Welcome to the Jefferson Integrative Medicine Connection

Here is your monthly e-newsletter from Integrative Medicine at Jefferson, including the Myrna Brind Center on Jefferson’s campus in Philadelphia and the new Brind-Marcus Center at our facility in Villanova, PA. Integrative medicine at Jefferson combines the best of evidence-based medicine, modern technology, promising complementary therapies and lifestyle management. Our mission is to help our patients achieve optimal body, mind, and spirit wellness and to function at their highest potential.

Brind Centers profiled in leading integrative medicine journal

A major medical journal, read in 170 countries, profiled the Brind Centers and their work with integrative medicine. The in-depth profile describes the scope of services available at the Myrna Brind Center of Integrative Medicine and the Brind-Marcus Center including Executive Great Life, the mindfulness-based stress reduction program, and the Executive Brain

LEADING EXPERTS

Daniel A. Monti, MD

Senior Vice-President and Medical Director of the Myrna Brind Center of Integrative Medicine and the Brind-Marcus Center. Dr. Monti developed the Centers’ Executive Great Life Program and is author of the book, *The Great Life Makeover: Weight, Mood, and Sex.*
Health program. Daniel Monti, MD, senior vice president and medical director of both Centers, said in the *Alternative and Complementary Therapies* article that “the structure of integrative medicine provided at the two centers is serving as a national model to help other clinicians and institutions foster their own integrative medicine programming.”

---

**Mindfulness helps you live to the fullest, right here, right now**

Professionals at the Mindfulness Institute at the Brind Centers will help you learn to pay attention to your life in the present. Rather than being lost in memories or worrying about the future, you will learn to strengthen your mind’s ability to stay focused on what is happening in the present and be open to it. The Center’s program was modeled after one developed by world-renowned mindfulness teacher Jon Kabat-Zinn at the University of Massachusetts Medical Center, Worcester, MA, where Brind Center instructors received extensive training.

---

**Meditation benefits both body and brain**

Mindfulness meditation, a practice of staying open and aware of what’s happening in the present moment, has been shown to reduce stress and improve well-being. Now a new study in the journal *Biological Psychiatry*, highlighted in *The New York Times*, found improved brain activity in a group of people practicing mindfulness and paying close attention to their body as compared to a group chatting and relaxing while doing the same stretching exercises. Those in the mindfulness group also had lower levels of an unhealthy inflammation marker than those in the relaxation group.

---

**Stop smoking with JeffQuit**

Ready to improve your health by quitting smoking? Then it’s time to join JeffQuit, a three-week program based at Thomas...
Jefferson University Hospitals. Patients receive a gradually decreasing amount of nicotine, reducing withdrawal symptoms. You will meet weekly with a stop-smoking expert, Anna Tobia, PhD. She helps you face fears about quitting and will calm your uncertainty with making a major life change. Participants receive stop-smoking aids and hypnosis. Acupuncture, fitness groups, and other onsite programs can help you regain your health. Make a resolution to quit now!

For More Information

Are you ready for a mood makeover?
Successfully completing a mood makeover requires a multifaceted approach, which includes attention to diet, fitness, checking for possible illness and hormone levels, and dealing with emotional issues and brain chemistry, according to Dr. Daniel Monti, in his book *The Great Life Makeover: Weight, Mood, and Sex*. However, you can begin with a couple of simple techniques to reduce stress that will only take a few minutes per day. First “take a breather” by sitting in a comfortable chair and taking a deep breath while focusing on breathing in and then releasing the air. Repeat for two minutes while focusing on what a deep breath feels like. Next, add some simple stretches to your daily routine. Relax your chest and shoulders, stretch your upper body, and loosen your hips. Then learn to feel what a tense muscle feels like, so you can develop skills in relaxing those tense muscles.

