



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE  
CENTER FOR INTEGRATIVE MEDICINE

# ANNUAL REPORT

## FY2018

*CENTER FOR INTEGRATIVE MEDICINE*

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## Who We Are

The Center for Integrative Medicine (CIM) at the University of Maryland School of Medicine was the first academic integrative medicine center in the US. With a track record of over \$70 million in grant funding, more than 750 peer-reviewed publications and abstracts, and collaborators in more than 120 different countries, CIM continues to be a leading international center for research, patient care, education and training in integrative medicine.

## Mission

Emphasizing an approach to healing that values mind, body, and spirit, the Center is committed to evaluating the scientific foundation of complementary medicine, educating health professionals, and the public about integrative medicine and integrating evidence-based complementary therapies into clinical care to help people achieve and maintain optimal health and well-being.

## FROM THE DIRECTOR



**BRIAN BERMAN**  
Director, Center for Integrative Medicine



**Resilience is all about being able to overcome the unexpected. Sustainability is about survival. The goal of resilience is to thrive.**

- Jamais Cascio  
One of Foreign Policy magazine's  
"Top 100 Global Thinkers"

"The goal of resilience is to thrive." While putting this FY2018 Report together, we were truly made aware of the resilience of the Center for Integrative Medicine (CIM) and how it is helping us not just to survive but thrive.

One of our goals is to increase resilience and be sustainable in today's economy while still offering highest quality patient-centered care, research and education programs. To achieve this, we are changing the way we do things and embracing a long-held dream of weaving Integrative Medicine into the fiber of other medical departments. Since collaborations are very important for sustainability and resilience - "no man is an island" - that is where we began. Working with Radiation-Oncology and the Maryland Proton Treatment Center, we have made great strides already. Our collaborative efforts consist of successful government-funded grants, "Integrative Wellness" patient care services, and the Applied Integrative Medicine Program that educated several key personnel.

We are currently in collaborative explorations with other departments who have similar goals, including Palliative Care, Psychiatry, and Orthopedics who want to add our integrative therapies to the services they currently offer. Our grant collaborations and trainings, in combination with increased patient care opportunities, will create resilience, sustainability and patient satisfaction, and we look forward to putting these joint ventures in to play.

As grant funding across the nation is becoming more difficult to obtain, especially from NIH, our small team of researchers was able to increase

our total NIH awards over last year and overall grant funding. Grantsmanship is a key part of our sustainability. We responded to a wider variety of "requests for funding" and were awarded most of them. Forty peer-reviewed articles written by our team were published in scholarly journals and two book chapters were published in academic texts. Our small team gave over 100 presentations and we were the "host site" for an international academic conference, at which many of our accomplishments and achievements were displayed.

Our financially self-sustaining educational program trains health care professionals and select community members to be yoga teachers and has become so successful that we added advanced yoga teacher training modules this year. We were among a select few who were invited to offer a yoga therapy pilot program specifically for licensed healthcare providers, which we anticipate will launch in the fall of 2019. Our Cochrane informatics program, funded by NIH for over 20 years and recently received another 5-year award, is expanding its reach to include knowledge translation for patients as well as clinicians and researchers, including plans for social media strategies and web-based application resources. All said, sustainability and resilience are deeply etched into our DNA and we will be using all the tools in the toolbox to exceed expectations and thrive.

To your good health,

Brian Berman, MD

# FY2018 AT A GLANCE



## RESEARCH | *Advancing the Science of Integrative Medicine and Health*

WE RESEARCH INTEGRATIVE MEDICINE AND HEALTH IN REAL-WORLD SETTINGS TO SOLVE REAL-WORLD PROBLEMS.

- We are improving the nutrition of people across the lifespan – from pre-schoolers and K12 students to teachers and veterans.
- We are rigorously testing the effectiveness of dietary supplements for a variety of conditions including immune function, overall wellness, and type 2 diabetes.
- We are studying acupuncture for pain in the veteran population and testing how to give mental health professionals tools to understand the diverse spiritual needs of their patients.
- We are improving the evidence base for integrative medicine through the Cochrane Complementary Medicine Field.

*We are diversifying our research program, exploring integrative medicine and health from bedside and out into the community.*



## PATIENT CARE | *Healing Across the Continuum*

WE OPTIMIZE PATIENTS' HEALTH AND WELLNESS THROUGH INTEGRATIVE CARE IN A VARIETY OF SETTINGS.

- We offer relaxation techniques, massage, aromatherapy, Reiki, acupuncture and other therapies to both patients and healthcare providers throughout the entire Medical Center and Shock Trauma to help with stress, pain and anxiety.
- We offer skilled services in our outpatient clinical practice, including acupuncture, psychotherapy and yoga therapy.
- We provide "Integrative Wellness" services to patients, families and staff at the Maryland Proton Treatment Center and are working to create similar programs in other departments.
- We participate with 20 other integrative medicine clinics in a practice-based research network to capture patient self-reported data, which preliminarily indicates that our outpatient care center significantly improves patients' pain, anxiety, depression and fatigue.

*We are making a difference in the lives of thousands of people of all ages by using a multifaceted toolbox of therapies to encourage healing.*

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## EDUCATION | *Teaching Healthcare Professionals and the Community*

WE TEACH PHYSICIANS-IN-TRAINING, NURSES, SOCIAL WORKERS, PSYCHOLOGISTS AND OTHERS ABOUT THE IMPORTANCE OF CARING FOR THE WHOLE PERSON AND NOT JUST THE DISEASE.

- We teach senior medical students about integrative medicine and self-care during our transformational 120-hour elective.
- We offer a self-care Healing Pathways course to nurses, other healthcare providers and selected community members so that they can integrate wellness into their life and their work.
- We teach healthcare professionals and approved community members to become certified yoga instructors, encouraging them to bring yoga to their patients and the community.
- We offer week-long self-care retreats to cancer patients and their families to improve their health and wellness as they battle their disease.

*We teach our students that self-care is as important as caring for others in order to create a healthier world.*



## LEADERSHIP | *Transforming Wellness Beyond Imagination*

WE PLAY A KEY ROLE IN THE FIELD OF INTEGRATIVE MEDICINE, CONTRIBUTING TO ITS FUTURE DIRECTION AND GROWTH.

- We collaborate with highly respected leaders in scholarship and research through strategic partnerships with organizations such as The Institute for Integrative Health, USDA, Under Armour, Duke University, and the National Institutes of Health, as well as experts from over 100 countries around the world and throughout the University of Maryland.
- We disseminate scientific findings through peer-reviewed publications, including 40 papers this past year in leading medical journals, and presented more than 100 posters and lectures at local, national and international venues.
- Dr. Brian Berman was awarded the 2018 Bravewell Distinguished Service Award by the Consortium of Academic Health Centers for Integrative Medicine at their member's dinner in May 2018.
- We are involved in the community, including American Pain Society Task Force, NFL Players Pain Advisory Board, McCormick Science Institute Advisory Board, Maryland Academy of Nutrition and Dietetics, Gilcrest Hospice Care Advisory Committee, and more.

*We reach out into the community and beyond to make an impact and influence the field of integrative medicine and health.*

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Since 1991, the Center for Integrative Medicine at the University of Maryland School of Medicine has been a worldwide leader in conducting rigorous research to determine the efficacy and effectiveness of integrative medical therapies and healthy lifestyle practices. As the evidence base supporting these therapies and lifestyle practices that our international cadre of collaborators has worked to produce has continued to grow, our research portfolio has adopted a concerted focus on researching integrative medicine and health in real-world settings to solve real-world problems.

Our research in FY2018 involved people across the lifespan from pre-school and school-aged children to older adults. We are investigating ways to fight obesity, utilize nutrition to prevent and reverse chronic disease, and explore how integrative therapies can help in recovery and pain relief. Additionally, we are analyzing and disseminating the vast complementary medicine research from the entire world, making it accessible for decision-makers and patients through our National Institutes of Health (NIH)-funded Cochrane CAM Field project. We also had 40 scientific articles about our work published in peer-reviewed journals this year!

