



WFBMC- Center for Integrative Medicine March 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

Beyond Being Symposium March 22-23



Frontiers in Consciousness Research: Science, Spirituality and Wellness

Wednesday, March 22 and
Thursday, March 23

Leading researchers in the fields of perceptual studies and neurobiology will explore narratives of past-life and near-death experiences. They will explore the profound long-term impacts of these experiences and discuss the emerging research into a post-mortem existence.

Invited scientists and thought leaders will explore the intersection of contemplative sciences, spirituality, and wellness while discussing the powerful effects of mindfulness meditation and other cognitive approaches in pain management, healing and related outcomes.

Co-sponsored by the **Wake Forest Center for Integrative Medicine**. [Visit the website](#) for more information and a full conference schedule.

Danhauer & Coeytaux Appointed Co-Editors-In-Chief for Global Advances In Health and Medicine

The Academic Consortium for Integrative Medicine & Health has appointed **Suzanne Danhauer, PhD** and **Rémy Coeytaux, MD, PhD** as Co-Editors-in-Chief for Global Advances in Health and Medicine, the new official journal of the Consortium.



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

**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

* * *

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(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

Dr. Danhauer is an Associate Professor and Vice Chair of the Department of Social Sciences & Health Policy in the Wake Forest School of Medicine's Division of Public Health Sciences. Her research interests include yoga, cancer survivorship, and women's health.

Dr. Coeytaux is a Professor of Family and Community Medicine at Wake Forest School of Medicine and the Caryl J. Guth, MD Chair in Integrative Medicine. Dr. Coeytaux recently moved from Duke University to Wake Forest University to become the new Director of the Wake Forest Center for Integrative Medicine. He has participated on numerous federal study review panels and serves on the Board of Directors for the Society for Acupuncture Research.

Suzanne and Rémy have collaborated on projects for many years and we are very fortunate to have them lead Global Advances in Health and Medicine. Please keep your eye out for a call for papers soon.

Recent Publications by CIM Members

Cartwright MS, Baute V, Caress JB, Walker FO. [Ultra High-frequency Ultrasound of Fascicles in the Median Nerve at the Wrist](#). *Muscle Nerve*. 2017 Feb 18. doi:10.1002/mus.25617. [Epub ahead of print] PubMed PMID: 28214293.

Goldstein KM, Shepherd-Banigan M, Coeytaux RR, McDuffie JR, Adam S, Befus D, Goode AP, Kosinski AS, Masilamani V, Williams JW Jr. [Use of mindfulness, meditation and relaxation to treat vasomotor symptoms](#). *Climacteric*. 2017 Apr;20(2):178-182. doi: 10.1080/13697137.2017.1283685. PubMed PMID: 28286985.

Lucas AR, Levine BJ, Avis NE. [Posttreatment trajectories of physical activity in breast cancer survivors](#). *Cancer*. 2017 Mar 8. doi: 10.1002/cncr.30641. [Epub ahead of print] PubMed PMID: 28272835.

Integrative Medicine News and Research

- [Why Is Broccoli So Good For You?](#) (ScienceDaily)
- [Is It Time to Cut Back on Caffeine?](#) (Food & Nutrition)
- [Using Acupuncture to Treat Carpal Tunnel Syndrome Pain](#) (NCCIH)
- [UAB Study Shows Link Between Microbiome in the Gut and Parkinson's](#) (Integrative Medicine - A Clinician's Journal)
- [Inflammation Could Be The Cause of All Disease](#) (Integrative Practitioner)
- [Three Controversial Nutrition Recommendations Re-examined](#) (Fooducate)

2017 Healing Touch Training Seminars

DATES:

Level 3 - April 7-8
Level 1 - May 12-13
Level 2 - June 9-10
Level 3 - July 14-15

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



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

Direct, integrative care.

REGISTRATION: [Contact Ashley Fleetwood](#) at 336-777-0680.
 Email: HToftheCarolinas@me.com
INSTRUCTOR INFO & BIO: [Deborah Larrimore](#), RN, LMBT, CHTP/I.

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

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

...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

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.

March 28

April 4, 11, 18, 25

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](#).



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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