Can’t find your keys? You may want to look into your ‘Brain Health’
Memory lapses such as frequently forgetting where you put your keys may be just a normal sign of aging or stress, or it could be an indication of something more serious. Understanding and fostering the health of your brain is critical for well-being. The Brind-Marcus Center offers a comprehensive, integrative Brain Health program to assess and optimize your brain health. Our experts use the best brain imaging technology in the world to determine the cause of things like chronic memory loss and make treatment recommendations to improve your daily functioning.

PET-MRI provides view of anatomy and body functions with same scanner
The Brind-Marcus Center of Integrative Medicine at Jefferson in Villanova, PA, houses the region’s only PET-MRI of its kind. This highly advanced imaging equipment is considered a “game changer” in prevention and diagnosis of a wide variety of conditions. It can visualize the anatomy of the entire body and assess tissue and organ function with a single scanner. A scan could help you find cancer if you have a family history or have high-risk factors. It also can be used to investigate concerns about cognitive decline.

Military forces embrace integrative health and healing

You may be surprised to learn that members of the U.S. military use complementary and integrative medicine in similar ways to civilians, according to a report from Colonel Richard P. Petri, Jr., MD, published in *Medical Acupuncture*. Low back pain is a common reason people turn to integrative medicine. They also take herbals and supplements, with military personnel using performance enhancement and weight-loss products at a higher rate than civilians. A unique treatment called “Battlefield Acupuncture” to treat injured soldiers has been taught to medics around the world. Several high-level U.S. Federal Healthcare offices include integrative health modalities in their healthcare offerings. The U.S. Department of Defense is working with NATO on the first Integrative Medicine Task Force.

Do you need testosterone replacement?

Studies show benefits of hormone replacement therapy for men. Anthony Bazzan, MD, at the Myrna Brind Center praised a recent study that clarified when testosterone can help men with symptoms of this hormone deficiency. The study, reported in the *New England Journal of Medicine* found raising testosterone levels in men age 65 or older has benefit in regard to sexual functioning, mood, and depressive symptoms. Brind Center physicians can help you in evaluating whether or not a testosterone supplement might benefit you, and the most effective and safest ways to supplement testosterone.

Study finds integrative medicine has positive effects

Integrative medicine interventions can lead to better patient-reported outcomes in regard to chronic pain, depression, and stress, based on a study analysis of data collected by the Patients
Receiving Integrative Medicine Interventions Effectiveness Registry, organized by the Bravewell Collaborative. Integrative medicine also increased patients' knowledge, skill, and confidence to take care of their health. Patients in the study reported less depression and stress, and those with chronic pain, indicated having less severe pain.

For More Information

**Acupuncture for Dermatological Conditions**

Itchy skin? Hives? Acne? Acupuncture was shown to be significantly more effective than alternative treatment options, including placebo acupuncture, in relieving these and other skin conditions. Physicians at the University of California, Davis, analyzed the findings from 24 studies and found in 17 of them significant improvement with acupuncture, according to a report in *The Journal of Alternative and Complementary Medicine*. Jefferson’s Acupuncture and Oriental Medicine Program offers a highly experienced team who can treat your skin problems.

For More Information  |  Forward to a friend

**Integrative Medicine at Jefferson**

**Brind-Marcus Center of Integrative Medicine**
789 East Lancaster Avenue
Villanova, PA 19085

**Office Phone:** 215-503-9070
**Appointment Phone:** 1-800-JEFF-NOW (1-800-533-3669)

**Myrna Brind Center of Integrative Medicine**
925 Chestnut Street
Philadelphia, PA 19107

**Appointment Phone:** 1-800-JEFF-NOW (1-800-533-3669)

**Fitness Center & Mindfulness Institute**
1013 Chestnut Street
Philadelphia, PA 19107

**Office Phone:** 215-503-6222 (Fitness Programs)
**Alternate Phone:** 215-955-1376 (Mindfulness Institute)
**Appointment Phone:** 1-800-JEFF-NOW (1-800-533-3669)

[More Information] [Get Directions]