Welcome to the Jefferson Integrative Medicine Connection

This 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 total mind and body wellness and to function at their highest potential.

Natural molecule found to improve Parkinson’s symptoms

Researchers at the Brind Centers found the natural molecule n-acetylcysteine (NAC) was associated with positive clinical effects in patients with Parkinson’s disease. Patients receiving the molecule showed improvement in mental and physical abilities. Lead author Daniel A. Monti, MD, MBA, director of integrative medicine at Jefferson, said the study shows a potentially new avenue for managing patients with the disease. He also reported that NAC may alter the disease...

Daniel A. Monti, MD

Senior Vice President and Ellen and Ron Caplan Director of Integrative Medicine at Jefferson and Medical Director of the Myrna Brind Center and the Brind-Marcus Center, Dr. Monti developed the Centers’ Executive Great Life Program and is the author of The Great Life Makeover: Weight, Mood, and Sex.
process and allow some nerve cells to recover.

Physician describes the indescribable

Andrew Newberg, MD, director of integrative medicine research at Jefferson, has surveyed people who have had a mystical, spiritual, or religious experience and asked them to describe the event. Dr. Newberg and colleagues then created a database of 777 responses and analyzed the language of mystical experiences, which has led to identifying shared features of the events. He hopes, by analyzing the database, to learn more about the nature of these experiences and how people perceive them and then tie that information to the human brain.

Magnetic Resonance Imaging and Positron Emission Tomography useful for imaging female pelvic organs

A combination of MRI and PET imaging, available at the Brind Centers’ location in Villanova, brings together the complementary capabilities of magnetic resonance imaging and positron emission tomography. MRI is ideal for imaging soft tissues, such as women’s pelvic organs, without the risk of a radiation dose, which people receive with a CT scan. Many insurance plans will cover the combined scans when a medical need is indicated for either scan.

Lean in to a ‘great life’ through dedicated program

The Executive Great Life program at the Brind Centers provides participants with a snapshot of their health status and next steps to better health. One program participant, Michael Foreman, founder and CEO of Franklin Square Partners, discusses the importance of building health and wellness within a performance-based culture. He said it’s the right thing to do and you get a better functioning employee population. Foreman said he enjoyed the balanced and nonintrusive approach at Brind.
Walk with a Brind-Marcus doc

The Brind-Marcus Center invites you to join an integrative medicine physician for a one-mile walk on the Radnor Trail in Wayne, PA. The doctor will share advice about how you can achieve better health through learning more about the mind-body connection. People at all fitness levels are welcome as are leashed dogs and youngsters in strollers. Dr. Rashna Staid led the July walk and Dr. Stephen T. Olex will be walking the trail in August. There is no fee to participate and pre-registration is suggested.

Homeopathic bee venom can relieve pain

By stimulating the body’s healing abilities, homeopathic bee venom can relieve neck and back pain, fibromyalgia headaches, and nerve pain. Highly diluted bee venom contains at least 18 substances, some with anti-inflammatory effects. The Food and Drug Administration has approved it as a homeopathic medicine. This treatment should not be tried by anyone with a severe bee allergy. Brind Centers’ physicians can assess if you might benefit from bee venom or other treatments.

Acupuncture found to decrease menopause symptoms

Researchers investigated acupuncture’s short- and long-term effects on menopause symptoms in a study involving 209 women with vasomotor symptoms, such as hot flashes and night sweats. They found that such symptoms decreased by 36.7% in the group of women receiving acupuncture, compared to a 6% increase in the control group. The maximum benefit occurred at about eight treatments. If you are experiencing symptoms related to menopause, discuss whether acupuncture might reduce your symptoms with the experts at the Brind Centers.
Sleep and snoring: eliminating the couple’s nightmare

Do not let snoring interfere with your sleep or your significant other’s sleep. Daniel A. Monti, MD, MBA, director of integrative medicine at Jefferson, shares the secrets of eliminating snoring, which affects about 40% of people in midlife and can put a strain on intimacy, in his book *The Great Life Makeover: A Couples’ Guide to Weight, Mood, and Sex*. Some solutions include not drinking alcohol or eating a heavy or spicy meal before bedtime, not smoking, avoiding antihistamines, sleeping on your side, using a firm pillow, or elevating the head of the bed.

For More Information

Micronutrient program offers therapy for host of conditions

The integrative medicine program at the Brind-Marcus Center offers intravenous nutrient infusions to treat a variety of disorders, including mental health conditions. The physicians at the Center also conduct research about targeted micronutrients, including the use of vitamin C, magnesium, and antioxidants in treating cancer and headaches.

For More Information

Integrative therapies effective for chronic pain

About 100 million Americans suffer from chronic pain, according to The National Academies of Sciences, Engineering, Medicine Health and Medicine Division, formerly the Institute of Medicine. A review of published studies reported recently that biofeedback therapy, acupuncture, and other integrative therapies can effectively manage certain types of pain. The mind-body approaches empower those suffering from chronic discomfort. The Brind Centers offer acupuncture, mindfulness, biofeedback, and other therapies to help relieve pain.

For More Information

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)
Make a Gift

Donations of all sizes support the individualized approach to health and healing of Integrative Medicine at Jefferson. Become our partner in integrative care, education and research to improve total mind and body wellness for patients.

For more information, visit:
Advancement.Jefferson.edu/MyrnaBrind