

UPMC Center for Integrative Medicine

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

Spirituality in Medicine

By Ronald Glick, MD

“May the Lord Jesus Christ guide my hands to do his work in healing.” This was said by a senior physician who was treating a patient with musculoskeletal injections at a conference on pain management. Coming from a different religious background, I found this somewhat disquieting as I put myself in the patient’s position. But as I learned, my comfort wasn’t the issue; the focus was on the patient, an older woman suffering from arthritis pain. The physician immediately had her trust, and I can only expect that his words enhanced her experience.

What’s the place for discussion of religious and spiritual beliefs in medical practice? It seems to be acceptable to raise the topic during end-of-life discussions and in the setting of critical illnesses, such as cancer. Especially in these contexts, patients and families would like to talk about spirituality. However, physicians

and other health care providers often are not comfortable straying from the more familiar territory of medical management.

Amy Stine, MD, was a family physician in Pittsburgh who had a holistic practice and was much beloved by her patients, until her tragic death in an accident five years ago. Her family has graciously sponsored a conference on holistic approaches to medicine for the community and those connected with the health care system. This spring marks the fourth annual Amy Stine Workshop. This year’s program will focus on spirituality in medicine, which is an important part of holistic care. This is the kind of personal care that Dr. Stine shared with her patients. In her memory, we hope to keep this vital discussion going.

To start a dialogue, I invited the staff and friends of the Center for Integrative Medicine to “chime-in” with up to 140 characters highlighting how they experience spirituality in their daily lives. While these responses won’t make it into the twitter-sphere, we hope to post them on our website. If you would like to contribute, some select responses will be added to those

from our group. Please send them to Oakland Walters via email at waltersoc@upmc.edu.

Being in nature connects me with spirit: a glimpse of sky between buildings, rain on the sidewalk, or the whisper of treetops in the wind.

Carol Greco, PhD — Psychologist and Mindfulness Meditation Instructor, CIM

Meditation and spirituality is calming time, a pleasant thought, a drop of rain, a young child sleeping, a short prayer, a walk in the park.

Jeanette Adams — Administrative Manager, CIM

Beginning, experiencing and closing each day knowing God is in control and is shaping today and orchestrating tomorrow. Jeannette South-Paul, MD— Chair, Department of Family Medicine, University of Pittsburgh School of Medicine

Before I enter a room to begin a massage, I take a moment to pause and focus on gratitude and bringing healing energy into my hands.

Jessie Violet Larson — Massage Therapist, CIM

Lean into small daily challenges. Say “thank you” for the experience, and you will find what you are grateful for.

Tricia Smith — Acupuncturist, CIM

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Spirituality (cont.)

I'm often struck by the holiness of the people I'm privileged to treat.

Esther Teverovsky, MD — Fellow in Geriatric Psychiatry

I remain mindful that what is possible for my patients is infinitely more interesting than what is not.

David Lesondak — Structural Integrator, CIM

Spirituality allows us to do what is otherwise impossible: love others who don't love us.

James Donnelly, MA — Psychologist, CIM

Part of having a spiritual practice for me is connecting with nature. Taking a long hike in the woods helps me feel more spiritual.

EngKeat Teh — Acupuncturist, CIM

Being wired is the opposite of mindfulness; a few minutes walking, smartphone home, literally smelling the roses, attending to my breathing.

Ronald Glick, MD — Medical Director, CIM

Acupuncture for Cancer Pain

If you have cancer and you are experiencing pain, you may be eligible for acupuncture at no charge.

Funded by a generous grant from the Shadyside Hospital Foundation, the Center for Integrative Medicine is offering acupuncture as a method to treat cancer-related pain.

Who can participate in this program?

You may be eligible to participate if you are currently experiencing pain related to cancer.

What is involved?

Participants will be asked to complete questionnaires about their attitudes and pain symptoms.

Participants will receive free acupuncture and parking.

For information call 412-623-2374 or email: waltersoc@upmc.edu



Amy Stine was a much beloved holistic family physician in the Pittsburgh area with a private practice addressing body, mind and spirit. This workshop is offered in her memory and provides healing concepts for both the medical professional and the public.

Fourth Annual *Amy Stine* Workshop on *Holistic Medicine* **Saturday, May 11, 2013**

Herberman Conference
Center
UPMC Shadyside
5320 Centre Avenue
Pittsburgh, PA 15232

This year's focus will be
Spirituality in Medicine

Sponsored by:
UPMC Shadyside Center for
Integrative Medicine
Department of Family Medicine—University of
Pittsburgh School of Medicine
Western Psychiatric Institute and Clinic at
UPMC
The Family of Dr. Amy Ruth Stine

**For more information, contact Jeanette Adams at
(412) 623-1203**

Program Schedule

8:15	Registration and Breakfast
8:45	Welcome and Remembrance
9:00	"Spirituality in Health & Healing" Jeannette E. South-Paul, MD Andrew W. Mathieson UPMC Chair and Professor of Family Medicine, Univ. of Pittsburgh School of Medicine
9:45	"The Makings of a Spiritual Life" Jon Spiegel, PhD Assistant Professor, Univ. of Pittsburgh School of Medicine
10:30	Morning Break
11:00	Keynote Address: "Spirituality: A Dimension of Whole Person Care" Christina Puchalski, MD, MS Director, George Washington Institute for Spirituality and Health; Professor, Dept of Medicine and Health Sciences
12:00	Lunch
1:15	Panel
2:00	"Fascia – The Conduit of the Mind/ Body Connection" David Lesondak, BCSI, KMI, LMT
2:45	Program ends

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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:

- UPMC Center for Integrative Medicine Research Registry
- Healing Context Study
- The “Feel My Best” study for individuals with lupus

Healing Context Study

Help us design questionnaires to measure patients’ experiences with traditional and integrative medicine. Participants will be asked to complete two computer questionnaires. For more information call 412-623-6872.

