

UPMC Center for Integrative Medicine

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

A Message from the Medical Director—Ronald Glick, MD

Top 10 Ways to Help Have Happier Holidays

The holidays are exciting, terrific, and fun but also can be stressful at times.

For some people, problems start with the time change. Seasonal affective disorder (SAD) can affect as many as 8 to 10 percent of people. When the weather changes, we're less active, our metabolism slows down, and we put on those few unwelcome pounds — even before the celebrations start. We're busy multitasking and tending to our extra holiday commitments, so it's hard not to get frazzled. Some people think about loved ones who have passed, which can be especially difficult around the holiday season. And the list goes on.

New Year's resolutions only go so far, but how can we allow ourselves to enjoy the season more fully? Here are my top 10 things that can help.

1. Stockpile a veggie dish that you and your family can snack on throughout the week. This will help get you closer to the five

to nine portions of fruits and vegetables that you are supposed to eat each day. The key is substituting vegetables for some of the extra calories from starches.

2. Keep up your exercise even though it's cold and dark at the end of the day. During a friend's lecture, he noted that we have yet to find a disease for which exercise isn't helpful. Everything counts — including walking in the mall — as long as it's not around the food court.

3. Treat yourself to a massage or shiatsu session to loosen tight muscles and reduce stress levels.

4. Make your own ice massage. Fill a few small paper cups (¾ from the top) with water. Then freeze, peel away the top of the cup, and have someone gently massage the ice pack on your sore back or neck.

5. Consider SAD. If you notice your energy waning and you feel somewhat down during the winter months, talk to your physician to see if you may have SAD and about the possibility of using a light box.

6. Reconnect with people if you're feeling isolated. Get back to your house of worship. Take a class — yoga and tai chi can be especially helpful since the stress management is built in.

7. Consider Eye Movement Desensitization and Reprocessing (EMDR). One of the best-kept secrets in the mental health field is EMDR, a form of counseling that can

help people deal with the emotions from traumatic experiences. If the holiday season brings up painful memories, this may be an option.

8. Read. Line up your reading materials with some things that will start your new year on a healthier foot. Some of my favorites are: *Food Rules* by Michael Pollan, famous for his quote: "Eat food, not too much, mostly plants."; *Anticancer* by David Servan-Schreiber, former medical director of the Center for Integrative Medicine; and *Wherever You Go, There You Are* by Jon Kabat-Zinn, about living in the present. Try not to read while watching TV and read something escapist as well.

9. Give to yourself. We're so busy doing things for other people that we often neglect our own needs. Homer Simpson took this too far when he gave Marge a bowling ball with his name on it for her birthday. The biggest gift can be taking some time out for yourself to recharge your batteries, whatever way works best for you.

10. Forgive yourself. We tend to be our own biggest critics and this can be even more of an issue around the holidays. Give yourself a break. Be your own best friend — easy to say but it goes a long way toward making your holidays and year more serene.

Have a healthy holiday season.

Inside CIM Newsletter

Tai Chi and Qi Gong—An Interview with Joe Bozzelli 2

Acupuncture—An Ancient Approach to Modern Illness 2

Research Studies at CIM 3

Lectures and Classes 4

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Interview with Joe Bozzelli — Tai Chi Instructor and Qigong Practitioner

Joe Bozzelli studied tai chi and Qigong at the International Institute of Medical Qigong and has been teaching and practicing in Pittsburgh for eight years. He teaches tai chi classes at the Center for Integrative Medicine and sees clients individually for Qigong.

How did you become interested in tai chi?

I started studying martial arts when I was 11. When I began practicing tai chi in recent years, I saw firsthand the benefits in health and wellbeing. At first, it helped me to manage the stress of corporate life. For the last eight years, teaching tai chi and Qigong has been my full-time work.

What's the difference between tai chi and Qigong?

Qigong translates literally to “energy work,” so essentially it's a series of exercises, coupled with breathing, that help to move energy through the body to improve health. Tai chi is actually a martial art form that is now commonly practiced for its health-promoting properties.

Is there research that shows the benefits of tai chi?

Yes. A number of studies have shown that tai chi improves balance in seniors and can prevent falls. Other research finds improvements in cardiovascular conditioning, pain in arthritis and fibromyalgia, and immune function.

What surprised you the most when you were studying Qigong?

