

# UPMC Center for Integrative Medicine

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

## PRIMIER

Patients Receiving Integrative Medicine Interventions

Help advance Integrative Medicine by participating in the **PRIMIER** study.



PRIMIER is the first large-scale, national study designed to show the important value of integrative medicine. The PRIMIER database will allow researchers to evaluate the effectiveness of integrative medicine for many medical conditions. Since its beginning in August 2013, over 1500 people like you have contributed information to PRIMIER. The more people who participate and contribute data over time, the stronger our results will be. Did you know:

- Pain, fatigue and anxiety were the most frequent symptoms for which participants seek care.
- Other top reasons for seeking integrative medicine treatments are for conditions such as Hypertension, Gastro-Esophageal Reflux, Cancer, and Depression.
- Integrative Medicine patients are on average, over 40 years old, mostly women, and have a college or advanced degree.

### **So? Does Integrative Medicine Work?**

The short answer is, 'to answer definitively, we really need more participants.' There is power in numbers. Our goal is to enroll up to 10,000 integrative patients nationwide and follow everyone for two years. This will give us the information we need to statistically show the benefits of certain treatments. This would be great news for the field of integrative medicine.

#### **Please participate in this important study!**

- It's easy! Online questionnaires can be completed from home and take only minutes to complete!
- All persons receiving services at CIM are eligible
- Up to 7 questionnaires over a period of 2 years

**Pick up enrollment information at your next visit, or ask to speak to a member of the research team for more information.**

### **When you work with a health care provider, what contributes to improved health?**

*Is it the attitude and behavior of the patient? The expertise and caring of the health care provider? Is it acupuncture needles, medications, or a combination of these treatments?*

Center for Integrative Medicine researchers Carol Greco, PhD; Ronald Glick, MD; Michael Schneider, DC, PhD, and their team are hoping, with your help, to learn more about the important factors that help people to heal. The **HEAL Studies** are funded by the National Institutes of Health - National Center for Complementary and Integrative Health, and the Patient Centered Outcomes Research Institute, to study patients' ideas about what helps them to improve their health. The overall goal is to measure the important contextual factors in treatment from the patient's perspective.

### **Who can participate in the HEAL Studies?**

People with PAIN who receive services at the Center for Integrative Medicine may be eligible to participate if they:

- are starting a **NEW** treatment for **pain** at the Center for Integrative Medicine.
- expect to continue the treatment with their CIM provider for at least several weeks.
- are willing and able to complete questionnaires on a computer.

Participants will be asked to complete computer-based questionnaires regarding their attitudes and opinions about their healthcare. Each of three sessions will require 20 - 30 minutes. The computer assessments will take place approximately 6-8 weeks apart and can be completed at CIM or at *any location with internet access*. Participants will be paid up to \$90 - \$100.

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## 2015 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.

### July 2015

Mon. 07/06 - 07/27	2:00 – 3:15 p.m.	Mindful Yoga (4 classes)	\$50	Deanna Burkett, MA, MS, RYT
Mon. 07/06 - 07/27	5:30 – 7:00 p.m.	Kripalu Yoga Level I (4 classes)	\$50	Deanna Burkett, MA, MS, RYT
Mon. 07/06	7:00 – 8:15 p.m.	Monthly Mindfulness Intro.	Free	Greco/Burkett
Wed. 07/01 - 07/22	3:00 – 4:50 p.m.	Yoga Level I (4 classes)	\$50	Alicja W. Walczak, MS, CRS
Wed. 07/01 - 07/22	5:30 – 7:00 p.m.	Yoga Level II (4 classes)	\$50	Alicja W. Walczak, MS, CRS
Thur. 07/16	5:30 – 6:30 p.m.	“Treating Headaches with Acupuncture”	Free	Tricia Smith, LAc

