

UPMC Center for Integrative Medicine

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

Complementary Approaches to the Management of Fibromyalgia By Michael J. Schneider DC, PhD

Fibromyalgia (FM) is a common condition that involves two key symptoms: widespread pain and fatigue. The pain of FM was originally thought to be due to some unknown type of soft tissue inflammation, and was therefore treated with steroids and nonsteroidal medications, such as ibuprofen. However, research did not find any such soft tissue inflammation, and now most researchers believe that the pain of FM comes from “abnormal circuitry” in the brain and spinal cord. For reasons that are still unknown, certain patients will develop FM after a physical injury, such as whiplash or a severe back injury. These patients do have inflammation of certain muscles and joints immediately following their injury. The inflammation

gradually subsides, but the pain gradually spreads from the original areas of injury and becomes widespread. Somehow the central nervous system malfunctions and continues to perpetuate the pain.

There is much misunderstanding and misdiagnosis of FM. The symptoms of widespread pain and fatigue found in FM are also found in many other common medical conditions, including hypothyroidism, anemia, rheumatoid arthritis, Lyme disease, and even diabetes. Patients with FM also may have myofascial pain, which is due to muscular “knots” called *trigger points* that develop in taut bands of muscle tissues. These trigger points can be successfully treated with various types of soft tissue mobilization and massage techniques. Lastly, several vitamin deficiencies and metabolic conditions may mimic FM. These include low vitamin D levels, low magnesium, hidden food allergies, and reactions to medications such as cholesterol-

lowering drugs (statins).

Any patient who has been diagnosed with FM should make absolutely sure that the diagnosis is correct before seeking treatment for FM. The standard medical treatment for FM involves a three-tiered approach:

1. Prescription medications for pain and sleep, which include drugs such as:
 - pregabalin (Lyrica®)
 - duloxetine (Cymbalta®)
 - amitriptyline (Elavil®).
2. Low-intensity exercise, which is typically performed under the guidance of a physical therapist.
3. Cognitive behavioral therapy, which is a short course of psychological counseling to help patients cope with chronic pain.

While the standard medical approach is helpful for many patients, given that this is a chronic condition, patients often experience persistent pain and disability. This leads many to seek complementary therapies. In a

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Fibromyalgia (cont.)

recent systematic review of the FM literature, we found that several complementary and alternative medical (CAM) therapies show promising results.¹ Benefits were found for approaches that include massage therapy, tai chi, nutritional counseling, acupuncture, mind-body therapies, and spa therapy. While we don't offer hot mineral baths, these other CAM therapies are offered at the Center for Integrative Medicine. We have found a combination of the supportive CAM therapies, along with active exercise and stress management activities, to be the most helpful.

1. Terhorst L., Schneider M. J., Kim K. H., Goozdich L. M., Stille C. S. Complementary and alternative medicine in the treatment of pain in fibromyalgia: a systematic review of randomized controlled trials. *Journal of Manipulative & Physiological Therapeutics*. 2011;34(7):483-496.

Holiday Fruited Sweet Potatoes

Ingredients:

- 5 sweet potatoes, peeled and cut in to 1-inch pieces
- 1 8-ounce can crushed pineapple, drained
- 1 cup fresh cranberries
- 1/4 cup raisins
- 1/4 cup shredded coconut
- 1/4 cup chopped nuts — walnuts and/or pecans
- 2 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 tart apple, peeled and sliced
- 1 tablespoon brown sugar, for topping

Directions: Preheat oven to 350 degrees.

In a large bowl, combine sweet potatoes, pineapple, cranberries, raisins, coconut, nuts, pumpkin pie spice and salt. Lightly mist a 2-quart baking dish with an olive oil spray and place the sweet potatoes mixture into the dish. Top with the apple. Sprinkle the top with brown sugar. Cover and bake for 1 hour or until the sweet potatoes are tender. Makes 10 to 12 servings.

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 hoping to learn more about the effects of acupuncture on 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

Fourth Annual AMY STINE WORKSHOP on Holistic Medicine

"SAVE THE DATE"

SATURDAY, MAY 11, 2013

HERBERMAN CONFERENCE CENTER

**SHADYSIDE HOSPITAL
5320 CENTRE AVENUE
PITTSBURGH, PA 15232**

Sponsored by:

UPMC Shadyside Center for Integrative Medicine and the Family of Dr. Amy Ruth Stine

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



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.