From my personal experience in practicing Qigong, as well as what I hear from my students, the most striking change is an improved sense of well being. For myself, I was overweight, starting to experience asthma symptoms, and had back pain that was becoming disabling. With regular practice and other lifestyle changes, I lost 40 pounds and the pain and breathing problems have resolved.

Do you have any advice for someone who is just starting or thinking about studying tai chi?

For people who are just starting, stick with it. At first, it's frustrating to learn the movements and to make them as smooth and flowing as someone who has practiced for years. Along with practice will come improved health. For somebody thinking about it, try it. One of my proudest moments came when my daughter won a gold medal in a tai chi competition at age 10.

“The most striking change is an improved sense of well being.”

Acupuncture: An Ancient Approach to Treating Modern Illnesses

Acupuncture is an ancient approach that can be used to treat modern illnesses. Many hospitals, like UPMC Shadyside, now offer acupuncture because it is highly effective with a low risk of side effects.

Recent studies have shown that chronic and acute pain conditions — such as back pain, knee arthritis, headache, and fibromyalgia — may be effectively treated with acupuncture.

K.K. Teh is a board-certified acupuncturist and is licensed by the Pennsylvania Board of Medicine.

“I use a unique and specialized method of acupuncture — Tan's Balance Technique,” says K.K. “For conditions such as arthritis or tendonitis, needles are placed on the side opposite of the pain. This avoids a common

experience of patients with a flare of symptoms from the needling. Very often, pain relief is felt almost immediately.”

During the winter months, acupuncture can be effective at treating allergies and sinusitis, and may also help support immune functioning for cold and flu season.

For more information, or to schedule an appointment for acupuncture or other services, please call the Center for Integrative Medicine at 412-623-3023.

References:

Cao H, Liu J, Lewith GT. Traditional Chinese Medicine for treatment of fibromyalgia: a systematic review of randomized controlled trials. *Journal of Alternative & Complementary Medicine*. 16(4):397-409, 2010 Apr.

Hopton A, MacPherson H. Acupuncture for chronic pain: is acupuncture more than an effective placebo? A systematic review of pooled data from meta-analyses. *Pain Practice*. 10(2):94-102, 2010 Mar.

Linde K, Allais G, Brinkhaus B, Manheimer E, Vickers A, White AR. Acupuncture for tension-type headache. *Cochrane Database of Systematic Reviews*. (1):CD007587, 2009.



EngKeat “KK” Teh, LAc, MAC

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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:

- The Healing Context Study - Group discussions concerning individual experiences with traditional and integrative medicine

Got back pain?

The UPMC Center for Integrative Medicine is looking for men and women 18 years or older for a research study looking at the benefits of chiropractic and medical care for low back pain.

You may be eligible if:

- You are currently experiencing low back pain,
- Are fluent in English, and
- Are not currently pregnant.

Treatment is provided at no charge and you may be compensated up to \$160 for your time.



For more information, 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 – 60 yrs.
- 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 Healthy Step points for attending all lectures and classes

Topic	Date	Speaker
Massage for a Healthier You — From Immunity Boosting to Living with Cancer	Thursday, Jan. 20 5:30 PM	Jessie Violet Larson, Certified Massage Therapist
Trapped by anxiety? Released through mindfulness	Thursday, Feb. 17 5:30 PM	Dinnie Goldring, LCSW
Preventing Low Back Pain	Thursday, March 17	Michael Schneider, DC, PhD

2011 Classes at the Center for Integrative Medicine

Description	Date	Time	Fee	Instructor
Tai Chi 10-week session CIM	Tues evenings 1/4—3/8/2011 Thurs mornings 1/6—3/10/2011	6PM 7AM	\$100	Joe Bozzelli, MMQ
Mindfulness Meditation Orientation CIM	Tues 1/18/2011	7PM	Free	Carol Greco, PhD
Mindfulness Meditation 8-week session Herberman Conf Center	Tues evenings 2/1—3/22/2011	6:30—8:30PM	\$300	Carol Greco, PhD
Mindfulness-Based Anxiety Reduction Class 8-week session CIM	Weds afternoons 3/9—4/27/2011	12—1:30PM	Billed through health insurance	Dinnie Goldring, LCSW
Hatha Yoga 6-week session CIM	Level I— Mon evenings 2/28—3/4/2011 Weds evenings 1/26—3/2/2011 Level II— Mon aft. 2/28—3/4/2011	6PM 5:30PM 3:15PM	\$75	Alicja Walczak, MS, CRS

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.