

UPMC Center for Integrative Medicine

Dedicated to increasing knowledge about safe and effective complementary and integrative medicine approaches.

In Memoriam of David Servan-Schreiber, MD, PhD

David Servan-Schreiber, MD, PhD, co-founder and former medical director of the UPMC Center for Integrative Medicine, will be remembered dearly by those who knew him and those impacted by his work. Perhaps his greatest contribution came in recent years after he shifted from research and clinical practice to devote time to writing and speaking. His books were translated to over two dozen languages and have sold over two million copies. As a psychiatrist and cognitive neuroscientist, Dr. Servan-Schreiber studied the effect of emotion on brain imaging, and when a subject didn't show for the scheduled lab time he went into the scanner instead. This led to the discovery of a brain tumor at age 31 and a 20 year struggle with

cancer. Rather than slow him down, Dr. Servan-Schreiber approached each task with renewed energy. He excelled in multiple domains, providing warm and empathic care for his patients and their families and in leading the center on solid footing programmatically, academically, and financially. After "retiring" from clinical practice, he maintained his connection with the center and the University of Pittsburgh as a clinical professor of Psychiatry and continued to provide teaching and consultation. After performing missionary work in Iraq and other war-torn countries, he served as co-founder of the American chapter of Doctors Without Borders. The Pennsylvania Psychiatric Society

presented him with the Presidential Award for Lifetime Achievement, which is only one of many honors bestowed upon him. Those people who knew Dr. Servan-Schreiber and those touched by his writing and speaking, will remember his love, caring, and understanding. He was a charismatic writer and speaker, able to express his ideas with clarity in a way that resonated with his audience. He conveyed a sense of our innate resilience and ability to heal. David's presence and empathic connection empowered people to make lifestyle and personal changes. Even being in the same room with him was a healing experience. Our deepest sympathies and kind wishes go out to his family.

Exercise - Health

We know that we feel better when we exercise. Regular exercise can reduce the likelihood of heart disease by about 50 percent, and there is emerging evidence that exercise may help to prevent cancer as well. In the spring and summer we naturally step up our activity, but as the days get shorter and the weather colder, it can be harder to keep that up. Aerobic conditioning is one type of exercise that can have powerful health benefits. For many of us, regular walking, at least a half hour a day, is the easiest kind of aerobic exercise to build into our schedules.

As the weather gets colder, one way to keep this up is to go to the mall, but watch out for the caramel macchiatos, which negate the benefits.

Some people will dust off the treadmill or go to the health club. For those who are on their feet all day, it can be helpful to get a pedometer and shoot for 10,000 steps a day

Fall is a great time to enroll in a yoga or tai chi class. Both activities have a general health benefit and are particularly helpful for mood, anxiety, and overall well-being. Additionally, participating in a class with others can give a person the needed encouragement to get off the sofa and remain active. Both yoga and tai chi are helpful for people who work at a desk, because they stretch out and balance tight muscles. Also, both include a focus on breathing, which can be calming and centering.

Like anything else, tai chi and yoga work best when they are part of a daily exercise practice. As we enter the fall, it's best if we think about how we can maintain the momentum that we started over the summer. Each person needs to look at what kind of exercise or activity will work for them. Have a good workout!

References: 1. Archer, E., Blair, S.N., et. al. Physical activity and the prevention of cardiovascular disease: From evolution to epidemiology. *Progress in Cardiovascular Diseases*, 53, 387-396.

2. Friedenreich, C.M., et. al. State of the epidemiological evidence on physical activity and cancer prevention. *European Journal of Cancer*, 46, 2593-2604.

Inside CIM Newsletter

Lectures and Classes

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2011 Lectures and Classes at the UPMC Center for Integrative Medicine

UPMC Employees receive 75 Take a Healthy Step points for attending lectures and classes at CIM.

November

Thurs. 11/17	5:30 – 6:30 p.m.	Myth and Reality of General and Specific Diet	FREE	John Laird, ND
Thurs. 11/17	5:30 – 6:30 p.m.	Alexander Technique Classes	\$200	Lisa Levinson, AmSAT

December

Thurs. 12/16/2011	5:30— 6:30 p.m.	“Can’t Live With You, Can’t Live Without You”	FREE	James Donnelly, MA
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Be sure to watch for upcoming classes starting in January, 2012—Earn 75 Health Steps

UPMC Center for Integrative Medicine Team

Neal Ryan, MD, *Director* Ronald Glick, MD, *Medical Director*

Practitioners

Joseph Bozelli, MMQ
Tai Chi, QiGong Teacher

Sari Cohen, ND
Naturopathic Counselor

James Donnelly, MA
Psychotherapist

Carol Greco, PhD
*Assistant Professor of Psychiatry,
Meditation Instructor*

Deborah Grice Conway, PhD
Psychotherapist

John Laird, ND
Naturopath/Nutritionist

Jessie V. Larson, NCTMB
Massage Therapist

David Lesondak, BCSI
Structural Integrator

Lisa Levinson, AmSat
Alexander Technique Instructor

Dan Miller, DC
Chiropractor

Sharon Plank, MD
Integrative Medicine Physician

Michael Schneider, PhD, DC
Asst. Prof. of Health & Rehab Science

Erin Simon, CMT, LLC
Massage Therapist

Stacy L. Simon, PhD
Psychotherapist

Tricia Smith, LAc, MAc
Acupuncturist

K.K. Teh, LAc, MAc
Acupuncturist

Stephanie Ulmer
Shiatsu Therapist

Alicja W. Walczak, MS, CRS
Biofeedback, Yoga Instructor

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Research Specialist

Sujoyeeta Majumdar
Research Specialist

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Research Specialist

The Center for Integrative Medicine at UPMC Shadyside is a hospital-based center in Pittsburgh that combines natural healing practices with conventional medicine. “Integrative medicine” refers to the incorporation of evidence-based complementary therapies into conventional treatments for patients. Integrative medicine is meant to work in conjunction with traditional medicine, providing a more holistic approach to healing — mind, body, and spirit.