



# The Center for Integrative Medicine

## University of Maryland School of Medicine

FALL 2007

### SPECIAL POINTS OF INTEREST:

- NIH Center of Excellence now in 12th year
- Cochrane Collaboration Complementary Medicine Field Coordinating Center since 1996
- Total of \$33 million NIH funding received to date
- Clinic offers integrative medical care
- Leading traditional Chinese medicine research program

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## \$5 Million Gift Helps Center to Build on Success

The University of Maryland Center for Integrative Medicine has received a five million dollar gift from an anonymous donor to further its vision for establishing integrative medicine as the standard for health care delivery. The gift is intended as a challenge grant that will help the Center realize its goals for growing its patient care, research, education and informatics programs.

“This is a pivotal time to effect positive change in medicine,” states Brian Berman, M.D., the Center’s founder and director. “What we’ve been showing is that integrative medicine provides positive change — in essence it focuses medicine on its healing roots, emphasizing good, comprehensive, patient centered care and offering a broad spectrum of approaches for both treating and preventing disease.” The Center, which was founded in 1991 and has been a National Institutes of Health Center of

Excellence for 12 years, has stressed the importance of building an evidence base for integrative medicine.



*“This is a pivotal time to effect positive change in medicine.”*  
**Brian Berman, M.D.**  
 Founder and Director  
 The Center for Integrative Medicine

“Our research has focused on particularly burdensome medical conditions,” elaborates Dr. Berman, “We want to expand current medical practice so that patients have access to all therapies that may help them.” For

example, the Center’s studies have shown acupuncture to be safe and effective for treating conditions such as arthritis, and mind/body therapies to be useful coping strategies that dampen the disease’s symptoms.

The Center, which operates an out-patient clinic at the University’s Kernan Hospital, has been successful in bringing integrative medicine into other clinical departments, such as Family Medicine and Shock Trauma, and aims to expand its collaborations throughout the University. As Dr. Berman says, “We are fortunate to have solid support from the highest levels of administration at the University and to have a network of world-class clinicians and researchers who are eager to collaborate. We are very grateful for this new gift as it will help us to develop new, improved ways to help all people achieve optimal health.”

## Ancient Therapies in a High-Tech Setting

The Center for Integrative Medicine has teamed up with the University of Maryland’s R Adam Cowley Shock Trauma Center to offer integrative medicine approaches for patients with pain. In addition to providing acupuncture, the Center now teams with nurses at Shock Trauma to offer Reiki healing to trauma patients. More than 130 nurses throughout Maryland



Acupuncturist Marcos Hsu and Reiki practitioner BJ Pilkins with UMB Shock Trauma patient

have now been trained in Reiki by Bonnie Tarantino, a Reiki master and the Center’s Director of Yoga Programs. Reiki is a gentle Japanese healing technique that claims to activate or enhance a person’s natural healing processes. The treatment involves the practitioner placing his or her hands on or near the patient to transmit “life force energy” or “qi”. More than 350

## Ancient Therapies in a High-Tech Setting

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According to a recent front-page article in Baltimore's Sunday Sun newspaper, the head physician of Shock Trauma's pain unit has noticed that it is not just the "granola group" who request Reiki, but more unlikely patients such as firefighters and soldiers. Even some of the surgeons are suggesting it. "At Shock Trauma, we've been healing the physical body for years and we do it extremely well." The Sun

quotes nurse Donna Audia as stating, "What we are trying to do now is heal the mind and spirit."

Is this just placebo and suggestibility? Reiki has been the subject of some small trials in clinical settings other than trauma units, but good science is still lacking to answer questions about whether and how Reiki works. The Center and Shock Trauma are launching a clinical trial to study acupuncture for pain, as well as the prevention of

post-traumatic stress disorder. Future plans include clinical trials of Reiki healing. States Dr. Berman, "All we know at this point is that our patients are saying Reiki is helping them, that they can relax, sleep better, and feel less pain."

