

Center for Integrative Medicine: 2009 Wake Forest University Baptist Medical Center

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Definition

“Integrative Medicine is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing.”

- *The Consortium of Academic Health Centers for Integrative Medicine.*
- *WFUBMC has been a member of the Consortium since 2005.*

2009 Highlights

- ❖ Promotion from Program to Center for Integrative Medicine. September 9, 2009; Hired Program Manager
- ❖ Center Mission, Vision, Values, and Core Principles Developed
- ❖ New Center Offices; Open House October 30, 2009. Over 100 Attendees
- ❖ Center Library Assembled: Over 400 integrative medicine books, CD's, and DVD's
- ❖ Center Memberships: 86 Members Approved
- ❖ Center Website and eNewsletters: Website Redesigned with New Branding; 27 eNewsletters Produced and Distributed to 464 Recipients
- ❖ Consortium for Academic Health Centers for Integrative Medicine: 11 WFUBMC Representatives on Committees and Working Groups
- ❖ Honors:
 - Ambience Sound Therapy: 5 Awards for Pilot Study Poster: Impact of Ambience Sound Therapy on Heart Rate Variability in Healthy Volunteers. Medical Student Research Day 2009.
 - Medscape: #1 Pediatrics Medscape CME in 2009: Anxiety: Prevention and Complementary Therapies for Children and Adolescents. Dr. Kathi J. Kemper. 9,278 CME participants and 19,732 readers.
 - WFUBMC: Platinum. American Heart Association Start! Fit-Friendly Company. Program to provide a healthy workplace and environment; Red Apple. Healthy Hospital Initiative.
- ❖ Research Grants: \$23,093,996; N=105
- ❖ Gifts: \$256,995, N=6
- ❖ Training Revenues: \$7,000
- ❖ Research Publications: 189 peer-reviewed publications by over 150 faculty
- ❖ Presentations: 316 Presentations, 16,010 Participants
- ❖ Media Coverage: 67 TV, Radio, Internet, and Print Stories
- ❖ Education: New Medical Students Elective and Interest Group
- ❖ Public Service and Community Outreach: Invited Senate Testimony; IOM White Paper on Research Priorities; Cliffs Community Roll-Out Events

Research Publications, Peer Reviewed

Overview

Total Research Publications: N=189

- ❖ Biofield Therapies (including acupuncture, healing touch, therapeutic touch, reiki): N=4
- ❖ Cancer: N=4
- ❖ Cultural Competency and Communication: N=3
- ❖ Epidemiology and Health Services: N=25
- ❖ Herbs and Dietary Supplements: N=19
- ❖ Lifestyle: N=53
 - Environment: N=7
 - Exercise and Fitness: N=22
 - Mind-Body: N=5
 - Nutrition and Diet: N=19
- ❖ Stress: N=8
- ❖ Research and Education: N=3
- ❖ Women's Health: N=3
- ❖ Abstracts: N=39
- ❖ Books and Chapters: N=14
- ❖ Editorials, Commentaries, Book Reviews: N=14

Biofield Therapies (including acupuncture, healing touch, therapeutic touch, reiki): N=4

- Kemper KJ, Fletcher NB, Hamilton CA, McLean TW. Impact of Healing Touch on Pediatric Oncology Outpatients – A pilot study. *JSIO*, 2009;7(1):12-18.
- Nolan BV, Feldman SR. Ultraviolet tanning addiction. *Dermatol Clin* 2009;27(2):109-112.
- Nolan BV, Taylor SL, Liguori A, Feldman SR. Tanning as an addictive behavior: a literature review. *Photodermatol Photoimmunol Photomed* 2009;25(1):12-19.
- Tang R, Tegeler C, Larrimore D, Cowgill S, Kemper KJ. Improving the Well-being of Nursing Leaders Through Biofield Therapy Training, *JACM*, 2009, in press.

Cancer: N=4

- Danhauer SC, Keim J, Hurt G, Vitolins M. A survey of cancer patient preferences: which types of snacks do they prefer during treatment? *Eur J Cancer Care (Engl)* 2009;18(1):37-42.
- Danhauer SC, Mihalko SL, Russell GB, Campbell CR, Felder L, Daley K, Levine EA. Restorative yoga for women with breast cancer: findings from a randomized pilot study. *Psychooncology* 2009;18(4):360-368.
- Danhauer SC, Crawford SL, Farmer DF, Avis NE. A longitudinal investigation of coping strategies and quality of life among younger women with breast cancer. *J Behav Med* 2009;32(4):371-379.
- Paskett E, Herndon J II, Donohue K, Naughton M, Grubbs S, Pavy M, Hensley M, Stark N, Kornblith A, Bittoni M. Health-related quality of life in long-term breast cancer survivors: differences by adjuvant chemotherapy dose in Cancer and Leukemia Group B Study 8541. *Cancer* 2009;115(5):1109-1120.

