

UPMC Center for Integrative Medicine

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

Why Integrative?

By Ronald Glick, MD

“Alternative ... complementary ... integrative” ... what do these terms mean? The term alternative medicine connotes that one uses certain treatments instead of traditional medical approaches. Complementary therapy implies that a person can use the approaches together. People can combine alternative medicine and complementary therapy. For example, someone may take glucosamine for arthritis and also see his or her primary physician for a non-steroidal medication. Andrew Weil, MD, led the way with the idea that a physician can help a patient tie-in or integrate mind-body, nutritional, and other complementary therapies.

The Center for Integrative Medicine at UPMC and the University of Pittsburgh are members of the Consortium of Academic Health Centers for Integrative Medicine. The consortium is a group of 57 North American medical schools and health centers that have programs (like ours), with clinical, research, and educational components. This consortium defines integrative medicine as, **“The practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing.”** (Developed and Adopted by the Consortium, May 2004; Edited May 2005, May 2009 and November 2009)

Why do we need integrative medicine?

Some people, who focus on holistic health, prefer to use “natural alternatives.” These individuals may take melatonin rather than a prescription sleep medicine. This is fine as long as it’s not a condition that requires a specific treatment.

Many people seek out integrative medicine approaches when their experiences with “usual” therapies haven’t been completely helpful. A patient with recurrent migraine headaches that only partially respond to medications may benefit from biofeedback, a mind-body technique.

What treatments are included in integrative medicine?

Some common treatments include: Traditional Chinese Medicine (TCM) and acupuncture, mind-body approaches, naturopathy, and bodywork such as massage therapy.

TCM is a culturally-based system of healing that includes acupuncture, the use of herbal therapies, as well as a philosophical orientation for balance and wellness. In standard medical practice, a physician goes through the steps of obtaining a patient history, physical exam, diagnosis, and treatment. In the same way, an acupuncturist will obtain a detailed history, perform an exam of the tongue and pulses, and formulate a diagnosis and treatment plan. The diagnosis is within the Chinese system, which looks at the functioning of organs and the flow of energy through systems in the body. Even if a person has a problem that defies western diagnosis or treatment, things may make perfect sense within this system. For example, blood test results may not show a specific cause of a patient’s fatigue. The TCM diagnosis may be “Kidney Yang Deficiency.” This doesn’t mean that the kidneys aren’t working in a western sense. But acupuncture, specific herbs, and diet changes may help infuse *qi* into that system and help restore energy.

Naturopathy and Nutritional Approaches: After graduating from college, naturopaths attend one of seven accredited naturopathic medical schools. They are licensed to practice in 17 states and legislature is pending to make Pennsylvania the 18th state. A naturopath’s training makes him or her qualified to counsel individuals on diet and supplements. For example, after a careful evaluation of a patient with irritable bowel syndrome and muscular pain, a naturopath may advise a patient to try an elimination diet and supplement this with a probiotic.

Mind-Body approaches encompass a wide range of practices. Increasingly, research is finding a close connection, going both ways, between stress and disease. In conditions such as heart disease and cancer, there appears to be a strong relationship between stress and disease markers. The good news is that there’s emerging research that looks at how managing stress with meditation and other mind-body and relaxation techniques may reduce inflammation in the body and help improve the disease outlook.

Massage and other forms of bodywork: We may experience stress along with tightening up certain muscles, such as the shoulder girdles. Also, being sedentary may cause muscle tightness or having a condition like arthritis or migraines may “spill over” into the muscles. Massage that’s performed by a skilled licensed massage therapist can help to ease these problems, along with the added benefit of reducing pain and stress levels.

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Congratulations to Our Wonderful Staff!

Any clinical program is only as strong as the people who provide the care and service. In our modern workplace, it's common to have a high turnover in clinical and support positions. The Center for Integrative Medicine is fortunate to have staff longevity and continuity. We appreciate their synergy and expertise and we honor and acknowledge our staff for their years of service.

Core Staff Who Have been at the Center since 1999:

James Donnelly, MA, licensed psychologist, with experience in a wide range of therapy and mind-body approaches, including Eye Movement Desensitization and Reprocessing.

Alicja Walczak, MS, CRS, exercise physiologist by training, provides biofeedback services at the Center, and is our yoga instructor.

John Laird, ND, naturopathic counselor and associate professor at Chatham University.



Staff and Start Date:

Daniel Miller, DC <i>Chiropractor</i>	2001	Jessie Violet Larson, LMT <i>Massage Therapist</i>	2009
Ronald Glick, MD <i>Medical Director</i>	2002	Michael Schneider, DC, PhD <i>Chiropractor</i>	2009
Carol Greco, PhD <i>Psychologist</i>	2002	Adam White <i>Research Specialist</i>	2009
Sharon Plank, MD <i>Integrative Medicine Physician</i>	2003	Lisa Levinson, AmSAT <i>Alexander Instructor</i>	2011
Deborah Grice Conway, PhD <i>Psychologist</i>	2004	Christine McFarland <i>Research Coordinator</i>	2011
Jeanette Adams <i>Administrative Manager</i>	2005	Sari Cohen, ND <i>Naturopathic Counselor</i>	2011
EngKeat (KK) Teh, LAc, MAc <i>Acupuncturist</i>	2006	Patricia Smith, LAc, MAc <i>Acupuncturist</i>	2011
Gail Chalmers Blair <i>Front Office Staff</i>	2006	Stacy Simon, PhD <i>Psychologist</i>	2011
Kathy Hecht <i>Front Office Staff</i>	2006	Rhonda Mason <i>Front Office Staff</i>	2012
Erin Simon, LMT <i>Massage Therapist</i>	2007	Kate Sherman, MSCP <i>Shiatsu Practitioner</i>	2012
David Lesondak, BCSI <i>Structural Integrator</i>	2008	Gregory Thorkelson, MD <i>Psychiatrist</i>	2013
Gwynn (Dinnie) Goldring, LCSW <i>Psychotherapist</i>	2009		

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Do you have spinal stenosis in your lower back?