For information on Reiki training courses and for links to video clips from recent news stories about Reiki at Shock Trauma, please visit our website at:

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



## Society for Acupuncture Research Conference Marks 10 Years since Landmark NIH Consensus Conference

More than 300 researchers from eight countries gathered at the University of Maryland School of Medicine in Baltimore from November 9-11, 2007 to share their findings at the Society for Acupuncture Research conference, co-sponsored by the Center for Integrative Medicine.

One goal of this conference was to explore the future of acupuncture research and to assess how far acupuncture research has come in the 10 years following the National Institutes of Health's *Consensus Statement on Acupuncture*. That landmark report concluded there was clear evidence for acupuncture's effectiveness for treating several conditions, including nausea and vomiting following surgery or chemotherapy, nausea during pregnancy, and dental pain after surgery. The 1997 consensus panel also found that acupuncture may help other conditions such as addiction, stroke rehabilitation, headaches, menstrual cramps, carpal tunnel syndrome and asthma.

"The NIH consensus statement greatly increased the awareness and acceptance of acupuncture by many people in the medical community and the general public," says Lixing Lao, Ph.D., L.Ac., director of the Center for Integrative Medicine's Traditional Chinese Medicine Research Program and co-president of the Society for

*"It is impressive to witness top researchers rising to the challenge of applying modern scientific tools to a healing technique rooted in ancient Chinese philosophy."*

*Lixing Lao, Ph.D., L.Ac.  
Director, Traditional Chinese  
Medicine Program, Center for  
Integrative Medicine*

Acupuncture Research. "Since the publication of the consensus statement, there has been a surge in interest in acupuncture and a great deal of high quality research."

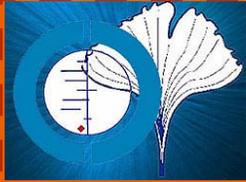
Highlights of this year's conference included presentations on the use of acupuncture for headache and neck pain, osteoarthritis of the knee, neurological disorders, gastrointestinal diseases, respiratory problems, and mental health disorders. The conference also featured more than 150 poster presentations on acupuncture basic science and clinical trial research from around the world. The topics ranged from treating runny noses to the potential benefit of using acupuncture during hospice care.

"The hundreds of scientists at the Society for Acupuncture Research conference show the far-reaching potential for acupuncture," says Dr. Berman, Director of the Center for Integrative Medicine, "As we learn more about acupuncture's effectiveness and how it works in the body, we may be able to apply that understanding to help people with a larger range of ailments."

For more information and a list of presentations and posters, visit:

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





## \$2.1 Million Awarded to Study Evidence Base for Complementary Therapies

Can acupuncture really get rid of back pain? Does echinacea or zinc prevent the common cold? Will fish oil help people with type II diabetes? There are lots of claims about the benefits of complementary medicine therapies, but which of them really work?

In May 2007, the University of Maryland Center for Integrative Medicine was awarded a \$2.1 million grant from the National Institutes of Health's National Center for Complementary and Alternative Medicine to collect all randomized controlled trials of complementary therapies and facilitate a world wide effort to conduct systematic reviews of their findings. The Cochrane Complementary and Alternative Medicine (CAM) Field has been coordinated by the Center for Integrative Medicine since 1996.

These systematic reviews will provide reliable and objective assessments about the evidence for specific complementary therapies. "Scientific reviews can be extremely long with a lot of complex

scientific information. We plan to take the full reviews and produce abridged versions that will be more understandable to practitioners and the general public," explains Eric Manheimer, M.Sc., Research Associate at the Center for Integrative Medicine.



Eric Manheimer, M.Sc.  
Research Associate

Policy-makers will also use the systematic reviews as a factor in medical decision-making.

"Our goal is to offer the general public, health care providers, and policy makers high quality information on the benefits and risks of these therapies," says Brian Berman, M.D., Founder and Director of the Center for Integrative Medicine.

