



WFBMC- Center for Integrative Medicine June 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

Integrated Medicine Clinic at Highland Oaks Now Open and Accepting Patients

Wake Forest Baptist Medical Center is now offering a range of complementary diagnostic, treatment and wellness services at a single patient-friendly location. Physicians and other practitioners at **Wake Forest Baptist Health Integrative Medicine - Highland Oaks**, located near Hanes Mall at 755 Highland Oaks Drive, currently provide acupuncture, Healing Touch therapy, non-pharmacological attention deficit disorder management and integrative medicine consultations, as well as pain-management and psychology services and neurology consultations.



"This is a true integrative medicine clinic, not an alternative medicine clinic," said Russ Greenfield, M.D., the clinic's medical director. "We take a holistic, personalized approach that is grounded in evidence and research.

"Our experienced physicians and healers partner with patients, their conventional health care providers and experts within Wake Forest Baptist to determine which services are right for each individual. We can provide many of those services, to complement the treatment that the patient may already be receiving and to improve their overall health and well-being."

The new clinic is closely affiliated with Wake Forest Baptist's Center for Integrative Medicine, a multidisciplinary entity that oversees research, educational and community outreach activities focusing on diverse approaches to wellness and healing, including acupuncture, herbal medicine, meditation, massage therapy, tai chi and yoga. "Integrative medicine emphasizes the wellness of the whole person, with special emphasis on mental and spiritual health," said Remy Coeytaux, M.D., Ph.D., the center's director. "Our center will be a great resource for the clinic, and the clinic adds a new dimension of care for the Medical Center and the community."

Integrative Medicine - Highland Oaks is open from 8:30 a.m. to 5 p.m., Monday through Friday. Appointments can be made by calling **336-713-6100**. [Visit the clinic website](#) for additional information, including directions, an explanation of services, and profiles of its practitioners.

**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

Recent Publications by CIM Members

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. Epub 2017 Feb 8. Review. PMID: 28286985

Liang X, Margolis KL, Hendryx M, Reeves K, Wassertheil-Smoller S, Weitlauf J, Danhauer SC, Chlebowski RT, Caan B, Qi L, Lane D, Lavasani S, Luo J. [Effect of depression before breast cancer diagnosis on mortality among postmenopausal women](#). *Cancer*. 2017 Apr 7. doi: 10.1002/cncr.30688. [Epub ahead of print] PMID: 28387934

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 Sep 1. doi: 10.17761/IJYT2016_Research_Sohl_Epub. [Epub ahead of print] PMID: 28398842

Tegeler CH, Cook JF, Tegeler CL, Hirsch JR, Shaltout HA, Simpson SL, Fidali BC, Gerdes L, Lee SW. [Clinical, hemispheric, and autonomic changes associated with use of closed-loop, allostatic neurotechnology by a case series of individuals with self-reported symptoms of post-traumatic stress](#). *BMC Psychiatry*. 2017 Apr 19;17(1):141. doi: 10.1186/s12888-017-1299-x. PMID: 28420362

Integrative Medicine News and Research

- [Mapping the Brain During Sleep Yields New Insights on Dreaming and Consciousness](#) (NCCIH)
- [Why Everything We Know About Salt May Be Wrong](#) (NY Times)
- [Yoga Can Beat Depression](#) (USA Today)
- [Doctors Increasingly Recommending Alternative Medicine Treatments for Back Pain](#) (AARP)
- [Some Organic Milk Actually Isn't](#) (Fooducate)

2017 Healing Touch Training Seminars

DATES:

Level 2 - June 9-10

Level 3 - July 14-15

Level 4 - August 3-6

Level 1 - August 11-12

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.



Volunteers Needed for Migraine Study

Stress Reduction for Migraines

Rebecca Erwin Wells, MD, MPH
Principal Investigator



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!

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

Student Summer Research Opportunity

We are looking for a motivated, committed student with an interest or background in neuroscience, neurology, pain, or stress reduction to help conduct clinical research evaluating mechanisms and effects of stress reduction on migraines.

We are also evaluating underlying pain mechanisms through experimental heat pain responses. If you are interested in joining a great team that will give you the opportunity to have direct experience with the clinical care of migraines, experimental heat pain responses, and clinical research, please contact [Rebecca Wells, MD, MPH](#).

PROJECT TITLE: Stress Reduction for Migraines

[Rebecca Erwin Wells, MD, MPH](#)

Department of Neurology, Wake Forest Baptist

Student openings: 1-2

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.
June 13, 20, 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](#).

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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