



# The University of Maryland Center for Integrative Medicine

SPRING 2006

## SPECIAL POINTS OF INTEREST:

- **NIH Center of Excellence for over 10 years**
- **Cochrane Collaboration Complementary Medicine Field Coordinating Center**
- **Track record of over \$30 million of NIH funding**
- **Clinic offers integrative medical care**
- **Leading Traditional Chinese Medicine research program**

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## STILL THE MIND, CALM THE RHEUMATOID ARTHRITIS

Meditation has been a practice of contemplative traditions for centuries, however, the study of its therapeutic properties has only occurred more recently. At the 2005 American College of Rheumatology Annual Scientific Meeting, Center for Integrative Medicine (CIM) researcher, Elizabeth Pradhan, PhD, MPH presented the results of a trial studying a Mindfulness-Based Stress Reduction (MBSR) program, which incorporates meditation, yoga and relaxation exercises, for rheumatoid arthritis patients.

Sixty-three participants were randomly assigned to either an MBSR class once a week for eight weeks or to a waitlist control group. The MBSR group was asked to practice

meditation, yoga and relaxation exercises at home six days a week. The waitlist control group was offered the MBSR class free of charge at the end of the study.



**Meditation helps reduce symptoms of rheumatoid arthritis & improves psychological distress**

At the initial assessment, all patients showed moderate disease activity and above

normal levels of psychological distress. By 2 months, although there was no change in disease activity, the MBSR group showed a 20% reduction in psychological distress compared to the control group. By the 6-month marker, the rheumatoid arthritis disease activity had decreased by 11%, blood test measures of inflammation had decreased by 46%, and psychological distress was reduced 33% in the MBSR group compared to the control group, all of which were statistically significant.

“While physicians have treated rheumatoid arthritis competently with a range of effective medications, this study shows that mindfulness-based stress reduction can complement that therapy and may provide additional benefit to people suffering from this disease,” says Dr. Pradhan.

## Providing Accessible, Evidence-based Information

What do we know about whether complementary therapies work? Or, more specifically, what therapies help for what problems? For most people, finding, and then understanding, the scientific literature is a daunting task. Help is now at hand as The Cochrane Collaboration Complementary

Medicine Field has teamed with the Cochrane Consumer Network to produce short and comprehensible summaries of all the Cochrane reviews of complementary medicine therapies used for treating specific conditions. The aim of the overviews is to ensure the high quality science of

Cochrane reviews is maintained, while also including the perspective of consumers who may use the therapies. One of the early overviews, for example, summarizes the evidence for the effects of various complementary therapies on menstrual pain.

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# “Take Charge of Your Health” Fairs



Our clinic offers care that draws from the best of conventional and complementary medicine. Over the spring months we have taken to the road and opened our doors so that more people can meet our practitioners and experience some of our programs and therapies.

In partnership with Maryland Public Television (MPT) and the Jewish Community Center (JCC) in Owings Mills, MD, we offered a health fair

“Take Charge of Your Health” at the JCC’s extensive health and fitness center. Over 350 visitors and a large number of the JCC’s membership were able to sample therapies from acupuncture to shiatsu, take part in classes from Qi Gong to yoga, and participate in talks and discussion with our research team and practitioners on topics ranging from acupuncture for low back pain to nutrition and well-woman care.

We also held an open house at our clinic at Kernan Hospital. At both events we pre-

viewed clips of the PBS documentary *The New Medicine*. Additionally, CIM’s staff manned phones for a call-in phone bank at MPT on March 29<sup>th</sup> when the documentary viewed on national television.

A “Lunch & Learn” event is scheduled for the University of Maryland’s downtown Baltimore campus on April 26<sup>th</sup>.

“Lunch & Learn” University of Maryland Learning Center, 22 S. Greene Street  
April 26, 2006 12pm-1pm 1-800-492-5538

Central to our mission, since our inception 15 years ago, is offering patients a new paradigm of health care that focuses on the whole person and helps people take control of their health.



**Brian Berman, M.D.**  
Keynote Speaker  
“Acupuncture & Arthritis”

Brian Berman, MD the Center for Integrative Medicine’s founder and director, will present a keynote speech at the first research conference organized by the Consortium of Academic Health Centers for Integrative Medicine. The conference will be held in Edmonton, Canada on May 24-27, 2006. Dr. Berman will talk on “Acupuncture and Arthritis: Trials & Tribulations”.

Three other CIM faculty members will also participate in the conference. Dr. Lixing Lao, PhD will co-chair a session on “Controversies in acupuncture research: Controls & outcomes measures” and Eric Manheimer, MSc will conduct a workshop on “Methodological challenges of preparing systematic reviews of randomized controlled trials in complemen-

tary medicine.”

Elizabeth Pradhan, PhD was granted one of 10 Young Researcher Awards and will present a poster on “Mindfulness-Based Stress Reduction for Rheumatoid Arthritis.”

Over 400 attendees from North America, Europe and Asia have registered for the event.