## WELLNESS IN SCHOOLS

Elizabeth Parker, PhD, RD led a Mid-Atlantic Obesity Research Center-funded pilot and feasibility study to **assess health-related behaviors and leadership practices among teachers**. She recently presented preliminary results at the Academy of Nutrition and Dietetics Food and Nutrition Conference Expo, which examined health behaviors such as diet quality and body mass index, classroom practices (e.g. rewarding with food; punishment by withholding recess; role modeling healthy diet habits) and self-efficacy regarding classroom instruction focused on diet/physical activity among teachers in six urban schools participating in a childhood obesity prevention intervention. Results of this study indicated that teachers with healthier dietary quality have more healthy classroom practices and are more comfortable teaching nutrition and physical activity to students. The manuscript is currently in development.



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In a collaboration with Erin Hager, PhD in the Department of Pediatrics, Dr. Parker also investigated **disparities in teacher and student school wellness leadership practices**. Supported by funding from the University of Maryland Program in Health Disparities and Population Health, this was the first large, population-based study to examine implementation of classroom-level nutrition and physical activity best practices. Disparities in administrator-reported classroom practices exist in schools with the largest proportions of low-income students. The manuscript focused on these results is currently in development.

The USDA AFRI Childhood Obesity Grant funded another joint project between Drs. Hager and Parker that studied **approaches to enhance wellness policy implementation in schools**. In order to promote healthy behaviors and prevent obesity, the schools were offered training and technical assistance for teachers and student wellness champions as well as technical support for wellness policy implementation. Dr. Parker serves as a co-investigator for this ongoing study and is also a co-author on the protocol paper which was recently published in *Contemporary Clinical Trials*.

An **obesity prevention program for preschoolers** is being offered in local childcare centers as a collaboration between Dr. Parker and Maureen Black, PhD in the Department of Pediatrics. This project was funded by the National Institute of Diabetes & Digestive & Kidney Diseases and will conclude in 2020. Dr. Parker serves as a co-investigator for this ongoing study.

With funding from the JS Plank & DM DiCarlo Family Foundation, Chris D'Adamo, PhD and collaborators from The Institute for Integrative Health completed an **outcomes evaluation of a teacher wellness program at Francis S. Key High School**. This study analyzed an on-site fitness facility and wellness program for teachers at this public school in Baltimore using mixed methods outcomes, including wearable fitness devices. A manuscript focused on these results is currently in development.

## EXERCISE AND NUTRITION FOR OLDER ADULTS



Dr. Elizabeth Parker is funded by the VA Maryland Health Care System to provide nutrition and weight loss counseling to older overweight and obese veterans enrolled in a clinical trial studying the effects of a **multimodal exercise program on functional outcomes**. The multimodal exercise program emphasizes improving balance and side-to-side movement, and building strength in the legs and core, through a variety of specially designed exercises.

Participating on an NIH-funded pilot study with Avelino Verceles, PhD from the Department of Medicine, Dr. Parker collaborated to assess the **effects of exercise, protein and electric stimulation on older, critically ill patient outcomes**. As part of the study, patients were randomized to receive Intensive Care Unit usual care as the control group or an intervention which combined exercise, protein supplementation, and neuromuscular stimulation. The manuscript focused on the primary outcomes of this study is currently under development.

## NUTRITIONAL SUPPLEMENTS FOR WELLNESS

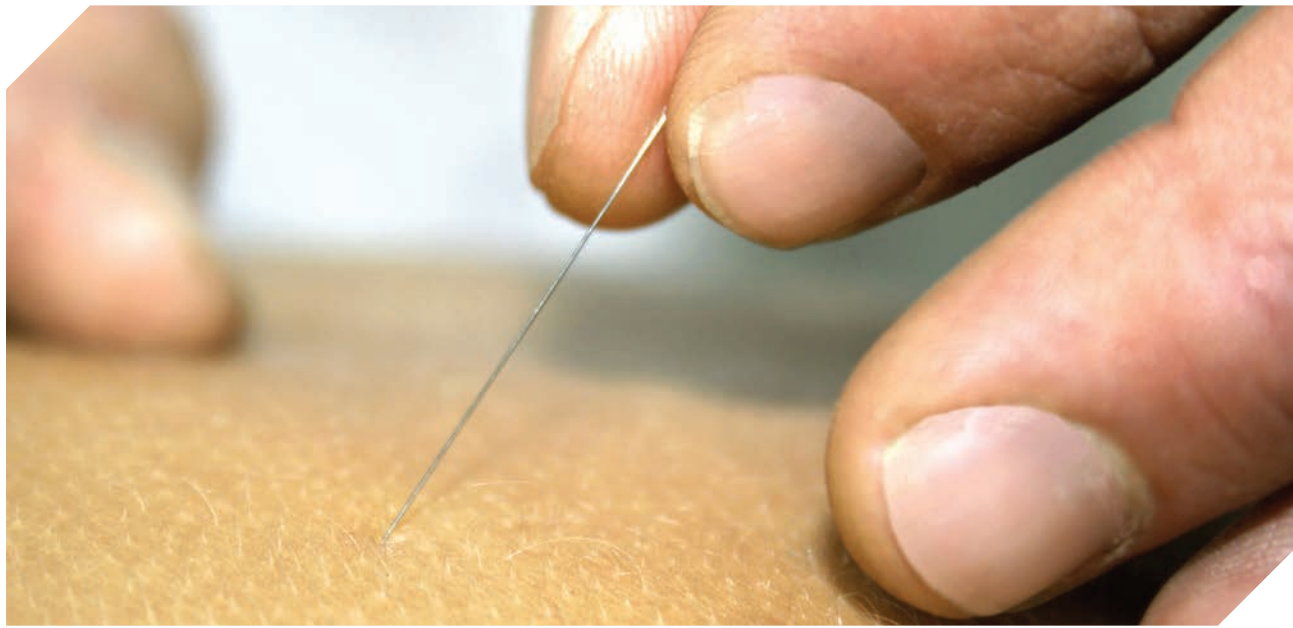
Chris D'Adamo, PhD recently published the results of a clinical trial that demonstrated the **efficacy of a low-dose iron nutritional supplement in resolving iron deficiency in premenopausal women**. In addition to the efficacy, the clinical trial revealed that this commercially-available and food-based dietary supplement (MegaFood® Blood Builder®) was associated with none of the gastrointestinal complications or other adverse events that frequently interfere with compliance with higher-dose iron supplements.

Dr. D'Adamo and his research team are recruiting participants for a randomized, placebo-controlled clinical trial to evaluate **the efficacy of a commercially-available herbal supplement (Designs for Health GlucoSupreme™ Herbal) in improving markers of glucose control among prediabetic adults**.

Dr. D'Adamo and his team are also recruiting for a randomized, placebo-controlled trial of **another commercially-available dietary supplement (Nutramax Laboratories, Inc. Avmacol Immune®) for detoxification and immune function among a sample of healthy adults**.



## ACUPUNCTURE FOR SPINAL CORD INJURIES



In a collaborative project with Deborah Stein, MD, MPH of R Adams Cowley Shock Trauma Center, the Department of Defense funded a study in which we aim to **discover whether patients with spinal cord injury have increased functional recovery when treated with acupuncture**. Our researchers, including Co-Principal Investigator Brian Jackson, LAc and Co-Investigator E. Blaine Guelde, CRNP, will look at long-term pain scores, self-reported pain interference, overall quality of life measurements, self-reported well-being and resilience and functional recovery in patients who receive acupuncture beginning in the acute care stages and will compare data to a control group. This study will wrap up in 2021.

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## NUTRITION FOR OBESITY AND CANCER

Chris D'Adamo, PhD is collaborating with Adeel Kaiser, MD from the Department of Radiation Oncology and the Maryland Proton Treatment Center to investigate the effects of a **ketogenic diet for overweight and obese men undergoing treatment for prostate cancer**. This study, funded by a grant from the National Institutes of Health - Nutrition Obesity Research Center, has been demonstrating feasibility and efficacy of this increasingly popular dietary approach.



