



**SPECIAL
POINTS OF
INTEREST:**

- NIH Center of Excellence for over 11 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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The University of Maryland Center for Integrative Medicine



SPRING 2007

Qigong adds a new dimension to CIM

Broadening the scope of our traditional Chinese medicine (TCM) program, we have recruited a leading researcher and practitioner of qigong, Kevin Chen, PhD. Qigong is an ancient Chinese healing art involving meditation, controlled breathing, and movement exercises designed to improve physical and mental well-being and prevent disease.

Dr. Chen, an epidemiologist with extensive experience in designing and implementing basic science and clinical trials, has long been interested in the scientific study of qigong and its medical applications. His research includes both verification of *qi* energy through laboratory detectors, and clinical

trials examining the efficacy of qigong in treating heroin and cocaine addiction, as well as osteoarthritis, fibromyalgia, cancer and chronic pain. A National Institutes of Health-funded researcher, Dr. Chen joined the faculty at the Cen-



Kevin Chen, Ph.D., MPH.
Associate Professor
Family and Community Medicine

ter for Integrative Medicine in August 2006. His work in qigong adds further depth to the CIM's focus on TCM.

"The practice of TCM involves restoring balance; treatment not only draws from herbs and acupuncture but also self-help techniques, like qigong, that work with the mind-body connection. We have a strong clinical and research program focused on acupuncture and Chinese herbs, Kevin's work now brings balance to this, adding the all-important mind/body element. of TCM It also allows us to delve further into the concept of *qi* that is so central to many Eastern healing traditions" states Dr. Brian Ber- man, Director of CIM.

Teen Smokers and Alcohol Abuse

The connection between smoking and drinking has been known for years. Smokers tend to drink and drinkers tend to smoke. But what is the true relationship? Recent news stories have highlighted a study published by Dr. Chen and collaborators this fall that looks at whether the use of one could increase the risk of being addicted to the other. Dr. Chen and colleagues examined data from 2002 to 2004 on more than

74,000 individuals. The participants were asked about their drinking and smoking practices.

The results indicated that smokers, particularly adolescent smokers, have a greater risk of developing an alcohol-use disorder compared to non-smokers. Specifically, smokers are at more than a 50-percent higher risk of abusing alcohol, and that increases in adolescents and light drinkers. They

say their findings go beyond the idea that smoking and drinking go hand in hand, but instead that smoking may make the brain more vulnerable to other addictions. The thought is addictive drugs all act on a part of the brain and once it is exposed to one drug, it may become more sensitive to other drugs.

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Monica Myklebust, M.D. CIM's New Medical Director



Monica Myklebust, M.D.
Medical Director, CIM
 Assistant Professor
 University of Maryland
 Department of Family &
 Community Medicine



Bonnie Tarantino
Yoga Instructor

University of Maryland
 Center for
 Integrative Medicine
 Classes offered every
 Thursday at 4:00 pm

Additional Yoga classes offered at the University of Maryland Medical Center in Baltimore. Please call 410-448-6361 for more details

Monica Myklebust, M.D. is an Integrative Medicine Specialist who offers care to adult individuals seeking fresh and comprehensive approaches to medical challenges and to optimal health. Conventional training in Family Medicine at Mayo Graduate School of Medicine established a solid foundation for her further fellowship training under Dr. Andrew Weil at the University of Arizona's Program in Integrative Medicine in Tucson.

Through the four years of 2003-2006 she led the University of Michigan Integrative Medicine Clinical Services, establishing an integrative medicine clinic, developing a fellowship to train physicians in integrative medicine, writing policy

on acupuncture, massage and energy medicine, and creating a Comfort TV channel and nationally recognized nutrition tool — the Healing Foods Pyramid.

Dr. Myklebust believes that by bringing the philosophies and practices of many healing systems together, Integrative Medicine offers the best healing options to people struggling with medical challenges, people pursuing optimal wellness and to physicians and other healthcare professionals who are suffering from compassion fatigue. She also believes that Integrative Medicine offers great hope in healing our medical education and healthcare systems.

The weaving of science, culture, community and

health has played a central role in her personal and professional development. In her practice at the Center for Integrative Medicine she guides people through the maze of choices in healthcare using the tools of compassion, evidence and experience. Recommendations are directed toward the goal of balancing mind, body, spirit and emotion. Her work at the University of Maryland Baltimore will build on the strong foundation of the center's 15 year history. Expanding collaboration in clinical care at Kernan Hospital and at the Shock Trauma Center is a priority.