If you do, you may be eligible to participate in a University of Pittsburgh research study on lumbar spinal stenosis, or arthritis of the spine.

Many people with stenosis complain of weakness and pain in their legs while walking. Our study wants to compare the effectiveness of three nonsurgical approaches for reducing these symptoms.



For more information, please call **412-623-1714**

You must:

- Be 60+ years of age.
- Have been diagnosed with lumbar spinal stenosis confirmed by imaging (CT or MRI).
- Currently have difficulty walking, but be able to walk at least 50 feet without a cane or walker.
- Be able to participate in mild exercise.

If eligible, you will be randomly assigned (like flipping a coin) to one of three groups:

Group 1: Standard medical care

- ◆ Three office visits with a medical doctor over a six-week period at UPMC Shadyside Center for Integrative Medicine.

Group 2: Community-based exercise

- ◆ Two exercise classes per week for six weeks at the JCC Squirrel Hill or the Vintage East Liberty.

Group 3: Clinic-based manual therapy

- ◆ Two sessions per week for six weeks with a physical therapist or chiropractor at the University of Pittsburgh Department of Physical Therapy in Oakland.

Why Integrative? (cont. from page 1)

What makes a program integrative? A comprehensive evaluation can identify specific problems or components that are amenable to treatment. Western approaches may include anti-inflammatory medicines for arthritis or an antidepressant for depression or anxiety. An integrative program would consider whether stress is a factor, or if dietary changes and supplements may help. It may ask if a different system, such as Traditional Chinese Medicine, could lead to a productive approach.

What does the research show? We're informed by evidence, but often with complementary approaches the definitive study has yet to be conducted. Research is helpful if you're testing a simple intervention, like fish oil for the prevention of heart disease. Researchers recruit a number of individuals and perhaps give some the supplement and others a placebo. They would then compare results of the two groups.

People may have complex or multiple problems and the treatments that are used often are complex. Our research methods are shifting to allow us to study approaches in combination, more akin to what one would do in clinical practice.

How do we decide what kinds of treatments make sense? For the patient who may be experiencing distressing symptoms that haven't responded to the usual therapies, there are several questions that guide our thinking:

- Does the treatment have a scientific rationale, such as is mentioned above with stress, disease, and inflammation?
- What is the level of evidence: is it anecdotal, case reports or case series, or controlled trials?
- What are the financial costs?
- What are the trade-offs, in terms of risks and benefits?

As the definition highlights, the key parts of an integrative approach are: the partnership between practitioner and patient, using all appropriate therapeutic approaches, and working to achieve optimal health and healing. Previously, we used the terms, "alternative and complementary." Today, we refer to the field as, "integrative medicine." Our hope is that the research will guide us so that there is one form of medical practice, which will include all of these complementary approaches.

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2014 Lectures and Classes at the UPMC Center for Integrative Medicine

May 2014

Thurs. 5/1–5/22	5:30–7 p.m.	Food for Life: Nutrition and Cooking (4 classes)	\$75	Janet McKee
Thurs. 5/15	5:30–6:30 p.m.	That's My Story	FREE	James Donnelly, MA

June 2014

Thurs. 6/19	5:30–6:30 p.m.	Treating Headaches	FREE	Tricia Smith, Lac, MAc
Mon. 6/2–6/30	3:30–5 p.m.	Yoga Level 2 (5 classes)	\$63	Alicja Walczak, MS, CRS
Mon. 6/2–6/30	6–7:30 p.m.	Yoga Level 1 (5 classes)	\$63	Alicja Walczak, MS, CRS
Wed. 6/4–7/2	5:30–7 p.m.	Yoga Level 1 (5 classes)	\$63	Alicja Walczak, MS, CRS
Thurs. 6/5–7/3	1:15–2:15 pm	Beginner Yoga (5 classes)	\$55	Alicja Walczak, MS, CRS

July 2014

Thurs. 7/17	5:30–6:30 p.m.	Fascial Fitness	FREE	David Lesondak, BCSI Structural Integration
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Watch for our Tai Chi and Alexander Technique Classes to return in the Fall, 2014.

UPMC Center for Integrative Medicine Team

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

Administration

Jeanette Adams
Administrative Manager

Kathy Hecht
Administrative Assistant

Gail Chalmers-Blair
Office Assistant

Rhonda Mason
Office Assistant

Research

Christine McFarland
Research Coordinator

Adam White
Research Specialist

Practitioners

Joseph Bozzelli, MMO
Tai Chi, QiGong Teacher

Sari Cohen, ND
Naturopathic Counselor

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, DC, PhD
Assoc. Prof. of Health & Rehab Science

Kate Sherman, MSCP
Shiatsu Massage Therapist

Erin Simon, LMT, LLCC
Massage Therapist

Greg Thorkelson, MD
Psychiatrist

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.