Cultural Competency and Communication: N=3

- Blue AV, Crandall S, Nowacek G, Luecht R, Chauvin S, Swick H. Assessment of matriculating medical students' knowledge and attitudes towards professionalism. *Med Teach* 2009;31(10):928-932.
- Crandall SJ, Davis SW, Broeseker AE, Hildebrandt C. A longitudinal comparison of pharmacy and medical students' attitudes toward the medically underserved. *Am J Pharm Educ* 2009;72(6):art. 148.
- Grzywacz JG, Alterman T, Muntaner C, Gabbard S, Nakamoto J, Carroll DJ. Measuring job characteristics and mental health among Latino farmworkers: results from cognitive testing. *J Immigr Minor Health* 2009;11(2):131-138.

Epidemiology and Health Services: N=25

- Arcury TA, Grzywacz JG, Stoller EP, Bell RA, Altizer KP, Chapman C, Quandt SA. Complementary therapy use and health self-management among rural older adults. *J Gerontol B Psychol Sci Soc Sci* 2009;64(5):635-643.
- Auchincloss AH, Diez Roux AV, Mujahid MS, Shen M, Bertoni AG, Carnethon MR. Neighborhood resources for physical activity and healthy foods and incidence of type 2 diabetes mellitus: the Multi-Ethnic Study of Atherosclerosis. *Arch Intern Med* 2009;169(18):1698-1704.
- Ayala GX, Ornelas I, Rhodes SD, Amell JW, Dodds JM, Mebane E, Horton E, Montano J, Armstrong-Brown J, Eng E. Correlates of dietary intake among men involved in the MAN for Health study. *Am J Mens Health* 2009;3(3):201-213.
- Bass BL, Butler AB, Grzywacz JG, Linney KD. Do job demands undermine parenting? A daily analysis of spillover and crossover effects. *Fam Relat* 2009;58(2):201-215.
- Bell RA, Arcury TA, Chen H, Anderson AM, Savoca MR, Kohrman T, Quandt SA. Use of tobacco products among rural older adults: prevalence of ever use and cumulative lifetime use. *Addict Behav* 2009;34(8):662-667.
- Caan BJ, Aragaki A, Thomson CA, Stefanick ML, Chlebowski R, Hubbell FA, Tinker L, Vitolins M, Rajkovic A, Bueche M, et al. Vasomotor symptoms, adoption of a low-fat dietary pattern, and risk of invasive breast cancer: a secondary analysis of the Women's Health Initiative randomized controlled Dietary Modification trial. *J Clin Oncol* 2009;27(27):4500-4507.
- Crankshaw EC, Beach RH, Austin WD, Altman DG, Jones AS. North Carolina tobacco farmers' changing perceptions of tobacco control and tobacco manufacturers. *J Rural Health* 2009;25(3):233-239.
- Espeland MA, Bray GA, Neiberg R, Rejeski WJ, Knowler WC, Lang W, Cheskin LJ, Williamson D, Lewis CB, Wing R. Describing patterns of weight changes using principal components analysis: results from the Action for Health in Diabetes (Look AHEAD) Research Group. *Annals of Epidemiology* 2009;19:701-710.
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- Gunther ALB, Liese AD, Bell RA, Dabelea D, Lawrence JM, Rodriguez BL, Standiford DA, Mayer-Davis EJ. Association between the dietary approaches to hypertension diet and hypertension in youth with diabetes mellitus. *Hypertension* 2009;53(1):6-12.
- Imamura F, Jacques PF, Herrington DM, Dallal GE, Lichtenstein AH. Adherence to 2005 Dietary Guidelines for Americans is associated with a reduced progression of coronary artery atherosclerosis in women with established coronary artery disease. *Am J Clin Nutr* 2009;90(1):193-201.
- Joyner-Grantham J, Mount DL, McCorkle OD, Simmons DR, Ferrario CM, Cline DM. Self-reported influences of hopelessness, health literacy, lifestyle action, and patient inertia on blood pressure control in a hypertensive emergency department population. *Am J Med Sci* 2009;338(5):368-372.
- Millen AE, Tooze JA, Subar AF, Kahle LL, Schatzkin A, Krebs-Smith SM. Differences between food group reports of low-energy reporters and non-low-energy reporters on a food frequency questionnaire. *J Am Diet Assoc* 2009;109(7):1194-1203.
- Mount DL, Feeney P, Fabricatore AN, Coday MA, Bahnson J, Byington R, Phelan S, Wilmoth S, Knowler WC, Hramiak I, Osei K, Sweeney ME, Espeland MA. Comparing results from clinical trials of pharmacologic and lifestyle interventions: results from the Look AHEAD and ACCORD trials. *Clinical Trials* 2009;6:416-429.
- Nahin RL, Pecha M, Welmerink DB, Sink K, DeKosky ST, Fitzpatrick AL. Concomitant use of prescription drugs and dietary supplements in ambulatory elderly people. *J Am Geriatr Soc* 2009;57(7):1197-1205.
- Nettleton JA, Polak JF, Tracy R, Burke GL, Jacobs DR Jr. Dietary patterns and incident cardiovascular disease in the Multi-Ethnic Study of Atherosclerosis. *Am J Clin Nutr* 2009;90(3):647-654.
- Passman CM, Holmes RP, Knight J, Easter L, Pais V Jr, Assimos DG. Effect of soda consumption on urinary stone risk parameters. *J Endourol* 2009;23(3):347-350.
- Phelan S, Lang W, Jordan D, Wing RR. Use of artificial sweeteners and fat-modified foods in weight loss maintainers and always-normal weight individuals. *Int J Obes* 2009;33(10):1183-1190.
- Quandt SA, Bell RA, Snively BM, Vitolins MZ, Wetmore-Arkader LK, Arcury TA. Dietary fat reduction behaviors among African American, American Indian, and white older adults with diabetes. *J Nutr Elder* 2009;28(2):143-157.
- Quandt SA, Verhoef MJ, Arcury TA, Lewith GT, Steinsbekk A, Kristoffersen AE, Wahner-Roedler DL, Fonnebo V. Development of an international questionnaire to measure use of complementary and alternative medicine (I-CAM-Q). *J Altern Complement Med* 2009;15(4):331-339.
- Savoca MR, Arcury TA, Leng X, Bell RA, Chen H, Anderson A, Kohrman T, Quandt SA. The diet quality of rural older adults in the South as measured by healthy eating index-2005 varies by ethnicity. *J Am Diet Assoc* 2009;109(12):2063-2067.