## USING MINDFUL BREATHING TO REDUCE IMPULSIVITY



In a collaboration with University of Maryland College Park, Kevin Chen, PhD, MPH led an effort to teach college students **mindfulness skills to reduce the impulsivity that often leads to substance abuse**. This NIH-funded study has concluded, and data is being analyzed.

## PAIN RESEARCH IN THE LAB

In an NIH-funded pre-clinical trial, our basic science researcher Ruixin Zhang, PhD found that **social support positively influences the affective components of pain**. In another NIH-funded trial, he teamed up with Jin Ro, PhD in the School of Dentistry's Neural and Pain Sciences Lab to investigate **age-related changes and how they affect the opioid receptors**. This trial wraps up in 2019 and we look forward this data providing some additional answers to help fight the opioid crisis.



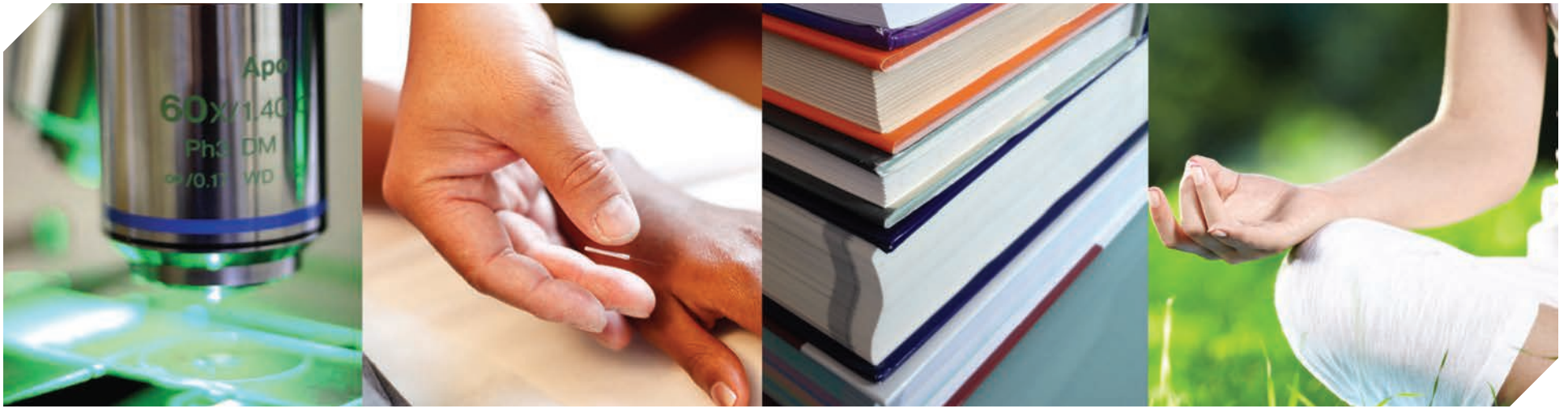
## SPIRITUALITY AND MENTAL HEALTH



In collaboration with Kenneth Pargament, PhD at Duke University, Michelle Pearce, PhD is helping to develop and empirically test an online training program that aims to **give mental health professionals a knowledge-base in spirituality and spiritual-based concepts** to better meet the needs of their clients. This project, funded by the John Templeton Foundation, will wrap up at the end of 2019.

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# IMPROVING THE EVIDENCE BASE FOR INTEGRATIVE MEDICINE



The **Cochrane Complementary Medicine Field (CAM Field)**, part of the international non-profit Cochrane collaboration, is dedicated to improving the evidence base for complementary, alternative, and integrative medicine by supporting the production and dissemination of high-quality systematic reviews on CAM topics. The CAM Field is supported by the NIH, National Center for Complementary and Integrative Health. Under the leadership of Dr. Brian Berman, this program has been continuously funded since 1996.

In FY2018, we published an update of the 2010 Cochrane review of acupuncture for hip osteoarthritis, which reported that the evidence base for this intervention remains equivocal. We have now embarked on an update of the Cochrane review of acupuncture for knee osteoarthritis, a topic which has a more extensive evidence base, and the results of this update are expected in FY2019-20. Our Field faculty published an overview of the Cochrane systematic review evidence to date for probiotics and gastrointestinal conditions to provide guidance for the clinical use of probiotics and identify gaps in the current research. Our Field also supported the publication of 3 summaries and 2 clinician commentaries on CAM-related Cochrane reviews, including reviews on acupuncture, herbal medicine, yoga and music therapy.

Additionally, we recently successfully competed for renewed NIH funding of the CAM Field through FY 2023. Our proposal placed CAM Field activities within a knowledge-to-action framework incorporating

structured stakeholder engagement to identify priority review topics, engagement of partners in the production of reviews and related methodological products, and development of pathways to translate evidence into actionable formats suitable for a range of audiences. Our initial area of investigation will be the use of complementary therapies for chronic non-cancer pain. The results of our initial prioritization of review topics and an associated publication is expected in 2019.

## AS OF THE END OF FY2018

**81K**

**CAM Field  
specialized  
register of  
trials records**

**782**

**CAM-related  
Cochrane  
Reviews**

**239**

**CAM-related  
Cochrane  
Protocols**

## PATIENT CARE | *Healing Across the Continuum*

*Integrative Medicine combines the best of evidence-based complementary therapies with conventional medical care. For example, integrative therapies give physicians more tools to decrease opioid use/abuse/death. As experts in pain management, our team participates on opioid crisis committees at the local and national levels looking for ways to beat the addiction and save more lives while still curbing pain. Several of our team members serve on local and national boards seeking to end opioid abuse and help patients with pain management without the use of pharmaceuticals. We are using these findings and other skills in all our patient care practices.*

## OUTPATIENT CARE



**Our services included:** Acupuncture and Psychotherapy

**We cared for patients at:** University of Maryland Rehabilitation & Orthopaedic Institute (2nd Floor) and University of Maryland Immediate Care (acupuncture only)

**Patients cared for:** 753 unique patients seen resulting in 3,860 encounters

To support sustainability and resilience, a major goal this year was to decrease financial deficit in the outpatient clinical practice, CIM phased out all outpatient services other than acupuncture and psychotherapy from the UMROI location. As a result, the operating loss was reduced by an additional 68.9%. However, acupuncture and psychotherapy services volume were maintained at relatively constant levels. Due to the current insurance-based model, we will be making additional changes in FY2019.

Through our work with the PRIMIER practice-based research network, which consists of 22 collaborators, we have collected self-reported data using the National Institutes of Health-developed and validated PROMIS measures. Participation continued in FY2018, data collection is still underway, concluding in late 2018.

## INPATIENT CARE

### Our services include:

- Integrative assessment and treatment planning
- Acupuncture
- Acupressure
- Emotional Freedom Technique
- Therapeutic music/sound
- Aromatherapy
- Therapeutic dialogue
- Guided imagery
- Therapeutic art
- Reiki
- Journaling
- M Technique

### We cared for patients at:

University of Maryland Medical Center with consults from throughout the hospital, including:

- Organ Transplant Teams
- Blood and Marrow Transplant Unit
- Medical & Surgical Stepdown Units
- Greenebaum Cancer Center
- Surgical ICU
- Medical ICU
- Pediatric ICU
- Cardiology
- Lung Rescue Unit
- Neonatal Intensive Care
- Cardiac Surgery ICU
- Shock Trauma... and more!

### Patients cared for:

Our small team saw an average of 35 patients per day in FY2018.

Our team was both popular and efficient, but the insurance-based financial model is not conducive for sustainability of this kind of work. We are in the process of changing the way we practice to be more fiscally responsible while still offering gold-standard patient-centered care.