Shadyside Place Suite 310

An Interview With Daniel Shawn Miller, DC

How did you become interested in chiropractic?

My father was a chiropractor, and when I’d get banged up playing sports as a kid, he would treat me. My friends would be hobbling around for a few days, but I would be feeling much better right away. I learned early on how this could help people.

How does chiropractic care differ now from when your father was practicing?

My father led the push for insurance coverage for chiropractic treatment in Pennsylvania. The biggest change is that it was considered a truly alternative treatment in his day, and now it’s become a much more mainstream type of care for people with pain and musculoskeletal problems.

Are there things that people would be surprised to know about chiropractic treatment?

If someone’s never seen a chiropractor before, they may be nervous and expect that it will hurt. They’re surprised to find that not only is the treatment gentle, but often they will experience immediate relief.

If someone has an episode of low back pain, how many treatments does it usually take to see benefit?

On average it will usually take four to eight treatments to treat an acute problem, and it may take longer for more chronic conditions. If a patient engages in other exercises and rehabilitative care, that may further aid recovery.

Are there some patients who shouldn’t receive the usual manipulative treatment?

As a general rule, patients with any type of bone cancer, or marked bone demineralization or bone weakness at the area to be treated, should avoid spinal manipulation.

Is chiropractic care covered by my health insurance?

Yes. We’re pleased that most health insurance plans in western Pennsylvania cover chiropractic care.

How does a chiropractor coordinate care with other health care providers?

Many primary care physicians and specialists recommend spinal manipulation for patients with musculoskeletal pain. We’re fortunate at the Center for Integrative Medicine that my treatment notes are included in UPMC’s medical record system, so there’s communication going back and forth to the patients’ physicians.

What kind of educational background is required to become a chiropractor?

Chiropractors complete at least two years of undergraduate studies, and then at least four more years at one of the 17 chiropractic colleges across the country.

How do chiropractors make a diagnosis, and do they always need to take x-rays before using manipulation?

Chiropractors obtain a careful history and perform a musculoskeletal and neurological examination, similar to the patient’s primary care physician, to render a diagnosis. If there are any particular risk factors discovered during the examination, or if a patient isn’t responding well to treatment, then I’ll consider x-rays, MRI, or a referral to physician specialist for further evaluation.

Dr. Daniel Miller is a chiropractor at the Center for Integrative Medicine

integrativemedicine.upmc.com

580 S. Aiken Ave

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2013 Lectures and Classes at the UPMC Center for Integrative Medicine

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

April 2013

Tues. 3/19 – 5/21	5:30 – 6:30 p.m.	Tai Chi and QiGong (10 Sessions)	\$100	Joseph Bozzelli, MMQ
Mon. 3/25 – 4/29	3:15 – 4:45 p.m.	Yoga Level 2 (6 classes)	\$75	Alicja Walczak MS, CRS
Wed. 3/27 – 5/1	5:30 – 7 p.m.	Yoga Level 1 (6 classes)	\$75	Alicja Walczak MS, CRS
Thurs. 3/28 – 5/2	1 – 2 p.m.	Beginner Yoga (6 classes)	\$55	Alicja Walczak MS, CRS
Thurs. 4/18	5:30 – 6:30 p.m.	Anti-Cancer Naturopathic Diet	FREE	Sari Cohen, ND

May 2013

Mon. 5/6 – 6/17	3:15 – 4:45 p.m. 6 – 7:30 p.m.	Yoga Level 2 (6 classes) Yoga Level 1 (6 classes)	\$75	Alicja Walczak MS, CRS
Wed. 5/8 – 6/19	5:30 – 7 p.m.	Yoga Level 1 (6 classes)	\$75	Alicja Walczak MS, CRS
Thurs. 5/9 – 6/20	1 – 2 p.m.	Beginner Yoga (6 classes)	\$55	Alicja Walczak MS, CRS
Thurs. 5/16	5:30 – 6:30 p.m.	Living with Change	FREE	James Donnelly, LSW

June 2013

Tues. 6/4 – 8/6	5:30 – 6:30 p.m.	Tai Chi and QiGong (10 Sessions)	\$100	Joseph Bozzelli, MMQ
Thurs. 6/20	5:30 – 6:30 p.m.	Fascinating Fascia	FREE	David Lesondak, CSI, BCSI

UPMC Center for Integrative Medicine Team

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Deborah Grice Conway, PhD
Psychotherapist

James Donnelly, MA
Psychotherapist

Dinnie Goldring, LCSW
Psychotherapist

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

John Laird, ND
Naturopath/Nutritionist

Jessie V. Larson, LMT
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

Kate Sherman, MSCP
Shiatsu Massage Therapist

Erin Simon, LMT, LLCC
Massage Therapist

Stacy L. Simon, PhD
Psychotherapist

Tricia Smith, LAc, MAc
Acupuncturist

K.K. Teh, LAc, MAc
Acupuncturist

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

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.