For an appointment with Dr. Myklebust, please call 410-448-6361.

Teen Smokers and Alcohol Abuse continued from page 1...

Studies like this will set up an alert -- for those who consider adolescent smoking tolerable -- to rethink the issue or perceive the problem differently," says Dr. Chen, "Although we do not know the exact causal rela-

tion between the two, the damage to our health is so severe that we need to create a more objective image to reject both smoking and drinking among adolescents."

For more information see:

<http://www.ivanhoe.com/newsalert/>

SOURCE: *Alcoholism: Clinical & Experimental Research*, 2006;30:2046



Acupuncture at Maryland's Shock Trauma Center

Last year, the Center for Integrative Medicine was asked by the R. Adam Cowley Shock Trauma Center at the University of Maryland School of Medicine to explore solutions for some unmet patient needs in acute-care emergency medicine. This partnership set in motion a collaboration to research unique innovations in healing that focus on Traditional Chinese Medicine (TCM).

The Center for Integrative Medicine is the leading academic research institution for complementary and alternative medicine. It is highly respected for its rigorous research and mentorship of the field of integrative medicine.

The R. Adam Cowley Shock Trauma Center is named after R. Adam Cowley, a Baltimore physician who is considered the father of trauma care and the one who gave the medical world the concept of the Golden Hour, the critical first hour following trauma in which treatment is essential to survival. Shock Trauma is regarded as the standard-setter in this area of medical care, and is the only emergency hospital in the country.

The first challenge to be addressed in the partnership of these two institutions is pain relief. Despite advances in medical pain management, narcotic-based medications can be addictive, and are often accompanied

by nausea, vomiting or other side effects. Additionally, they can be insufficient to relieve suffering.

Dr. Lixing Lao, director of the TCM Program at the Center for Integrative Medicine, has begun a series of patient acupuncture treatment protocols at the Shock Trauma



Maryland was the first state in the country to establish a comprehensive, coordinated statewide system for the delivery of emergency health care services and is a recognized national leader in the field. Now they are collaborating with UMB's Center for Integrative Medicine to incorporate acupuncture and Reiki treatments for patients and staff.

Center to address these issues. The results have been consistently beneficial, with patients reporting fast relief of pain after treatment, with no side-effects. On the basis of these preliminary findings, the CIM has been fortunate to receive funding for a pilot research study from a private foundation.

Dr. Lao will now lead a team to formally investigate the use of acupuncture in this setting. He is joined in this endeavor by Dr. Elizabeth Pradhan, assistant pro-

fessor at the Center for Integrative Medicine, and Dr. Rick Dutton, director of the Trauma Anesthesia Department at Shock Trauma. Together they will apply the most rigorous scientific methodologies of Western medicine to the Eastern tradition of acupuncture, through the conduct of randomized controlled clinical trials. The objective will be to test acupuncture's effect on pain relief among trauma patients.

The first step is a randomized pilot study that will assess whether acupuncture relieves pain and decreases the amount of narcotic-based analgesic medication required by patients. In addition, biomarkers of pain and inflammation will be tracked. These chemical measure-

ments will include inflammatory cytokines, stress hormones such as cortisol and neurotransmitters such as beta endorphins. The tracking of these biomarkers by our research team will facilitate the understanding of the mechanism of acupuncture's action.

The pairing of these two institutions presents an intriguing blend of ancient wisdom and technically-advanced emergency care that will result in better patient care.



Clinical Services

Our clinic at Kernan Hospital offers:

*Integrative Conventional and Complementary Care
for acute & chronic diseases.*

Healthy Aging Consultations

Wellness Promotion and Stress Management

Pain Management

Family Medicine Clinic, Pratt St., Baltimore offers:

Acupuncture



Therapies include:

Acupuncture

Massage

Homeopathy

Craniosacral therapy

Dietary counseling

Shiatsu

Reflexology

Tai Yoga

Classes at The Kernan Hospital Cottage

Qi Gong

Wednesday, at 12:00 noon

Yoga

Thursdays, at 4:00 pm

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

Tai Chi

Tuesdays at 6:00pm and Saturdays at 8:30am



Senior Faculty & Staff

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