## COLLABORATIVE CARE



### Our services include:

- Consultations with Naturopathic Doctor or Integrative Nurse Practitioner
- Yoga Therapy
- Meditation
- Nutritional Counseling
- Therapeutic/Oncology Massage
- Acupuncture
- Weekly Self-Care Education Classes

### We cared for patients at:

Maryland Proton Treatment Center

### Patients cared for:

1,134 individual sessions from January 1, 2018 to June 30, 2018

The “Integrative Wellness Team,” a contract services arrangement, was set up as a service differentiator at the Maryland Proton Treatment Center but has also proven to be a “life-changer” for many patients and their families. Many of the services can also be used by family members and staff, including the self-care sessions classes.

Read about Nisa Phelps, one of our patients on the MPTC website: <http://www.mdproton.com/Meet-Our-Patients/Nisa-Breast-Patient>.



## FUTURE PLANS

In an effort to offer highest quality patient-centered care while being fiscally responsible, we are in the midst of collaborative explorations with departments who have similar goals. In addition to the survivorship program at Greenbaum Cancer Center, we have been in discussions with leaders of the Palliative Care, Orthopedics, Psychiatry, and Anesthesiology departments in an effort to include integrative therapies to the services already offered by these departments. We anticipate that a model like MPTC will not only expand the scope of services these strong departments offer but will also meet the deeper needs of their patients. Our collaborations and trainings, in combination with increased service agreements, will create resilience, sustainability and patient satisfaction, and we look forward to putting these joint ventures in to play.

*Educating healthcare professionals, including doctors, nurses, chiropractors, massage therapists, yoga teachers, and more, is an important step toward creating a culture of health and wellness. Our education program touched many lives this year.*

## INTEGRATIVE MEDICINE IN MEDICAL SCHOOLS

Our two one-month intensive medical student electives in Integrative Medicine teach evidence-informed whole patient care. Our students learn to create integrative treatment plans to help their patients manage pain, anxiety, insomnia, depression, end of life concerns and more. Concepts of wellness, health promotion and disease prevention are woven throughout the course. Most importantly, **they develop the skills to create high quality integrative medicine patient treatment plans** that they can immediately implement in their own practices.

We believe that doctors need to attend to their own wellness in order to effectively shepherd others to health. That's why we have our students actively practice their newly learned wellness skills – on themselves! We are very pleased to report that **our integrative medicine elective improves medical student self-care.**



In addition, we offered “Nutrition and Popular Diets” to all second-year medical students in *Foundations of Disease*. Additional lectures were presented to Epidemiology & Public Health students, Department of Endocrinology, School of Physical Therapy, University of Maryland College Park in Nutritional Epidemiology, and others.

In partnership with **UMB's Wellness Hub**, CIM faculty gave workshops on “Writing for Wellness.” Our team presented many lectures for the UMB Human Resources Office's “**Launch Your Life**” program, including several nutrition topics, yoga and Pilates classes.

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## INTERNATIONAL OUTREACH AND PRESENTATIONS

Baltimore was the “host site” for the International Congress on Integrative Medicine and Health from May 8 - 11, 2018. Ten of our team members and an additional eight colleagues and students presented a total of 18 posters and live workshops at this event. In addition, team members presented **over 100 posters, presentations, and/or workshops** in local, national and international forums.



## PROFESSIONAL EDUCATION AND/OR TRAINING COURSES

Our first **Applied Integrative Medicine Training Program** for Health Care Professionals was a 9-month course that gave health professionals hands-on experience and intimate knowledge of Integrative Medicine and how to bring it into their practices. We had 10 participants who gave all positive feedback. We plan to add online modules for our next session.

The **Healing Pathways program**, offered in the spring, teaches self-care and mind-body skills to nurses and other individuals. Fourteen participants grew with us and many are continuing on to our 200-hour Yoga Teacher Training.

Our **200-hour Yoga Teacher Training program** taught 24 students to be yoga teachers and Reiki Masters. This is one of our most successful trainings and uses the healthcare experience of our program leaders as a differentiator from standard programs.

**Advanced Yoga Teacher Training Modules**, which educates experienced yoga teachers on special populations, included Yoga for Business, Yoga for Kids, and Prenatal Yoga modules. These were very popular and many more are planned for the upcoming year.

We co-sponsored **Integrative Ayurveda Training** again this year, which is both online and offers a live workshop in the fall. This training now offers specialized sessions for health care providers separate from health educators and health-conscious community members.



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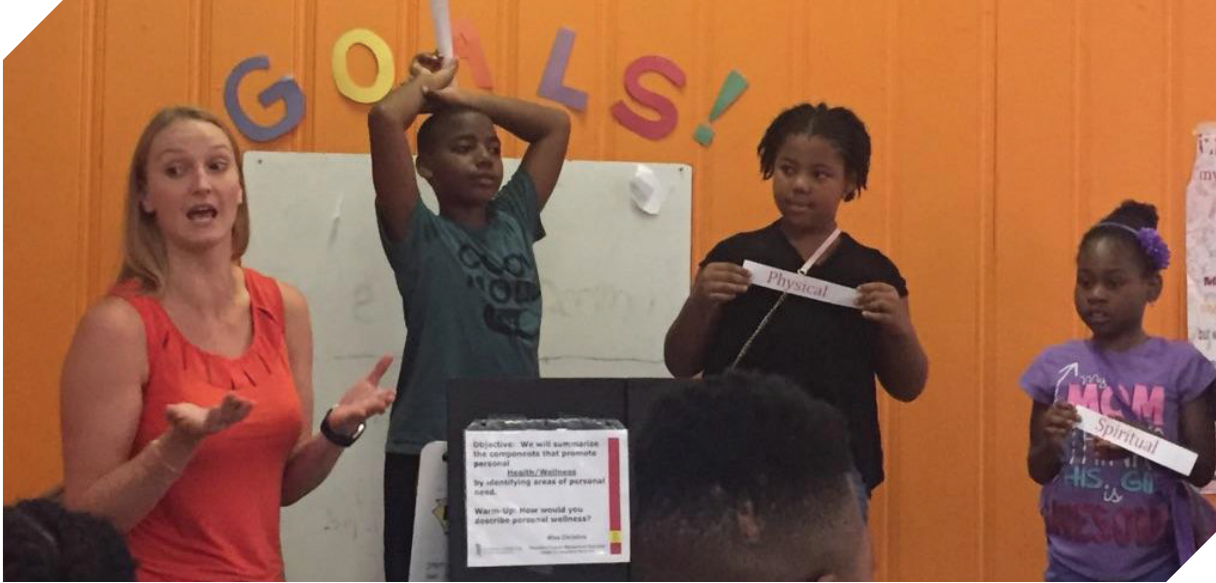


## COMMUNITY EDUCATION

For the community, we offered a spring session of **Self-Healing Retreat for Patients with Cancer or Chronic Illness and Their Families**, which received all positive reviews from the 8 participants. This unique week-long retreat gives participants self-care skills that allow for better recovery.

We also participated in the **School of Medicine's Mini-Med School** that offers underserved children in the Baltimore area the opportunity to learn about wellness and healthy lifestyles.

Our team members continued to be sought-after experts for many health care and integrative medicine topics. In FY2018, they were featured more than 20 times in **print, radio and online media outlets**. (See full list in Appendix.)



## FUTURE PLANS

In addition to continuing to offer our Healing Pathways, Yoga Teacher Continuing Education, and our 200-hour Yoga Teacher Training programs, we are very excited to announce that we are now an Approved Professional Development Program Provider for the International Association of Yoga Therapists. Beginning in 2019, we will be expanding our programming to include continuing education credit for Certified Yoga Therapists. Our first two courses will start in the spring and include Yoga for Stroke and Yoga Therapy in Integrative Cancer Care. We will offer additional courses in the future. In the fall of 2019, we will also be offering a 300-hour pilot program for licensed health care providers who want to learn about yoga therapy and how to integrate the modalities into their health care practices.