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- Skelton JA, Cook SR, Auinger P, Klein JD, Barlow SE. Prevalence and trends of severe obesity among US children and adolescents. *Acad Pediatr* 2009;9(5):322-329.
- Spencer SM, Schulz R, Rooks RN, Albert SM, Thorpe RJ Jr, Brenes GA, Harris TB, Koster A, Satterfield S, Ayonayon HN, et al. Racial differences in self-rated health at similar levels of physical functioning: an examination of health pessimism in the Health, Aging, and Body Composition Study. *J Gerontol B Psychol Sci Soc Sci* 2009;64(1):87-94.
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Herbs and Dietary Supplements: N=19

Curcumin: N=1

- Jiao Y, Wilkinson J IV, Di X, Wang W, Hatcher H, Kock ND, D'Agostino R Jr, Knovich MA, Torti FM, Torti SV. Curcumin, a cancer chemopreventive and chemotherapeutic agent, is a biologically active iron chelator. *Blood* 2009;113(2):462-469.

Ginkgo: N=2

- Rapp S, Sink K. Ginkgo biloba for Preventing Cognitive Decline in Older Adults - A Randomized Trial. *JAMA*, 2009;302(24):2663-2670.
- Snitz BE, Saxton J, Lopez OL, Ives DG, Dunn LO, Rapp SR, Carlson MC, Fitzpatrick AL, DeKosky ST. Identifying mild cognitive impairment at baseline in the Ginkgo Evaluation of Memory (GEM) study. *Aging Ment Health* 2009;13(2):171-182.

