



# The University of Maryland Center for Integrative Medicine

FALL 2005

## SPECIAL POINTS OF INTEREST:

- **CIM founded 1991**
- **1st US academic health institution integrative medicine center**
- **Track record of over \$30 million of NIH funding**
- **Clinic offers integrative medicine care**
- **Leading TCM neuroscience lab**

## INSIDE THIS ISSUE:

- Acupuncture & Back Pain 2**
- Bravewell Award 2**
- Institute of Medicine Report 3**
- Academic Health Center Consortium 3**
- Vision for the Future 4**
- Faculty 4**

## Two NIH Center Grants Awarded

With the recent awarding of a \$6 million grant from the National Center for Complementary and Alternative Medicine, the Center for Integrative Medicine (CIM) is entering its 11<sup>th</sup> year as a National Institutes of Health Center of Excellence. In addition, the CIM was awarded a \$4 million grant for an international center that collaborates with colleagues in Hong Kong, Australia and Illinois. Both grants focus on research in traditional Chinese medicine (TCM) and, under the leadership of Brian Berman MD, CIM's director and the grants' principal investigator, CIM researchers and collaborators will investigate the efficacy, safety, and mechanism of

action of TCM herbs and acupuncture for arthritis and functional bowel disorders.



### Applying science to the ancient art of Chinese medicine

Over the past fourteen years, CIM has developed a broad clinical & preclinical research program in TCM and has had over 200 publications in major

medical journals. Most recently, Berman and colleagues published a groundbreaking study showing acupuncture to be effective in treating knee osteoarthritis. The study was the lead article in the *Annals of Internal Medicine* and attracted 230 million media impressions in the first month after publication.

"We are excited at the opportunity to continue to apply good science to this ancient and very rich system of medicine," states Berman, "Ultimately, through research and educational exchange, I hope we can enrich patient care by offering a greater number of effective treatment options and a broader approach to health and healing."

## Evaluating Integrative Patient Care

At the CIM's clinic, a multidisciplinary team of physicians, TCM doctors and complementary therapists offer patients an integrative approach combining the best of complementary and conventional medicine and emphasizing whole person care. Complementary

therapies are also integrated into other University of Maryland clinical settings.

The CIM's clinic, part of the Bravewell Collaborative Clinical Network of 9 leading US integrative medicine clinics, will be the coordinating center for a practice-based research

network (PBRN) that will track clinical outcomes.

Unique advantages of the PBRN are "real life" evaluation of clinical care and the ability to bring evidence directly into the patient care setting.

## Acupuncture Effective for Low Back Pain



Clinical trials support acupuncture's use for back pain.

Low back pain is the most common cause of activity limitation in people younger than 45 years in the United States; it is also the second most frequent reason for visits to the physician and the most common reason for visits to acupuncturists. Effective treatment for this condition has remained elusive.

In a meta-analysis published in the *Annals of Internal Medicine*, the most widely cited peer-reviewed medical specialty journal in

the world, CIM investigator, Eric Manheimer, and colleagues showed that acupuncture results in statistically significant and clinically important improvements in pain.

This systematic review is part of CIM's NIH funded work coordinating the Complementary Medicine Field of the international Cochrane Collaboration. The field is a leader in the assessment, synthesis and evaluation of the scientific literature in complementary

medicine and helps meet the growing demand for high quality information about complementary medicine therapies such as acupuncture and herbs.

The Cochrane Library now contains 145 complementary medicine-related systematic reviews and an additional 340 non-Cochrane complementary medicine-related systematic reviews.

[www.compmed.umm.edu/cochrane](http://www.compmed.umm.edu/cochrane)

## Integrative Medicine: a 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 appropriate therapeutic approaches, health-care professionals and disciplines to achieve optimal health and healing.*

CAHCIM

## “A Giant of the New Medicine”

**Brian Berman**, the Center for Integrative Medicine's founder and director, has been nominated as one of five leading physicians in the field of integrative medicine who are finalists for the 2005 Bravewell Leadership Award.

The biannual award celebrates and supports visionaries who have committed

their medical careers to transforming healthcare in America and ushering in the practice of new medicine.