## FOLLOW US ON SOCIAL MEDIA

**Blog:** [cimtransformingwellness.com](http://cimtransformingwellness.com)

**Instagram:** @UMIntegrativeMedicine

**Facebook:** @UMCIM

**Pinterest:** @UMCIM

# APPENDIX

# CENTER FOR INTEGRATIVE MEDICINE TEAM MEMBERS

JULY 1, 2017 – JUNE 30, 2018

## **Brian Berman, MD**

Professor, Family & Community Medicine  
Director, Center for Integrative Medicine

## **Delia Chiamonte, MD**

Assistant Professor, Family & Community Medicine  
Assistant Professor, Epidemiology & Public Health  
Associate Director and Director of Education

## **Chris D'Adamo, PhD**

Assistant Professor, Family & Community Medicine  
Assistant Professor, Epidemiology & Public Health  
Adjunct Faculty, Gerontology  
Director of Research

## **William Rollow, MD, MPH**

Assistant Professor, Family & Community Medicine  
Director of Outpatient Services, Center for Integrative Medicine

## **Libre' McAdory**

Administrative Director

## **Kelli Bethel, PT, C-IAYT, E-RYT 500**

Director of Yoga Programs

## **Bonnie Tarantino, MFA, E-RYT 500, Usui and Karuna Reiki Master**

Director of Healing Pathways, Reiki and Energy Healing

## **Albra Prager**

Office Manager

## **Rebekah Owens, LMT, BCTMB**

PR Specialist, Massage Therapist, and Assistant to the Director

## **Mary Bahr-Robertson**

Research Supervisor

## **Deborah Taber**

Clinical Research Specialist

## **Christine Barnabic, MS, RYT 200, Reiki Master**

Education Program Management Specialist

## **Elizabeth Parker, PhD, RD**

Assistant Professor, Family & Community Medicine  
Integrative Nutritionist & Researcher

## **Kevin Chen, PhD, MPH**

Associate Professor, Family and Community Medicine  
Researcher & Educator

## **Termeh Feinberg, PhD, MPH**

Post-Doctoral Fellow, Family & Community Medicine

## **Ruixin Zhang, PhD**

Assistant Professor, Family & Community Medicine  
Researcher – Basic Science

## **L. Susan Wieland, PhD**

Assistant Professor, Family & Community Medicine  
Coordinator, Cochrane Complementary Medicine Field

## **Claudia M. Witt, MD, MBA**

Professor, Family & Community Medicine  
Researcher – Cochrane Complementary Medicine Field

## **Michelle Pearce, PhD**

Assistant Professor, Family and Community Medicine  
Program Director, Graduate School: Aging and Applied Thanatology; Integrative Health and Wellness; Science Communication  
Integrative Psychologist & Researcher

## **Brian Jackson, MS, LAc**

Clinical Instructor, Family & Community Medicine  
Acupuncturist – Inpatient, Outpatient, & MPTC  
Researcher

## **Lauren Richter, DO, MAc**

Assistant Professor, Family & Community Medicine  
Integrative Physician – Outpatient

## **Marcos Hsu, LAc**

Acupuncturist – Outpatient

## **Nancy McPartland, LCSW-C, MS, RYT**

Integrative Yoga Psychotherapist – Outpatient

## **E. Blaine Guelde, MS, CRNP, AGACNP-BC**

Integrative Nurse Practitioner  
Inpatient Integrative Medicine Team Lead

## **Lolly Forsythe-Chisolm**

Integrative Tech – UMMC  
Mind-Body Specialist – MPTC

## **Donna Audia, RN**

Integrative Care Nurse – UMMC

## **Carol Joy Loeb, RN**

Therapeutic Musician – UMMC

## **Matt Peroutka**

Therapeutic Musician – UMMC

## **Lixing Lao, PhD, LAc**

Adjunct Professor, Family & Community Medicine

## **Mary Jo Fishburn, MD**

Adjunct Assistant Professor, Family & Community Medicine

## **Brian Morrison, DC**

Adjunct Clinical Instructor, Family & Community Medicine

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## IN THE NEWS

**Brian Berman, MD, Professor**, Family & Community Medicine, and Director, Center for Integrative Medicine, was featured in a video by SurvivorNet that discusses the difference between Integrative Medicine and “Alternative Medicine.” Watch the video here: <https://www.survivornet.com/articles/what-is-integrative-medicine>

**Brian Berman, MD, Professor**, Family & Community Medicine, and Director, Center for Integrative Medicine, was interviewed by Acutonics who put together a very detailed portrait of our director in “An Interview with Dr. Brian Berman – Integrative Medicine Pioneer” on May 15, 2018. Read the full article here: <https://acutonics.com/news/interview-with-dr-brian-bermanpioneer-of-integrative-medicine>

The **Integrative Wellness** services CIM provides was mentioned on WMAR ABC-2 News in “Suicide attempt leads to mother’s brain cancer diagnosis” on May 9, 2018. See video and read transcript here: <https://www.wmar2news.com/news/health/suicide-attempt-leads-to-mothers-brain-cancer-diagnosis>

The **Integrative Wellness** services (provided by our team) were mentioned as a positive way that the Maryland Proton Treatment Center is expanding their services to help more patients and bring in more money, in “Maryland Proton Treatment Center needs more patients to become profitable” published in the Baltimore Business Journal on May 3, 2018. Link: <https://www.bizjournals.com/baltimore/news/2018/05/03/maryland-proton-treatment-center-needs-more.html>

**Chris D'Adamo, PhD**, Assistant Professor, Departments of Family & Community Medicine and Epidemiology & Public Health, and Director of Research and Assistant Director of Medical Education, Center for Integrative Medicine, was quoted in “Does Drinking Tea Reduce Stress? Science Says It’s Not Just A Placebo Effect” published in Elite Daily on April 24, 2018. Read the full article here: <https://www.elitedaily.com/p/does-drinking-tea-reduce-stress-science-says-its-not-just-a-placebo-effect-8869022>



**Christine Barnabic, MS**, our amazing Education Program Management Specialist, was featured in The Daily Record on March 25, 2018 with a “Tech Tip” about using Google Sheets and Forms to increase productivity in her work. Read the full write-up here: <http://thedailyrecord.com/2018/03/25/tech-tip-christine-barnabic>

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## Random Acts of Kindness

TAKE A MINUTE TO TELL A COWORKER, NEIGHBOR, POSTAL WORKER, SERVER, OR ANOTHER PERSON YOU SEE ON A REGULAR BASIS THAT YOU ARE GRATEFUL FOR THEM AND WHAT THEY DO. A NOTE AND/OR SMALL GIFT OR TREAT IS ALSO NICE.



Our **Integrative Wellness Team's** work with the Maryland Proton Treatment Center was highlighted in several articles. Here are two articles published on March 7, 2018:

**Press Release:** <http://citybizlist.com/article/469351/maryland-proton-treatment-center-recognized-as-one-of-the-leading-medical-institutions-in-the-nation-utilizing-naturopathic-medicine>

**Daily Record:** <http://thedailyrecord.com/2018/03/07/md-proton-treatment-center-recognized-as-national-leader>

addressing EOs for T2D, but talks a lot about the safety of essential oils and other important details that people may not think about. Read the article here: <https://www.everydayhealth.com/type-2-diabetes/treatment/what-are-best-essential-oils-diabetes>

**Termeh Feinberg, PhD**, Post-doctoral Fellow, Center for Integrative Medicine, gave advice on natural ways to handle a cough in "11 Home Remedies to Try When You Can't Stop Coughing," published on October 24, 2017 in Health. Read the full article at <http://www.health.com/cold-flu-sinus/stop-coughing-sore-throat#01-home-remedies-cough-intro>

**Delia Chiamonte, MD**, Assistant Professor, Family & Community Medicine and Epidemiology & Public Health, and Associate Director and Director of Education, Center for Integrative Medicine, spoke about how CIM uses nonpharmacologic therapies to help patients manage pain in "What to do about the opioid crisis? Area hospitals are looking to alternative medicine." The article was published in the Washington Business Journal on November 13, 2017. Link: <https://www.bizjournals.com/washington/news/2017/11/13/what-to-do-about-the-opioid-crisis-area-hospitals.html>. Also see pdf for full text.

