

UPMC Center for Integrative Medicine

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

Integrative Approaches to Cancer Care

A Message from the Medical Director

According to the American Cancer Society, close to one half of all men and over one third of all women will develop cancer in their lifetimes. It's fair to say that almost everyone's life is touched in one way or another by this disease. Taking a holistic approach, there are three points in time when we can have the greatest impact.

We see a lot in the media about the newest tests and screenings as well as options in cancer treatments, but our greatest challenge is in preventing the initial development of cancer. Each year research tells us more about factors that increase the risk of cancer, as well as other health problems such as diabetes and heart disease. Taken together, it's clear that diet is a big factor. While studies are mixed,

specific concerns that may contribute to cancer risk include hormones in meat and dairy, and environmental toxins such as pesticides and bisphenol A (BPA in plastics), which can act as a xeno-estrogen (xeno meaning foreign), exerting a prolonged hormonal effect on the system.

During cancer treatment, our focus shifts to providing support to allow the therapy to go easier and alleviate symptoms such as pain, fatigue, and nausea. Supportive measures may include modalities such as acupuncture, massage therapy, and shiatsu. Additionally, daily practices such as meditation, yoga, tai chi, and qi gong can reduce the impact of stress and improve energy.

Cancer survivors who have completed treatment often ask, "What else can I do to help prevent recurrence?" Unfortunately, we do not have a direct answer, but this is often a time to engage a person in reflection about a shift to a more healthful lifestyle, and to consider options for change for the both patient and family. We get enough information about diet and lifestyle in the media that the problem is not lack of knowledge. The greatest challenge is one's determination to keep the changes going for the long term.

Ronald Glick, MD
Medical Director, Center for Integrative Medicine
Assistant Professor of Psychiatry, Physical Medicine and Rehabilitation, and Family Medicine

Structural Integration—Less Pain, More Function

Pioneered in the 1950s by Dr. Ida Rolf, Structural Integration (SI) works on the body's fascia, the connective tissue wrapping of every muscle, bone, and nerve, as well as ligaments and tendons. Recent scientific findings indicate that fascia works hydraulically and participates in every body movement.

SI, also known as Rolfing, takes an anatomical

and postural approach to chronic pain and performance issues. "It's founded on the premise that function follows form, that shape matters," says structural integrator, David Lesondak, BCSI. "If you have three patients with the exact same pain symptoms, the treatment works better when you factor in the individual differences in their posture. Even though their pain may be in the same areas, the causes may not be."

Once the structure is analyzed, a specific treatment plan is designed, tailored to the individual. The treatment consists of slow, precise fascial and myofascial releases with equally slow movement participation from the patient. "Slower is better in my world," says Mr. Lesondak. "That way I can be more precise and find the right level of pressure and

depth. It also ensures the best comfort and effectiveness levels for the patient. Additionally, it has an end point, with most finding that 10 to 12 treatments over a period of three to five months is sufficient to make positive changes and keep them."

David Lesondak, BCSI, practices Structural Integration, a form of bodywork that treats fascia, at the Center for Integrative Medicine. He has collaborated with leaders in the field of fascia research in developing the video series, "Fascia Research Pioneers," as well as a three-DVD volume on fascial anatomy, "Anatomy Trains Revealed." For more information, e-mail Mr. Lesondak at lesondak@upmc.edu or call the Center for Integrative Medicine at 412-621-3023.

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Massage Therapy—Its Role in Cancer Care

Lymphatic Drainage Therapy—Erin Custer Simon, CMT, LLC

For many people with cancer, treatment may include lymph nodes being removed or damaged by surgery or radiation. This can place them at risk for developing lymphedema, which is a permanent, but manageable condition that occurs when excess fluid is retained in the lymph nodes and the interstitial spaces (between cells and surrounding tissues). Swelling is most often in the extremities, but can occur anywhere in the body, and may not even develop until years after treatment. In addition to medical and surgical treatment, the lymphatic system can be impaired by trauma, infection, stress, inactivity, tight clothing, and age. Newer surgical approaches, particularly for breast cancer, try to spare as many lymph nodes as possible, which may prevent lymphedema.