According to the nominating committee, these physicians “have made an invaluable contribution to expand mainstream medicine from a narrow focus on curing disease to a broader understanding of health that ad-

dresses the wellness of the whole person—mind, body and spirit.”

The recipient of this year's award will be announced at a gala dinner in New York on November 10, 2005.

[www.bravewell.org](http://www.bravewell.org)



**Brian Berman, M.D.**  
Bravewell Leadership Award  
Nominee

# Institute of Medicine Releases Report on Complementary Medicine



**IOM reports have significant impact in medical circles**

A recent report published by the Institute of Medicine (IOM), *Complementary and Alternative Medicine in the United States*, gives an overview of complementary medicine use and provision in the U.S., and identifies the major scientific, policy and practice issues related to complementary medicine. It also provides recommendations to the research and practice communities on making decisions and confronting the challenges of conducting research on complementary medicine, trans-

lating research findings into practice, and addressing distinct policy and practice barriers inherent in that translation. The IOM is a part of the prestigious National Academy of Sciences and its reports have significant impact in medical circles. "One of its most important conclusions," according to Brian Berman, MD, one of the IOM panel members, "is that we should not include or discard a medical approach based on its historical or cultural origins, but, with an open mind and appropriate degree of skepticism, subject all therapies, conventional or complementary medicine, to the same rules of evidence."

The IOM report also recognizes the importance of complementary medicine being included in the curricula of health professional schools so that licensed professionals can competently advise

patients about complementary medicine. In addition, to ensure that research reflects as much as possible the way that complementary medicine is practiced, complementary medicine practitioners must be centrally involved and thus should receive research training.

As we determine which complementary medicine therapies are effective and safe and develop the most appropriate organizational structures for delivery of integrative care, the IOM report recommends that we are guided by the goal of "providing comprehensive care that is safe and effective, interdisciplinary and collaborative; is based on the best scientific evidence available; recognizes the importance of compassion and caring; and encourages patients to share in the choices of therapeutic options."

**"We should not include or discard a medical approach based on its historical or cultural origin"**

## Academic Health Centers Embrace Integrative Medicine

Twenty seven North American universities now have programs of research, education and/or clinical care in integrative medicine and are members of the Consortium of Academic Health Centers for Integrative Medicine (CAHCIM). The Consortium is committed to sharing information, supporting members institutions and providing a national voice for integrative medicine. Its

rapid growth from a membership of 7 at its founding in 2000, is a reflection of the tremendous impetus to affect the direction, assumptions and outcomes of healthcare.

The mission of the Consortium is to help transform medicine and healthcare through scientific studies, new models of clinical care, and innovative education programs that integrate biomedicine,

the complexity of human beings, the intrinsic nature of healing and the rich diversity of therapeutic systems.

The chair position rotates every 2 years. Brian Berman (University of Maryland) & Aviad Haramati (Georgetown) 2002-2004 chairs. Susan Folkman (UCSF) & Mary Jo Kreitzer (University of Minnesota) 2004-present.



**Consortium of Academic Health Centers for Integrative Medicine CAHCIM**

**North American Research Conference on Complementary & Integrative Medicine**

May 24-27, 2006 Edmonton, Canada

sponsored by CAHCIM

The Center For Integrative Medicine  
University of Maryland School of Medicine

## Vision

Building on CIM's leadership role in research and education in integrative medicine; our role in pioneering models of integrative, multidisciplinary patient care; our strategic position close to Washington DC, the NIH & the FDA; and our status as a NIH Center, our goal is to develop further national and international collaborations in order to promote transformation in healthcare through an integrative approach. The CIM will extend its collaborations with leading researchers and clinicians in order to:

*Build an evidence base for complementary and integrative therapies through:*

- Research – including multi-center trials, practice-based research network
- Literature reviews and database development in complementary medicine

*Improve prevention and treatment of burdensome public health problems through:*

- Creation of individualized models of patient care
- Access to high quality information and health and self care education

*Promote educational exchange through:*

- Exchange graduate student and fellowship programs
- Visiting professorships
- International conferences & workshops

## Senior Faculty & Staff

Brian Berman, MD  
Director  
Professor of Family Medicine

Adele Gilpin, PhD, JD  
Director of Research  
Associate Professor of Family  
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*Blending Science with the Art of Healing*

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