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

# TV Documentaries Highlight CIM's Research

Two new television documentaries, one that aired in the U.S. and one in Britain, have featured the research being conducted at the Center for Integrative Medicine.



**The first hour of a three part documentary focused on acupuncture, from its history and use in China, to groundbreaking research in the USA that shows its clinical effectiveness.**

In January of 2006, the BBC's three-part series on alternative medicine opened with the first episode focusing on acupuncture. After filming open heart surgery being performed under acupuncture anesthesia in China, a skeptical scientist searched for the science that might show if and how acupuncture works. The BBC science unit crossed to the US and interviewed Dr. Berman and some of the patients who were part of "the most definitive acupuncture study to-date". The study was

recently published in the *Annals of Internal Medicine*. In this randomized controlled trial of 570 patients, acupuncture was shown to be a safe and effective treatment for

osteoarthritis of the knee. Almost 4 million viewers tuned in to watch the program, making it the second most watched program of the week in Britain.

PBS's sweeping coverage of the increasing use of integrative medicine in hospitals and clinics across the U.S. aired March 29, 2006 and was watched by an estimated 9 million viewers. *The New Medicine* documentary suggested that American medicine may be on the brink of transformation. As scientific findings, such as those emanating from the Center for Integra-

tive Medicine, reveal the mind's crucial role in the body's capacity to heal and the effectiveness of treatment options once considered fringe, the medical community is increasingly embracing an integrative medical approach.

The CIM's research has focused on chronic illnesses such as arthritis and low back pain and has shown that acupuncture helps decrease pain and mindfulness-based stress reduction techniques improve a patient's sense of well-being and ability to cope.

During the airing of *The New Medicine* on Maryland Public Television, viewers were able to call in to a phone bank manned by CIM staff. Over 300 people telephoned with questions regarding how to access integrative medicine for their health problems. This was one of the highest call-in rates MPT has experienced. They subsequently have aired the documentary three more times.

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

## Integrative Medicine: the new medicine

*Integrative medicine blends the best of conventional and complementary medical approaches, addressing not only physical symptoms, but also psychological, social, environmental & spiritual aspects of health & illness. It believes in stimulating the innate human capacity for healing, empowering patients in their own care, while providing them with choices in healthcare that are proven to be safe and effective.*

### Cochrane Consumer Overviews: Accessible, Evidence-based Information

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The Cochrane Collaboration is an international organization that is recognized for its leadership role in evidence-based medicine. Through the efforts of many thousands of individu-

als worldwide, the best research on all healthcare interventions is collected, synthesized and systematically reviewed. The Cochrane Complementary Medicine Field is coordinated by the Center for Integrative Medicine and we will post the

completed overviews of complementary therapies on the Field's website: [www.compmed.umm.edu/Cochrane](http://www.compmed.umm.edu/Cochrane).

The overviews will also be discussed on the Cochrane Network website [www.cochrane.org/consumers](http://www.cochrane.org/consumers).

## The Center For Integrative Medicine Clinic *Your Partner in Healthy Choices*

### Classes at The Kernan Hospital Cottage

#### Stress-Reduction

Introduction to Mindfulness 3-hour workshop  
Tuesday, May 2, 2006, 6.00pm to 9.00pm

7-week Spring Seminar  
Thursdays, April 20—June 15, 10.30am to noon

#### Chen Style Tai Chi

Mondays & Wednesdays  
5.30pm-6.00pm Foundations Training  
6.00pm-7.00pm Tai Chi Forms

#### Qi Gong

Tuesdays, 3.00pm-4.00pm

#### Yoga

Thursdays, 4.15pm-5.30pm & 5.30pm-6.30pm

We also offer yoga classes in Towson and at the University of Maryland Medical Center in Baltimore. Call 410-448-6361 or check out our website for more details.

### Our clinic at Kernan Hospital offers:

*Healthy Aging Consultations*  
*Wellness Promotion and Stress Management*  
*Well Woman Care*  
*Pain Management*  
*Prepare for Surgery Seminar*  
*Integrative Conventional and Complementary Care for acute & chronic diseases including:*

Arthritis  
Cardiovascular Disease  
Chronic Fatigue  
Chronic Pain  
Cancer

Diabetes  
Fibromyalgia  
Irritable & Inflammatory Bowel Disorders  
Menopause

### Therapies include:

Acupuncture  
Massage  
Homeopathy  
Craniosacral therapy

Dietary counseling  
Shiatsu  
Reflexology

## Senior Faculty & Staff

Brian Berman, MD  
Director  
Professor of Family Medicine

Lixing Lao, PhD  
Director of Traditional Chinese  
Medicine Program  
Associate Professor of Family  
Medicine

Eric Manheimer, MSc  
Director of Database  
and Evaluation

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Alan Cheung, PhD  
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Nancy Min, PhD  
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Medicine

Lisa Pradhan, MPH, PhD  
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Clinical Specialist

Jeanette Cronise  
Practice Director

Mary Bahr Robertson  
Research Coordinator

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Assistant Professor of Family  
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Rui Xin Zhang, PhD  
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***Blending Science with the Art of Healing***

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