**Bill Rollow, MD, MPH**, Assistant Professor, Department of Family & Community Medicine, and Director of Clinical Services, was quoted in "Integrative care is growing in Frederick County, but how reliable, really, are the treatments?" published in The Frederick News-Post on October 25, 2017. Read the full article here: [https://www.fredericknews.com/news/health/treatment\\_and\\_diseases/integrative-care-is-growing-in-frederick-county-but-how-reliable/article\\_7e2d2ee5-5e6b-53ff-be6e-9dbce4cbdbc0.html](https://www.fredericknews.com/news/health/treatment_and_diseases/integrative-care-is-growing-in-frederick-county-but-how-reliable/article_7e2d2ee5-5e6b-53ff-be6e-9dbce4cbdbc0.html)

**Chris D'Adamo, PhD**, Assistant Professor, Departments of Family & Community Medicine and Epidemiology & Public Health, and Director of Research and Assistant Director of Medical Education, Center for Integrative Medicine, was quoted in the Reader's Digest article, "14 Simple Ways to Make Your Vitamins More Effective," published September 21, 2017. The full article can be read here: <https://www.rd.com/health/conditions/simple-ways-make-vitamins-effective>

**Delia Chiamonte, MD**, Assistant Professor, Family & Community Medicine and Epidemiology & Public Health, and Associate Director and Director of Education, Center for Integrative Medicine, spoke with WellBe about "How the University of Maryland School of Medicine Uses Integrative Medicine" in a "Changemakers" online video in September 2017. Watch it here: <https://getwellbe.com/changemakers/umd-center-integrative-medicine>

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**Chris D'Adamo, PhD**, Assistant Professor, Departments of Family & Community Medicine and Epidemiology & Public Health, and Director of Research and Assistant Director of Medical Education, Center for Integrative Medicine, spoke at the 32nd Congressional Dietary Supplement Caucus briefing in DC on March 7, 2018 as an expert on dietary supplements. A synopsis can be read here: [http://www.nutraceuticalsworld.com/contents/view\\_breaking-news/2018-03-07/dietary-supplement-caucus-briefing-covers-sports-nutrition-products/](http://www.nutraceuticalsworld.com/contents/view_breaking-news/2018-03-07/dietary-supplement-caucus-briefing-covers-sports-nutrition-products/) and here: <https://www.crnusa.org/newsroom/dietary-supplement-caucus-briefing-gives-congress-closer-look-sports-nutrition-supplements>

**William Rollow, MD, MPH**, Assistant Professor, Department of Family & Community Medicine, and Director of Clinical Services, Center for Integrative Medicine, was quoted in "Baltimore-area clinics are offering vitamin IVs. But do you really need one?" published February 15, 2018 in the Baltimore Sun. Read the full article here: <http://www.baltimoresun.com/health/bs-fe-vitamin-infusions-20180202-story.html>

**Chris D'Adamo, PhD**, Assistant Professor, Departments of Family & Community Medicine and Epidemiology & Public Health, and Director of Research and Assistant Director of Medical Education, Center for Integrative Medicine, was quoted in "Get Rid of Joint, Back, and Knee Pain with This SUPERFOOD in Less Than a Week," published on December 13, 2017 on Food And Our Health. Read the full article here: <http://www.foodandourhealth.com/get-rid-joint-back-knee-pain-superfood-less-week-2>

**Delia Chiamonte, MD**, Assistant Professor, Family & Community Medicine and Epidemiology & Public Health, and Associate Director and Director of Education, Center for Integrative Medicine, and **Chris D'Adamo, PhD**, Assistant Professor, Departments of Family & Community Medicine and Epidemiology & Public Health, and Director of Research and Assistant Director of Medical Education, Center for Integrative Medicine, were quoted in "Peace Out: Eight Doctor-Approved Tips to Manage Holiday Stress" published December 2017 by Baltimore Style Magazine. Read the full article here: <https://baltimorestyle.com/peace-out/>

**Donna Audia, RN**, part of our Inpatient Integrative Medicine Team at University of Maryland Medical Center, gives great advice in this November 21, 2017 EverydayHealth.com article, "Should you use essential oils for diabetes treatment?" It goes well beyond just

**Chris D'Adamo, PhD**, Assistant Professor, Departments of Family & Community Medicine and Epidemiology & Public Health, and Director of Research and Assistant Director of Medical Education, Center for Integrative Medicine, was quoted three times in "Natural Remedies: 35 All-Time Favorites" in the August 2017 issue of *Prevention*.

Our Employee Garden Project, a collaboration with MedStar Montgomery Medical Center and Prince Charitable Trust with Dr. Elizabeth (Liz) Parker as the CIM team lead, was featured in the Greater Olney News in August 2017. While we were not mentioned by name, the sign that they show names us. It was slide #1 on the home page at <http://greaterolneynews.com> and the article can be read at <http://greaterolneynews.com/news/medstars-relationship-manna-growing>

**Chris D'Adamo, PhD**, Assistant Professor, Family and Community Medicine, and Director of Research, Center for Integrative Medicine, was quoted twice in ELLE Magazine's article "ELLEness A to Z" in the August 2017 print edition. His quotes appear on pages 128 and 135 and address ketosis and ketones, respectively

**Delia Chiamonte, MD**, Assistant Professor, Family & Community Medicine and Epidemiology & Public Health, and Associate Director and Director of Education, Center for Integrative Medicine, gave a presentation at the American College of Rheumatologists' State-of-the-Art Clinical Symposium in April 2017 in Chicago, IL. Her presentation was summarized and published on July 14, 2017 in The Rheumatologist, an official publication of the ACR and the ARHP. The full article can be read here: <http://www.the-rheumatologist.org/article/mind-body-techniques-pain-management>

**Lauren Richter, DO, MAC**, Clinical Assistant Professor, Family & Community Medicine, and Physician/Acupuncturist, Center for Integrative Health & Healing at the Center for Integrative Medicine, was quoted extensively in "4 Natural Remedies for Nausea" published on July 31, 2017 in The Chronicle (a news publication in Ghana). Read the full story at <http://thechronicle.com.gh/4-natural-remedies-for-nausea>

# GRANTS AND FUNDING FY2018

## FEDERAL RESEARCH FUNDING

### NIH/NCCAM (5 R24 AT001293-15)

*Cochrane Complementary Medicine Field: Resource for Research*

To further expand the Complementary Medicine Field as a resource for research, this proposed renewal of our R24 grant aims to improve and increase the database of controlled trials of complementary medicine interventions; increase the number of high quality, high priority, up-to-date systematic reviews in complementary medicine; increase the relevance, usability and accessibility of the Complementary Medicine Field resources and research evidence to patient, clinical, and research stakeholders; and promote international collaboration by contributing to the Cochrane organization.

**Co-Principal Investigators:** Brian Berman, MD & L. Susan Wieland, PhD

**Dates:** 4/1/2018 - 3/31/2023 | **Funded:** \$2,831,908

### NIH/NCCAM (5 R24 AT001293-11)

*Cochrane Collaboration CAM Field - Resource for Research*

To enhance the Cochrane Collaboration CM Field as a resource for researchers as well as practitioners and consumers interested in complementary and alternative medicine (CAM). Specifically, the project will increase the registry of randomized controlled trials (RCTs) for CAM, increase the number of high quality systematic reviews (SRs) in CAM and increase the collaboration and promotion of the Cochrane CM field.

**Principal Investigator:** Brian Berman, MD

**Dates:** 09/2012 - 03/31/2018 | **Funded:** \$2,924,822

### NIH/NCCAM (2R24 AT001293-10)

*Cochrane Collaboration CAM Field - Resource for Research: Carryover Project*

To develop a valid comprehensive tool that informs readers of systematic reviews about the placement of individual trials within the efficacy-effectiveness continuum.

