

UPMC Center for Integrative Medicine

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

Summer Respite—A Chance to Catch Up

Ronald Glick, MD

The biblical passage that Pete Seeger put to music and the Byrds made a part of our lives resonates with us: *To everything there is a season*. Why does it feel like there's just a busy season, that we're always going in fast motion? Summer can be a time to catch up and put some things in order that we don't have time for during the rest of our year. Our schedules may ease up enough that there's a chance to get our heads above water. For each of us, it's not hard to create a list of things we would like to do. Here are some that are on my list:

- Tell and show the people who are important to me how much they mean to me.
- Pick an activity that I've wanted to do but doesn't come easily. Invest some time and energy in it and see what happens. This is taking the form of a three-day biking trip with my son.
- Mindfully eat a meal from time to time without TV, newspaper, or distractions.
- Go a week with packing my lunches and if I do eat out, choose the healthier option. Give my liver a chance to rid my body of toxins without adding new ones.
- Take to heart the expression, "Count your blessings."
- Disconnect from the grid. Have a period each day, as well as longer stretches on occasion, when I'm not in contact with the electronic world.
- I'm not the greatest with meditation or contemplative practice. But I'll try to take a few minutes each day when I bring my multitasking down to two or perhaps only one item at a time, and at rare moments, zero.
- Read a couple of the novels that I've had lined up.
- My grandmother used to say, "Kill 'em with kindness." Coming from Chicago, road rage was an early learned behavior, almost genetic. A car cuts me off or there's some other egregious act, and my hands tighten on the wheel as my blood pressure rises. That's a good time to take a couple of deep breaths and wish peace and well-being to the offender.
- Plant something and care for it.
- Spend time with nature. This can be as simple as leaving my iPod home and taking a leisurely stroll in my neighborhood, allowing all of my senses to work.

The last items on the list are to notice how I feel with each change, and if I like that feeling, to continue my program into the fall. A time to sow and a time to reap. Enjoy your summer.

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.**

Contact the research department at
412-623-2374.

About our Services

What is Biofeedback?

Biofeedback is a technique for management of stress and anxiety reactions, muscular tension, and various pain conditions. Using sensors that monitor physiologic processes and computer software that "feeds back" the psychological information, individuals can learn to control muscle tension, temperature, brain waves and heart rate.

What is Tai Chi and Qigong?

Tai Chi is an ancient Chinese body art with roots going back nearly a millennium. It a martial art, a form of moving meditation, and an all-in-one form of exercise. Tai chi benefits balance, circulation, and relaxation.

Inside CIM Newsletter

Lectures and Classes

2

UPMC Center for Integrative Medicine

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

2012 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.

June

| | | | | |
|--------------------|------------------|---------------------------------------|------|-------------------------|
| Thurs. 6/28 - 7/26 | 3:30 - 4:30 p.m. | Sitting Yoga - Beginners (5 sessions) | \$45 | Alicja Walczak, MS, CRS |
| Thurs. 6/21 | 5:30 - 6:30 p.m. | Boosting Immunity through Nutrition | FREE | Sari Cohen, ND |

July

| | | | | |
|------------------|------------------|---|------|--|
| Mon. 7/9 - 8/13 | 3:15 - 4:45 p.m. | Yoga - Level II (6 sessions) | \$75 | Alicja Walczak, MS, CRS |
| Mon. 7/9 - 8/13 | 6:00 - 7:30 p.m. | Yoga - Level I (6 sessions) | \$75 | Alicja Walczak, MS, CRS |
| Wed. 7/11 - 8/15 | 5:30 - 7:00 p.m. | Yoga - Level I (6 sessions) | \$75 | Alicja Walczak, MS, CRS |
| Thurs. 7/17 | 5:30 - 6:30 p.m. | Tai Chi - A tool for balance and fall prevention. | FREE | Joseph Bozzelli, MMQ, Tai Chi Instructor |

August

| | | | | |
|-------------|------------------|---|------|-------------------------|
| Thurs. 8/16 | 5:30 - 6:30 p.m. | This Biofeedback presentation will explore how to control Hypertension, Chronic Pain, Headaches, Stress, Anxiety, and Focus the Scattered Mind. | FREE | Alicja Walczak, MS, CRS |
| Thurs. 8/23 | 7:00 - 8:00 p.m. | Mindfulness Based Stress Reduction Orientation | FREE | Carol Greco, PhD |

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

Research Staff

Adam White
Kate Frame
Oakland Walters

Practitioners

Joseph Bozzelli, MMQ
Tai Chi, Qi'Gong 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 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

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.