### August 2015

Mon. 08/03 - 08/24	2:00 – 3:15 p.m.	Mindful Yoga (4 classes)	\$15/ea	Deanna Burkett, MA, MS, RYT
Mon. 08/03 - 08/24	5:30 – 7:00 p.m.	Kripalu Yoga Level I (4 classes)	\$15/ea	Deanna Burkett, MA, MS, RYT
Mon. 08/03	7:00 – 8:15 p.m.	Monthly Mindfulness Intro.	Free	Greco/Burkett
Wed. 08/05 - 08/23	3:00 – 4:50 p.m.	Yoga Level I (4 classes)	\$50	Alicja W. Walczak, MS, CRS
Wed. 08/05 - 08/23	5:30 – 7:00 p.m.	Yoga Level II (4 classes)	\$50	Alicja W. Walczak, MS, CRS
Thurs. 08/20	5:30 – 6:30 p.m.	“Mindful Yoga”	Free	Deanna Burkett, MA, MS, RYT
Thur. 08/27	5:30 – 6:30 p.m.	Tai Chi and Chi Kung Demonstration/ Registration	Free	Jesse Prentiss

### September 2015

Thur. 09/03 - 11/05	5:30 – 6:30 p.m.	Tai Chi and Chi Kung (10 classes)	\$100	Jesse Prentiss
Mon. 09/14 - 09/28	2:00 – 3:15 p.m.	Mindful Yoga (3 classes – no class 9/7)	\$50	Deanna Burkett, MA, MS, RYT
Mon. 09/14 - 09/28	5:30 – 7:00 p.m.	Kripalu Yoga Level I (3 classes – no class 9/7)	\$50	Deanna Burkett, MA, MS, RYT
Wed. 09/02 - 09/23	3:00 – 4:50 p.m.	Yoga Level I (4 classes)	\$50	Alicja W. Walczak, MS, CRS
Wed. 09/02 - 09/23	5:30 – 7:00 p.m.	Yoga Level II (4 classes)	\$50	Alicja W. Walczak, MS, CRS
Thurs. 09/10 - 10/29	6:30 – 8:30 p.m.	Mindfulness-Based Stress Reduction	\$300	Greco/Burkett
Mon. 09/14	7:00 – 8:15 p.m.	Monthly Mindfulness Intro.	Free	Greco/Burkett
Thur. 09/17	5:30 – 6:30 p.m.	“Massage For People Living With Cancer”	Free	Jessie Larson, LMT
Tues. 09/29 - 11/17	12:00 – 1:45 p.m.	Mindfulness-Based Anxiety Reduction (8 classes)		Dinnie Goldring, LCSW

## UPMC Center for Integrative Medicine Team

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

### **Administration**

Jeanette Adams  
*Administrative Manager*

Kathy Hecht  
*Administrative Assistant*

Rhonda Mason  
*Office Assistant*

Rachel Shaw  
*Office Assistant*

### **Research**

Christine McFarland  
*Research Coordinator*

Michael Fetterolf  
*Research Specialist*

### **Practitioners**

Deanna Burkett, MA, MS  
*Yoga and Meditation Instructor*

Sari Cohen, ND  
*Naturopathic Counselor*

Deborah Grice Conway, PhD  
*Psychotherapist*

James Donnelly, MA  
*Psychotherapist*

Dinnie Goldring, LCSW  
*Meditation Instructor*

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

Karen Tombs-Harding  
*Ayurveda Therapist*

John Laird, ND  
*Naturopath/Nutritionist*

David Lesondak, BCSI  
*Structural Integrator*

Dan Miller, DC  
*Chiropractor*

Jessie V. Larson, LMT  
*Massage Therapist*

Sharon Plank, MD  
*Integrative Medicine Physician*

Michael Schneider, DC, PhD  
*Associate Professor*

Kate Sherman, MSCP  
*Shiatsu Massage Therapist*

Erin Simon, LMT, LLCC  
*Massage Therapist*

Greg Thorkelson, MD  
*Psychiatrist*

Tricia Smith, LAc, MS  
*Acupuncturist*

K.K. Teh, LAc, MAc  
*Acupuncturist*

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