A healthy lymphatic system is critical to our body's ability to maintain a healthy immune system, detoxify, drain stagnant fluids, and regenerate tissues. Lymph drainage therapy (LDT) is a very gentle, non-invasive hands-on technique developed for achieving proper functioning of the human fluid system. It also is very calming to the central nervous system. While regular LDT is not a guarantee against developing lymphedema, it is an outstanding preventive treatment for health maintenance.

Therapeutic Massage—Jessie Violet Larson, NCTMB

Unfortunately, we all have been touched by cancer, either personally or among our friends and family. While modern medicine is continually discovering new therapies and medicines to treat its many forms, massage is accepted more frequently as a beneficial treatment. Studies have found that regular massage-therapy patients experience significant decreases in levels of the stress hormone cortisol. Cortisol also ties in with the immune system and partially explains the connection between psychological stress and altered immunity.

While it's too soon to say to what extent massage therapy may enhance the immune system, there are more tangible benefits for individuals whose lives are touched by cancer. Patients undergoing treatment for cancer may experience muscle pain from decreased activity. Massage therapy can certainly help relax and loosen tight muscles. Studies with cancer patients also find benefits for stress and anxiety, mood, and physical symptoms such as nausea. I had the opportunity to study and work with Gayle MacDonald, who literally wrote the book on massage therapy for people with cancer. The most important thing I learned, which I see in my practice every day, is that "everybody" has a unique story. My passion as a therapist is discovering an individual's needs and goals, and working together on a plan of massage therapy treatment towards relief and recovery.

To schedule an appointment with Erin or Jessie, call The Center at 412-623-3023



With the success of the program last spring, we are pleased to announce that the Amy Stine Workshop on Holistic Medicine will become an annual event. Dr. Amy Stine was a much beloved holistic family physician who devoted her practice to address-

Second Annual Amy Stine Workshop on Holistic Medicine April 2, 2011

ing issues around mind, body, and spirit. Following her tragic death two years ago, her family has worked to create a venue for the education of physicians, other health care practitioners, and the community at large in collaboration with the Department of Family Medicine at the University of Pittsburgh School of Medicine and the Center for Integrative Medicine, in order to learn more about the kind of practice Dr. Stine embodied.

The keynote speaker for this year's program is Dr. Ben Kligler, a family physician from Albert Einstein Medical Center in New York, who is involved in all aspects of integrative medicine. Dr. Kligler is founding medical director of his hospital's integrative health clinic. He directs the Integrative Medicine Fellowship Program at Beth Israel Hospital,

and is co-editor-in-chief of *Explore, the Journal of Science and Healing*. Dr. Kligler also is the chair-elect of the Consortium of Academic Health Centers for Integrative Medicine, a group of 46 North American medical schools of which the University of Pittsburgh is a member. His lecture is titled, "Environmental Health: The Benefits of Going Green." Local faculty also will be presenting at the program.

This year, two programs will run concurrently: one primarily geared for physicians and other health professionals seeking continuing education credits, and a second program for the community. The program will run from the morning to early afternoon on Saturday, April 2, at UPMC Shadyside. For more information and to register, follow the link at <https://ccehs.upmc.edu>.

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Research Opportunities

The UPMC Center for Integrative Medicine is dedicated to increasing knowledge about the effectiveness and safety of complementary and integrative medicine approaches. Other integrative medicine modalities may not have been subjected to the same level of scientific inquiry as western medicine treatments. The Center for Integrative Medicine, in concert with the University of Pittsburgh, is actively pursuing research to support the benefits of these therapies.

CURRENTLY RECRUITING:

- **CIM Research Registry**
- **Low Back Pain Research**
- **HRV for Clinic Patients**
- **The “Feel My Best” Study for Individuals with Lupus**
- **Acupuncture for Insomnia**

COMING SOON:

- **Healing Context Study –Help us design questionnaires to measure patients’ experiences with traditional and integrative medicine**

PITT Study Tests Chiropractic and Medical Care for Low Back Pain—Principal Investigator Michael Schneider, DC, PhD

Low back pain is the second most common reason, after the common cold, for a patient to seek medical treatment. There is evidence that both chiropractic manipulation and standard medical care with anti-inflammatory medications can help relieve back pain. What is not yet known is whether some patients respond better to one type of treatment compared to the other. This study, funded by the National Institutes of Health, is designed to help answer that question as well as compare the two most common types of chiropractic manipulation.