Soy: N=4

- Beavers KM, Serra MC, Beavers DP, Cooke MB, Willoughby DS. Soymilk supplementation does not alter plasma markers of inflammation and oxidative stress in postmenopausal women. *Nutr Res* 2009;29(9):616-622.
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Vitamins (not including retinoic acid): N=7

- Brunner R, Dunbar-Jacob J, LeBoff MS, Granek I, Bowen D, Snetselaar LG, Shumaker SA, Ockene J, Rosal M, Wactawski-Wende J, et al. Predictors of adherence in the Women's Health Initiative Calcium and Vitamin D Trial. *Behav Med* 2009;34(4):145-155.
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- Sigmon JR, Yentzer BA, Feldman SR. Calcitriol ointment: a review of a topical vitamin D analog for psoriasis. *J Dermatolog Treat* 2009;20(4):208-212.
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Minerals: N=1

Fitsanakis VA, Thompson KN, Deery SE, Milatovic D, Shihabi ZK, Erikson KM, Brown RW, Aschner M. A chronic iron-deficient/high-manganese diet in rodents results in increased brain oxidative stress and behavioral deficits in the Morris water maze. *Neurotox Res* 2009;15(2):167-178.

Fatty Acids: N=4

Fessler MB, Rudel LL, Brown JM. Toll-like receptor signaling links dietary fatty acids to the metabolic syndrome. *Curr Opin Lipidol* 2009;20(5):379-385.

He K, Liu K, Daviglius ML, Jenny NS, Mayer-Davis E, Jiang R, Steffen L, Siscovick D, Tsai M, Herrington D. Associations of dietary long-chain n-3 polyunsaturated fatty acids and fish with biomarkers of inflammation and endothelial activation (from the Multi-Ethnic Study of Atherosclerosis [MESA]). *Am J Cardiol* 2009;103(9):1238-1243.

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Yang Q, O'Shea TM. Dietary Echinium oil increases tissue (n-3) long-chain polyunsaturated fatty acids without elevating hepatic lipid concentrations in premature neonatal rats. *J Nutr* 2009;139(7):1353-1359.

Lifestyle (including environment, exercise and fitness, mind-body, nutrition and diet, stress): N=97**Environment (including sunshine, phototherapy, noise, environmental toxins, air pollution, music): N=7**

Abanses JC, Arima S, Rubin BK. Vicks VapoRub induces mucin secretion, decreases ciliary beat frequency, and increases tracheal mucus transport in the ferret trachea. *Chest* 2009;135(1):143-148.

Casagrande SS, Whitt-Glover MC, Lancaster KJ, Odoms-Young AM, Gary TL. Built environment and health behaviors among African Americans: a systematic review. *Am J Prev Med* 2009;36(2):174-181.

Floyd MF, Taylor WC, Whitt-Glover M. Measurement of park and recreation environments that support physical activity in low-income communities of color: highlights of challenges and recommendations. *Am J Prev Med* 2009;36(4 Suppl):S156-S160.

Guzman A, Richardson IM, Gesell S, Barkin SL. Recruitment and retention of Latino children in a lifestyle intervention. *Am J Health Behav* 2009;33(5):581-586.

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Whitsel EA, Quibrera PM, Christ SL, Liao D, Prineas RJ, Anderson GL, Heiss G. Heart rate variability, ambient particulate matter air pollution, and glucose homeostasis: the environmental epidemiology of arrhythmogenesis in the Women's Health Initiative. *Am J Epidemiol* 2009;169(6):693-703.

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Exercise and Fitness (including yoga): N=22

Bertoni AG, Whitt-Glover MC, Chung H, Le KY, Barr RG, Mahesh M, Jenny NS, Burke GL, Jacobs DR. The association between physical activity and subclinical atherosclerosis: the Multi-Ethnic Study of Atherosclerosis. *Am J Epidemiol* 2009;169(4):444-454.

Blum K, Chen ALC, Chen TJH, Waite RL, Downs BW, Braverman ER, Kerner MM, Savarimuthu SM, DiNubile N. Repetitive H-Wave device stimulation and program induces significant increases in the range of motion of post operative rotator cuff reconstruction in a double-blinded randomized placebo controlled human study. *BMC Musculoskelet Disord* 2009;10:art. 132.

Brinkley TE, Fenty-Stewart NM, Park J-Y, Brown MD, Hagberg JM. Plasma nitrate/nitrite levels are unchanged after long-term aerobic exercise training in older adults. *Nitric Oxide* 2009;21(3-4):234-238.

Brinkley TE, Leng X, Miller ME, Kitzman DW, Pahor M, Berry MJ, Marsh AP, Kritchevsky SB, Nicklas BJ. Chronic inflammation is associated with low physical function in older adults across multiple comorbidities. *J Gerontol A Biol Sci Med Sci* 2009;64(4):455-461.

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Mind-Body: N=5

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Nutrition and Diet: N=19

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