Other studies to be reviewed include such topics as massage, herbal medi-

cine, vitamins, chiropractic care, exercise, electromagnetic therapy, homeopathy, prayer, therapeutic touch, music therapy, and yoga.

The Center is doing much of this work as part of its involvement with the Cochrane Collaboration, an international organization of more than 10,000 contributors from more than 80 countries working to prepare up-to-date systematic reviews of every kind of healthcare therapy. The reviews are intended to answer questions about healthcare and to guide people in practical decision-making about treatment.

The systematic reviews prepared by the Center and the CAM Field will also be summarized in journal columns in *Explore* and *The Journal of Alternative and Complementary Medicine*, two journals widely read by physicians and practitioners of complementary and alternative medicine. These columns will provide practitioners with reliable information on how specific complementary therapies can be applied to patient care.

**Cochrane Collaboration: [www.cochrane.org](http://www.cochrane.org)**

**Cochrane CAM Field: [www.compmed.umm.edu/cochrane](http://www.compmed.umm.edu/cochrane)**

**Seeking  
Participants  
for an  
Osteoarthritis of  
the Knee Study**

The University of Maryland is conducting an investigational research study to determine if an herbal supplement is useful for persons with osteoarthritis of the knee. Participants must be at least 40 years of age or older and in good general health, with a diagnosis of osteoarthritis.

**Please call 1-877-861-6037 to be screened for the study or call Mary Bahr-Robertson @ 410 448-6607 if you are a clinician interested in referring your patients.**

# Clinical Services

## Clinical Practice at Kernan Orthopedics and Rehabilitation Hospital, Woodlawn, MD

As specialists in Integrative Medicine, we collaborate with other health care practitioners to care for people who are challenged by:

|                            |                     |
|----------------------------|---------------------|
| Chronic Pain               | Optimal Weight      |
| Arthritis                  | Mood Disorders      |
| Fatigue                    | High Blood Pressure |
| Diabetes                   | Heart Disease       |
| Cancer                     | Bowel Disorders     |
| Complex Medical Conditions |                     |

## Family Medicine Clinic, Pratt St., Baltimore offers:

Acupuncture, Traditional Chinese Medicine



## Therapies and Services

|                         |                        |
|-------------------------|------------------------|
| Physician Consultations | Craniosacral Therapy   |
| Acupuncture             | Nutritional Counseling |
| Massage                 | Shiatsu                |
| Homeopathy              | Reflexology            |

## Classes at The Kernan Hospital Cottage

### Qi Gong

Wednesdays at 12:00 noon

### Yoga

Thursdays at 4:00 pm

*Yoga classes are also offered at the University of Maryland Medical Center and at the Towson Orthopedics Association. Visit our website for more information.*

### Tai Chi

Tuesdays at 6:00 pm

Saturdays at 8:30 am

For more information, please call 410-448-6361 or visit our website:

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



## Senior Faculty

### Director

**Brian Berman, M.D.**

Professor of Family and Community Medicine

### Director, Traditional Chinese Medicine Program

**Lixing Lao, Ph.D., L.Ac.**

Professor of Family and Community Medicine

### Medical Director

**Monica Myklebust, M.D.**

Assistant Professor of Family and Community Medicine

### Director of Database and Evaluation

**Eric Manheimer, M.Sc.**

Research Associate, Family and Community Medicine

### Faculty:

**Kevin Chen, Ph.D.**

Associate Professor of Family and Community Medicine

**Alan Cheung, Pharm.D., M.P.H., F.C.P.**

Visiting Professor

**Elizabeth Pradhan, Ph.D., M.P.H.**

Assistant Professor of Family and Community Medicine

**Grant Zhang, Ph.D.**

Assistant Professor of Family and Community Medicine

**Ruixin Zhang, Ph.D.**

Assistant Professor of Family and Community Medicine



*Blending Science with the Art of Healing*

**The Center for Integrative Medicine**

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