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:
  o 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


Cancer: N=4


Cultural Competency and Communication: N=3


Epidemiology and Health Services: N=25


Herbs and Dietary Supplements: **N=19**

**Curcumin: N=1**


**Ginkgo: N=2**


**Soy: N=4**


**Vitamins (not including retinoic acid): N=7**


Minerals: N=1

Fatty Acids: N=4

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

Exercise and Fitness (including yoga): 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


Degirolamo C, Kelley KL, Rudel LL. Alpha linolenic acid-derived n-3 long-chain PUFAs are not as effective in atheroprotection as dietary PUFAs from fish oil despite similar plasma and hepatic enrichments in n-3 PUFAs. *Arterioscler Thromb Vasc Biol* 2009;29(7):e68.


Nader MA, Czoty PW, Riddick NV, Gould RW, Gage HD. Social stress and vulnerability to cocaine abuse in nonhuman primate models. *Biol Psychiatry* 2009;65(8 Suppl):176S.


**Books and Chapters: N=14**


Kemper KJ and McLean T. Complementary and Alternative Medical Therapies in Pediatric Oncology, chapter in Pizzo and Poplack's *Principles and Practice of Pediatric Oncology*, 2009, in press.


**Editorials; Commentaries; Book Reviews: N=14**


Rubin BK. Exercise for COPD: take it without a grain of salt [editorial]. *Respir Care* 2009;54(3):318-319.
