. As you can see from this photo, I am happiest and at my best when I am eating a nutritious, delicious meal (fresh chilaquiles from Mexico in this case)! I am both honored and excited to be a part of the Center for Integrative Medicine and to serve as a role model and advocate for the importance of neurohealth.

Dr. Baute completed her neurology residency training and then clinical neurophysiology fellowship with a focus on neuromuscular disease at the Medical College of Georgia. She will graduate from the integrative medicine fellowship started by Dr. Andrew Weil through the University of Arizona in February 2017. Dr. Baute currently practices as an integrative neurologist at Wake Forest Baptist Medical Center.

Volunteers Needed for Study on Pain

Are you interested in learning how to meditate?

Wake Forest Baptist Health is conducting a research study with healthy, pain-free volunteers to evaluate the effects of

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

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

**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

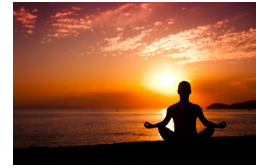
Healing Harps

Integrative Medicine
Clinicians

Massage Therapy

mediation on the feeling of pain.

Participants will undergo sensory testing and non-invasive physiological measurements, such as blood pressure and electrocardiography (ECG). We estimate that the entire study will take a total of five hours to complete across fourteen days. Participants will be compensated for their time.



If you are interested in participating or would like additional information, please contact Emily Anusinha at emansusi@wakehealth.edu. You can also email Dr. Fadel Zeidan at fzeidan@wakehealth.edu with questions.

Volunteers Needed for Migraine Study

Stress Reduction for Migraines

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



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
- Compensation is available for study participation

For more information, or to check our eligibility for the program, call

336-705-2396 or email

Help4Migraines@WakeHealth.edu

Recent Publications by CIM Members

Avis NE, Levine B, Marshall SA, Ip EH. [Longitudinal Examination of Symptom Profiles among Breast Cancer Survivors.](#) J Pain Symptom Manage. 2016 Dec 29. pii: S0885-3924(16)31208-8. doi: 10.1016/j.jpainsymman.2016.10.366. [Epub ahead of print] PMID: 28042076

Baute V, Carr AD, Blackwell JN 4th, Carstensen ER, Chhabra P 4th, Cartwright MS, Porter LC. [Incorporating Formal Nutrition Education into a Medical School Curriculum: A Student-Initiated Lecture Series.](#) Am J Med. 2017 Jan 12. pii: S0002-9343(17)30007-4. doi: 10.1016/j.amjmed.2016.12.017. [Epub ahead of print] No abstract available. PMID: 28089802

Danhauer SC, Addington EL, Sohl SJ, Chaoul A, Cohen L. [Review of yoga therapy during cancer treatment.](#) Support Care Cancer. 2017 Jan 7. doi: 10.1007/s00520-016-3556-9. [Epub ahead of print] Review. PMID: 28064385

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

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.

Join Our Mailing List!

Rapp SR, Luchsinger JA, Baker LD, Blackburn GL, Hazuda HP, Demos-McDermott KE, Jeffery RW, Keller JN, McCaffery JM, Pajewski NM, Evans M, Wadden TA, Arnold SE, Espeland MA; Look AHEAD Research Group. [Effect of a Long-Term Intensive Lifestyle Intervention on Cognitive Function: Action for Health in Diabetes Study](#). J Am Geriatr Soc. 2017 Jan 9. doi: 10.1111/jgs.14692. [Epub ahead of print] PMID: 28067945

Diet and Nutrition News/Research

- [Mediterranean diet may have lasting effects on brain health](#) (ScienceDaily)
- [New urine test can quickly detect whether a person has a healthy diet](#) (ScienceDaily)
- [The Science and Controversy of Supplementing for Cancer](#) (Food & Nutrition)
- [7 Tips for Moving Toward a More Plant-Based Diet](#) (LiveScience)

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:

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

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.
January 31
February 7, 14, 21, 28



cim@wakehealth.edu

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 4 - February 16-19

Refresh - February 24-25

Level 2 - March 10-11

Level 3 - April 7-8

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.



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. 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

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