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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**
- **Low back pain research**
- **Heart Rate Variability for Clinic Patients**
- **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

Interview with Kate Sherman on Shiatsu

How did you first become interested in Shiatsu?

I was volunteering at a senior’s home when I was first introduced to Shiatsu and its beneficial effects. A woman of 82, whom I had been visiting often, was receiving a Shiatsu treatment one day when I came calling. After the session, she was visibly changed. She appeared refreshed, clear-minded, and vivacious. She got out of her usual recliner, stretched her arms wide, and requested that we go on our first-ever walk. I was so happy for her, and I was quite impressed.

What made you decide to learn more and become an advanced practitioner?

I had been studying biology and psychology, and was immediately impressed that one discipline, such as Shiatsu, could bridge mind and body seamlessly, not to mention facilitate health of the whole being by activating the person’s own internal healing resources. Having grown up with the Western mode of thinking that a cure for illness usually comes from outside the person, I was completely fascinated by Shiatsu’s theory, which provides evidence that a person can generate healing and a balanced self from within, with the aid of conscious touch from a skilled practitioner.

In developing the field, did the original Japanese masters put a special spin on some of the Chinese bodywork practices?

Chinese medicine was introduced to the Japanese in the sixth century AD. Over hundreds of years, practices of Japanese bodywork and massage were blended with the ancient Chinese wisdom. The Western science of anatomy and physiology was introduced in the early 1900s as Shiatsu was gaining its presence as a professional healing modality. There are many forms of Shiatsu today, most of which marry beautifully the Eastern and Western models of disease and health.

I practice a form called Zen Shiatsu, founded by the late Shizuto Masunaga. Masunaga’s system extends the classical acupuncture meridians through each limb of the body, providing a relaxing and restorative bodywork therapy for the receiver. Shiatsu, like acupuncture, can be used to treat a wide variety of specific physical ailments, as well as to bring peace and resilience to the mind and spirit.



Happy Holidays!



580 S. Aiken Ave

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integrativemedicine.upmc.com

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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.

January 2013

Tues. 1/8 – 3/12	5:30 – 6:30 p.m.	Tai Chi and QiGong (10 Sessions)	\$100	Joseph Bozzelli, MMQ
Thurs. 1/10 – 3/14	7 – 8 a.m.	Tai Chi and QiGong (10 Sessions)	\$100	Joseph Bozzelli, MMQ
Thurs. 1/17	5:30 – 6:30 p.m.	Aromatherapy	FREE	Jessie Violet Larson, LMT
Wed. 1/23	7 – 8 p.m.	Mindfulness Meditation Orientation Session	FREE	Carol Greco, PhD

February 2013

Wed. 2/6 – 3/27	6:30 – 8:30 p.m.	Mindfulness Meditation (8 Classes)	\$300	Carol Greco, PhD
Mon. 2/11 – 3/18	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. 2/13 – 3/20	5:30 – 7 p.m.	Yoga Level 1 (6 classes)	\$75	Alicja Walczak MS, CRS
Thurs. 2/14 – 3/21	1 – 2 p.m.	Beginner Yoga (6 classes)	\$55	Alicja Walczak MS, CRS
Thurs. 2/21 – 4/11	12 – 1:30 p.m.	Mindfulness-Based Anxiety Reduction (8 sessions)	Insur.	Dinnie Goldring, LCSW
Thurs. 2/21	5:30 – 6:30 p.m.	The Alexander Technique: A Proven, Safe, Self-Care Method to Relieve Pain, Stress and Muscular Tension	FREE	Lisa Levinson, AmSAT
Wed. 2/27-4/02	5:30 – 7 p.m.	Alexander Technique Classes (5 classes plus 2 private sessions)	\$200	Lisa Levinson, AmSAT

March 2013

Thurs. 3/7 – 3/28	5:30 – 7:30 p.m.	Food for Life Nutrition & Cooking (4 Classes)	\$75	Janet McKee, HHC, AADP
Thurs. 3/21	5:30 – 6:30 p.m.	Acupuncture: What is it and How Can It Help Me Feel Better?	FREE	EngKeat Teh, LAc, MAc, Acupuncturist

UPMC Center for Integrative Medicine Team

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

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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, 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.