**Principal Investigator:** Brian Berman, MD

**Dates:** 02/2014 - 03/31/2018 | **Funded:** \$201,000

### National Institutes of Health (1R25GM129875-01)

*UMB CURE Connections: an integral link in a Baltimore minority STEM education Pipeline*

To implement and evaluate a science & health education intervention for underserved high school students in Baltimore.

**Co-Principal Investigators:** Chris D'Adamo, PhD & Bret A. Hassel, PhD

**Dates:** 09/01/2018 - 06/30/2023

### National Institutes of Health: National Institute of Diabetes and Digestive and Kidney Diseases Mid-Atlantic Nutrition and Obesity Research Center

*The effects of a ketogenic diet intervention on overweight and obese men undergoing active surveillance for prostate cancer*

To determine the feasibility and efficacy of a ketogenic diet for overweight and obese prostate cancer patients on active surveillance

**Principal Investigator:** Adeel Kaiser, MD; **Co-investigator:** Chris D'Adamo, PhD

**Dates:** 08/2016 - 07/2017 | **Funded:** In-Kind (pilot grant)

### Mid-Atlantic Nutrition Obesity Research Center (NORC) - Pilot and Feasibility Grant

*A Feasibility Study to Assess Health-Related Behaviors in Teachers*

To assess the feasibility of recruiting and evaluating health-related outcomes and leadership practices among teachers participating in a cluster-randomized controlled trial.

**Principal Investigator:** Elizabeth Parker, PhD, RD

**Dates:** 09/2017 - 08/2018 | **Funded:** \$67,962

### Health Disparities and Population Health Seed Grant Program

*Examining Disparities in Teacher and Student School Wellness Leadership Practices by School-Level Socioeconomic Status*

To examine differences in school-level teacher school wellness leadership practices (classroom practices) by school-level socioeconomic status and to examine differences in individual-level teacher and student school wellness leadership practices (classroom practices, personal role-modeling, leadership/advocacy) by school-level socioeconomic status.

**Principal Investigators:** Erin Hager, PhD;

**Co-Investigator:** Elizabeth Parker, PhD, RD

**Dates:** 03/2017 - 02/2018 | **Funded:** \$580,583

### National Institutes of Health (R21AG050890)

*Assessing the Effects of Exercise, Protein, and Electric Stimulation on Intensive Care Unit Patients Outcomes (ExPrEs)*

Developing nutrition prescriptions for patients enrolled in EXPRES, an ongoing pilot study providing protein supplementation and rehabilitative exercise to older, critically ill patients.

**Principal Investigator:** Avelino Verceles, MD;

**Co-Investigator:** Elizabeth Parker, PhD, RD

**Dates:** 8/2015 - 5/2018 | **Funded:** \$422,125

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### National Institutes of Health

*Role of Androgens in Age-Related Changes in Pain and Analgesia*

To study age-related changes in peripheral opioid analgesia and age-related changes in testosterone-dependent regulation of peripheral opioid receptor

**Principal Investigator:** Jin Ro, PhD; **Co-Investigator:** Ruixin Zhang, PhD

**Dates:** 9/2016 - 5/2019 | **Funded:** \$424,073

### Department of Defense (DOD)

*The use of acupuncture in potentiating functional recovery in spinal cord injury subjects*

To determine whether patients treated with acupuncture started during acute care have better immediate long-term pain scores and decreases in self-reported pain interference; better overall quality of life measurements and improvements in self-reported well-being and resilience; improvement in functional recovery in comparison to the control group.

**Principal Investigators:** Deborah Stein, MD, MPH (PI, 10% FTE); Brian Jackson, LAc (Co-PI, 45% FTE)

**Dates:** 9/2017-9/2021 | **Funded:** \$2,005,557

### National Institute of Diabetes & Digestive & Kidney Diseases (R01DK107761)

*Building Blocks for Healthy Preschoolers: Childcare and Family Models*

To examine the effectiveness of an obesity prevention program delivered to preschoolers in childcare centers.

**Principal Investigator:** Maureen Black, PhD;

**Co-Investigator:** Elizabeth Parker, PhD, RD

**Dates:** 5/2016-4/2020 | **Funded:** \$1,911,000

### NIDA & NIAAA (R34 AA022213-01A1)

*Changing Impulsivity with Mindful Breathing Therapy to Reduce Problem Drinking*

To equip college students with mindfulness skills to reduce impulsivity that leads to substance abuse.

**Principal Investigator:** Kevin Chen, PhD, MPH

**Dates:** 9/2014 - 08/2017 | **Funded:** \$652,922

### National Institutes of Health/National Center for Complementary and Integrative Health

*Mechanisms of Social Support on Pain-Induced Affective Response*

To utilize a combination of behavioral, optogenetic and micro-wire array approaches to evaluate the effects and mechanisms of social support on the affective components of pain.

**Principal Investigator:** Ruixin Zhang, PhD

**Dates:** 09/2015 - 05/2018 | **Funded:** \$422,125

### VA Maryland Health Care System

*Multimodal Exercise and Weight Loss in Older Veterans with Dysmobility*

Providing nutritional assessments, materials and educational classes to determine the results of the effects of exercise on older adults and how it translates to the effect on one's physical fitness, functional performance and metabolic function, and other medical diagnoses, even perhaps altering the effects of disease on the lifespan of older adults.

**Principal Investigator:** Leslie Katzel, Pd, PhD;

**Co-Investigator:** Elizabeth Parker, PhD, RD

**Dates:** 7/2017-9/2017 | **Funded:** \$28,620

### USDA AFRI Childhood Obesity Grant

*Approaches to Enhancing Wellness Policy Implementation in Schools to Promote Healthy Behaviors and Prevent Obesity*

To promote healthy school environments through wellness policy implementation in schools by offering training and technical assistance to teacher and student wellness champions and providing technical assistance for wellness policy implementation.

**Principal Investigator:** Erin Hager; **Co-Investigator:** Elizabeth Parker, PhD, RD

**Dates:** 10/2017-05/2018

## PRIVATE RESEARCH FUNDING

### JS Plank & DM DiCarlo Family Foundation

*Outcomes Evaluation of Francis S. Key Teacher Wellness Program*

To determine the effectiveness of an on-site fitness facility and wellness program for teachers at a public school in Baltimore via a mixed methods outcomes evaluation utilizing validated quantitative metrics, qualitative thematic analysis, and wearable fitness devices

**Principal Investigator:** Chris D'Adamo, PhD

**Dates:** 11/2015 - 10/2017 | **Funded:** \$87,000

### Designs for Health, Inc. (CCT 2649-17)

*Randomized Controlled Trial of GlucoSupreme for Markers of Glucose Control*

To evaluate the impact of a commercially-available dietary supplement (GlucoSupreme™ Herbal) on markers of glycemic control and other structure/function markers among a sample of prediabetic adults. GlucoSupreme™ Herbal has been commercially-available since 2009 with no adverse events reported to the FDA.

**Principal Investigator:** Chris D'Adamo, PhD

**Dates:** 08/2017 - 08/2019 | **Funded:** \$94,704

## FoodState

*Effect of a nutritional supplement on iron levels among iron-deficient women*  
To determine whether a commercially-available nutritional supplement can increase iron levels among iron-deficient women with fewer side effects than current therapies

**Principal Investigator:** Chris D'Adamo, PhD

**Dates:** 12/2015 – 2/2018 | **Funded:** \$155,896

## FoodState Inc. (Protocol)

*A Randomized Controlled Trial of MegaFood Multi for Women 55+\**

To evaluate effects of a multivitamin formulation on markers of nutritional status, epigenetic activity, and self-reported quality of life

**Principal Investigator:** Chris D'Adamo, PhD

**Dates:** 02/2018 – 02/2019 | **Funded:** \$20,000

## Bowling Greene State University (John Templeton Foundation)

*Fostering Spiritual and Religious Competencies in Mental Health Care*

To develop and empirically test an online national training program for mental health professionals to develop spiritual competencies in mental health care.