Most people think of chiropractic manipulation as a hands-on procedure in which the chiropractor has the patient lie on one side and gently twists the spine into alignment. Manual manipulation is often accompanied by a little click or popping sound. This method is certainly the most common type of manipulation used by chiropractors; however, many chiropractors also use various devices - instead of their hands - to deliver a gentle mechanical force to realign the spine. This method is known as mechanically-assisted manipulation.

This research study will compare the effective-

ness of the manual and mechanical types of manipulation to see if they are equally effective, or if one appears to give better pain relief. Both types of manipulation will be compared to standard medical treatment.

For patients to be eligible for this low back pain study, they must be eighteen or over, experiencing a new episode of low back pain, and willing to come to the Center for Integrative Medicine for treatment twice a week for four weeks. No prescription drugs or x-rays are involved in this trial. All treatments—whether standard medical care or chiropractic care—will be provided at no charge, and research volunteers will be compensated for their time and transportation costs.

For further information about the Low Back Pain Study please call 412-623-1714.

Have you tried everything for your insomnia?

Would you be willing to try acupuncture?

Who can participate?

You may be eligible to participate if you:

- Are between 18 and 60.
- Are currently experiencing insomnia.
- Are English speaking.

What is involved?

Participants will receive:

- Acupuncture.
- Compensation for parking and time.

For more information, please call **412-623-2374.**

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2011 Lecture Series at the Center for Integrative Medicine

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

MARCH

Thurs. 3/03-3/24	5:30 to 7 pm	Food for Life Nutrition and Cooking	\$80	Janet McKee, HHC
Tues. 3/22-5/24	6 to 7 pm	Tai Chi Class, 10-week session	\$100	Joseph Bozzelli, MMQ
Mon. 3/07-4/11	3:15 to 4:45 pm	Yoga Level II, 6-week session	\$75	Alicja Walczak, MS,CRS
Mon. 3/07-4/11	6 to 7:30 pm	Yoga Level I, 6-week session	\$75	Alicja Walczak, MS,CRS
Wed. 3/09-4/27	Noon to 1:30 pm	Mindfulness-Based Anxiety Reduction	Ins.	Dinnie Goldring, LCSW
Wed. 3/09-4/13	5:30 to 7 pm	Yoga Level I, 6-week session	\$75	Alicja Walczak, MS,CRS
Thurs. 3/17	5:30 to 6:30 pm	"Preventing Lower Back Pain"	Free	Joel Stevens, DC
Thurs. 3/24-5/26	7 to 8 am	Tai Chi Class, 10-week session	\$100	Joseph Bozzelli, MMQ

APRIL

Mon. 4/18-6/27	3:15 to 4:45 pm	Yoga Level II, 10-week session	\$125	Alicja Walczak, MS,CRS
Mon. 4/18-6/27	6 to 7:30 pm	Yoga Level I, 10-week session	\$125	Alicja Walczak, MS,CRS
Wed. 4/20-6/29	5:30 to 7 pm	Yoga Level I, 10-week session	\$125	Alicja Walczak, MS,CRS
Thurs. 4/21	5:30 to 6:30 pm	"Can Hypnosis Improve my Symptoms?"	Free	Deborah Conway, PhD

Center for Integrative Medicine Team

Neal Ryan, MD, *Director*

Ronald Glick, MD, *Medical Director*

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Secretary

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Christine McFarland
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Chelsea Diebold
Research Associate

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Practitioners

Joseph Bozzelli, MMQ
Tai Chi, Qi'Gong Teacher

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 Therapist

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

The Center for Integrative Medicine at UPMC Shadyside is the first hospital-based center in Pittsburgh to combine 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.