

New England Journal of Medicine Publishes Acupuncture Article Authored by Dr. Brian Berman

The *New England Journal of Medicine* is considered one of the most influential publications in medicine and science. It has earned this reputation because articles are subject to rigorous peer review. While integrative medicine is continuing to grow and increasingly used by consumers the journal has published few articles about integrative medicine. Its July 29th edition, however, featured an article authored by Dr. Brian Berman that reviewed studies about the use of acupuncture to treat back pain.

Back pain is one of the most common reasons people see a physician and one of the most common reasons for acupuncture treatment. The article titled "Acupuncture for Chronic Low Back Pain" evaluated recent acupuncture studies involving thousands of patients. In addition, the article contained a hypothetical case study of a 45-year old construction worker suffering from back pain and how acupuncture relieved his pain. [Read more](#)



"Our presence on the UMB campus enables us to build on our relationships with the University of Maryland Medical Center [and others]."

- Dr. Brian Berman
Director



Dr. Brian M. Berman, Director

CIM Facilitates Special Collection of Acupuncture Article Reviews for the Cochrane Library

CIM Academic Offices Move to University of Maryland, Baltimore Campus

This past Spring, the academic offices for the Center of Integrative Medicine relocated from the Mansion at Kernan Hospital to East Hall, which is adjacent to Davidge Hall, on the University of Maryland, Baltimore main campus.

Recent CIM News

- ▶ [Dr. Brian Berman Received Health Care Heroes Award](#)
- ▶ [Cinnamon Bark and Ginseng May Help Extend Life Expectancy](#)
- ▶ [Healing Pathways Program Begins September 30, 2010](#)

> Today's Health Tip <



Did you know that complementary and alternative medicine (CAM) treatments can help alleviate back pain?

According to a study published in the *Journal of the American Board of Family Medicine* (May-June 2010), the majority of people surveyed who used CAM for back pain perceived great benefit. Treatment modalities reviewed were acupuncture, massage, herbal therapies, yoga/tai chi, relaxation techniques, and chiropractic.

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> Clinic Announcements <

➤ Lauren Richter, DO, MAC promoted to Assistant Medical Director

Dr. Richter will oversee the clinic's medical services and its planning.

➤ Barbara Kandel, MSW, MAC joins Clinic as Acupuncturist

Ms. Kandel is currently seeing patients Wednesdays from 1:00pm - 5:00pm.

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> Class Schedule <

Tai Chi

Tuesdays 6:00 pm - 7:00 pm
Saturdays 8:30 am - 9:30 am
[More details](#)

Qi Gong

Wednesdays 5:15 pm - 6:30 pm
[More details](#)

The Cochrane Collaboration is an international, independent, not-for-profit organization of over 27,000 contributors from more than 100 countries, dedicated to making up-to-date, accurate information about the effects of health care readily available worldwide. The Collaboration is considered a world leader in evidence-based healthcare. Contributors to the Cochrane Collaboration work together to produce systematic assessments of healthcare interventions, known as [Cochrane Reviews](#), which are published online in [The Cochrane Library](#).

This past Spring, Dr. Brian Berman and Eric Manheimer facilitated a Special Collection of reviews about the use of acupuncture to treat different health conditions for *The Cochrane Library* (www.thecochranelibrary.com). Cochrane Reviews are intended to help providers, practitioners and patients make informed decisions about health care and are the most comprehensive, reliable and relevant source of evidence on which to base these decisions.

The University of Maryland School of Medicine Center for Integrative Medicine serves as the official Cochrane Collaboration designated site or *Field* for complementary medicine. The site is dedicated to supporting and promoting the production of systematic reviews of randomized clinical trials in areas such as acupuncture, massage, chiropractic, herbal medicine, homeopathy and mind-body therapies.

> Clinical Trials <

Integrative Meditation for Treating Cocaine Addiction

An exciting investigational research study offering new approaches in helping with cocaine withdrawal is being conducted by the University of Maryland Center for Integrative Medicine. Non-drug therapies (acupressure, deep breathing and meditation) will be combined with a standard detoxification program to hopefully increase the success rate of people who have made the commitment to stop using cocaine.

Integrative Meditation for Benzos Misuse or Anxiety Disorder

A research study offering new approaches to help patients in the methadone program who feel stressed, tense, and anxious is being conducted at the University of Maryland Methadone Program. Slow-breathing, meditation and supportive counseling will be added to your treatment program so as to increase your quality of life, and increase the success in your commitment to stop using opiates and other substances.

Traditional Chinese Medicine for Osteoarthritis of the Knee (TCM-OAK)

The University of Maryland Center for Integrative Medicine is conducting a randomized investigational research study to verify the efficacy of an ancient Chinese herbal supplement in reducing the pain and inflammation associated with osteoarthritis of the knee.

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CIM in the News

The Baltimore Sun featured **Joyce Frye, DO, MBA, MSCE**, in an "Ask the Expert" article titled "How and When To Seek Alternative Therapies." [Read more](#)

WBFF-TV Fox 45 produced its "Cover Story" about treating low back pain with acupuncture. The impetus for the story was an article published by **Dr. Brian Berman** in the *New England Journal of Medicine*. [See the story](#)

Voice of America radio broadcast an interview with **Lixing Lao, PhD, LAc**, about current viewpoints on the use of Complementary and Alternative Medicine.

ABC News.com included comments from **Dr. Brian Berman** for an article titled "Glucosamine No Remedy for Back Pain Study Says." [Read the article](#)



*Blending Science
with the
Art of Healing*



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Academic Office: 520 W. Lombard Street, East Hall - Baltimore, MD 21201 - 410-706-6166
Clinic Offices: 2200 Kernan Drive, 2nd Floor, Baltimore, MD 21207 - 410-448-6361

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