**Principal Investigator:** Kenneth Pargament (Duke);

**Co-Investigator:** Michelle Pearce, PhD (CIM)

**Dates:** 1/2018-12/2019 | **Funding:** \$62,909

## Nutramax Laboratories Consumer Care, Inc. (CCT 2897-17)

*A Randomized, Placebo-Controlled Trial of a Commercially-Available Dietary Supplement on Markers of Detoxification and Immune Function among Healthy Adults*

To evaluate the impact of a commercially-available dietary supplement (Avmacol Immune®) on markers of detoxification and immune function markers among a sample of healthy adults.

**Principal Investigator:** Chris D'Adamo, PhD

**Dates:** 6/2018-6/2019 | **Funding:** \$90,615

## Prince Charitable Trusts

*Assessing the Impact of a Food Garden on Hospital Morale*

To implement and evaluate the impact of a food garden on hospital employee morale

**Principal Investigator:** Chris D'Adamo, PhD

**Dates:** 01/2016 – 12/2016 | **Funded:** \$75,000

## McCormick Science Institute

*Using Spices and Herbs to Increase Vegetable Intake among Urban High School Students in the National School Lunch Program*

To evaluate a novel dietary intervention to increase student vegetable intake

**Principal Investigator:** Chris D'Adamo, PhD

**Dates:** 07/2015 – 06/2017 | **Funded:** \$261,321

## PATIENT CARE FUNDING

### The Institute for Integrative Health

Inpatient Integrative Care Program at UMMS

To enhance the services offered by the Inpatient Integrative Care Team at UMMS through providing physician consultations.

**Project Director:** Delia Chiaramonte, MD

**Dates:** 7/1/2017 – 6/30/2018 | **Funded:** \$92,400

### The Institute for Integrative Health

*Professional Services Agreement between the Institute for Integrative Health and University of Maryland, School of Medicine, Center for Integrative Medicine*

To provide leadership and expert advice for the Scholars and Fellows program.

**Project Director:** Brian Berman, MD

**Dates:** 7/1/2017 – 6/30/2018 | **Funded:** \$123,750

### Maryland Proton Treatment Center

*Clinical/Research Services Agreement between Maryland Proton Treatment Center and University of Maryland Baltimore*

To bring integrative medicine services to the patients receiving care at Maryland Proton Treatment Center. Services include an integrative physician consultation, health coach navigation, acupuncture, yoga therapy, wellness education, nutrition counseling, mind-body therapies, and massage.

**Project Director:** Delia Chiaramonte, MD

**Dates:** 1/1/2018-12/31/2018 | **Funded:** \$209,886

### The Harvey Meyerhoff Fund, Inc.

To enhance clinical services.

**Date:** 11/2017 | **Funded:** \$15,000

## ADDITIONAL FUNDING FOR FY2018

### Vanguard Charitable

**Funding Received:** \$950,000

### Other Generous Supporters

**Total Received:** \$1,275

### Thank you so much to...

Mark Borovitz

Ruthie Eisenberg

Mindie Flamholz

Kenneth E. Healy

Lida and William S. Stetson, Jr.

# PUBLICATIONS

JULY 1, 2017 – JUNE 30, 2018

## IN PRESS

1. Wroblewski MM, Parker EA, Hager ER, Hurley KM, Oberlander S, Merry BC, Black MM. Friends and family: How African American adolescents' perceptions of dietary beliefs and behaviors of others relate to diet quality. *J Acad Nutr Diet.* (in press).
2. Currier J, Pearce MJ, Carroll T, Koenig H. Military Veterans' Preferences for Incorporating Spirituality in Psychotherapy or Counseling. *Professional Psychology: Research and Practice.* (in press).
3. Youssef N, Boswell E, Fiedler S, Jump R, Lee E, Yassa M, Khan F, Pathiraja A, Rizk D, Pearce MJ, O'Garro K, Currier J, Koenig H. Moral injury, post-traumatic stress disorder, and religious involvement in U.S. veterans. *Annals of Clinical Psychiatry.* (in press).
4. Koenig HG, Youssef NA, Ames D, Oliver JP, Teng E, DeBakey M, Haynes K, Erickson Z, Arnold I, Currier J, O'Garro K, Pearce M. Religiosity and moral injury in U.S. Veterans with PTSD symptoms. *Journal of Nervous and Mental Disease.* (in press).

## 2018

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2. Koenig HG, Ames D, Youssef NA, Oliver JP, Volk F, Teng E, Haynes K, Erickson Z, Arnold I, O'Garro K, Pearce M. Screening for Moral Injury— The Moral Injury Symptom Scale-Military Version Short Form. *Military Medicine.* 2018. <https://doi.org/10.1093/milmed/usy017>
3. Manheimer E, Cheng K, Wieland LS, Shen X, Lao L, Guo M, Berman BM. Acupuncture for hip osteoarthritis. *Cochrane Database Syst Rev.* 2018 May 5;5:CD013010. doi: 10.1002/14651858.CD013010. [Epub ahead of print] Review. PMID: 29729027

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7. Wayne PM, Eisenberg DM, Osypiuk K, Gow BJ, Witt CM, Davis RB, Buring JE. A Multidisciplinary Integrative Medicine Team in the Treatment of Chronic Low-Back Pain: An Observational Comparative Effectiveness Study. *J Altern Complement Med.* 2018 May 21. doi: 10.1089/acm.2018.0002. [Epub ahead of print] PubMed PMID: 29782198.
8. Foote FO, Benson H, Berger A, Berman B, DeLeo J, Deuster PA, Lary DJ, Silverman MN, Sternberg EM. Advanced Metrics for Assessing Holistic Care: The "Epidaurus 2" Project. *Global Advances in Health and Medicine.* 2018, vol 7. <https://doi.org/10.1177/2164957X18755981>
9. Pearce M, Haynes K, BCC, Rivera NR, Koenig HG. Spiritually Integrated Cognitive Processing Therapy: A New Treatment for Post-traumatic Stress Disorder That Targets Moral Injury. *Global Advances in Health & Medicine.* 2018, vol 7. <https://doi.org/10.1177/2164956118759939>
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11. Blödt S, Pach D, Eisenhart-Rothe S, Lotz F, Roll S, Icke K, Witt CM. Effectiveness of app-based self-acupressure for women with menstrual pain compared to usual care: a randomized pragmatic trial. *Am J Obst & Gyn.* 2018;218(2):227.e1-227.e9.
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- Witt CM, Mao JJ. The National Cancer Institute's Conference on Acupuncture for Symptom Management in Oncology: State of the Science, Evidence, and Research Gaps. *J Natl Cancer Inst Monogr.* 2017 Nov 1;2017(52). doi: 10.1093/jncimonographs/lgx005. PMID: 29140486
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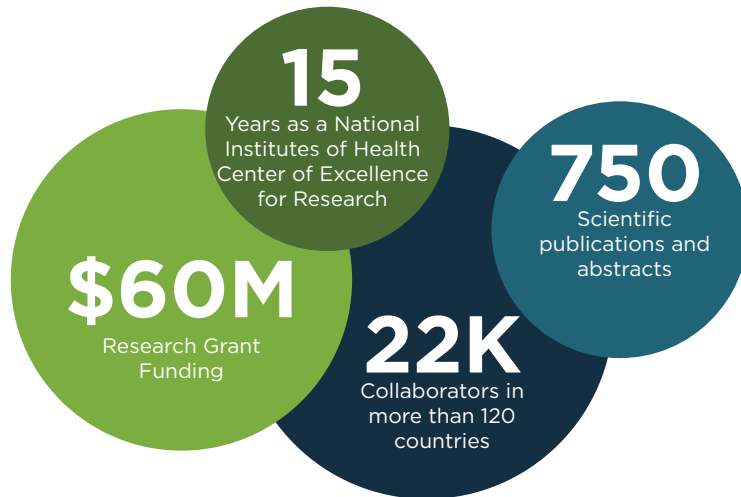
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