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 body, mind, and spirit wellness and to function at their highest potential.

The Executive Great Life Program through the eyes of a CEO

Marcelo Rouco, CEO and founder of EcoSave Holdings, praised the learning journey he experienced through the Executive Great Life Program at the Brind Center. He was leading a hectic lifestyle and noting some physical side effects. He appreciated the holistic nature of the program and the recommendations given. He encourages others to utilize the Center. You will “see the benefits I have been able to see.”

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.*
Center Director, Dr. Daniel A. Monti, honored with investiture

On May 31, Daniel A. Monti, MD, MBA, was honored with an investiture ceremony as the Ellen and Ron Caplan Director of Integrative Medicine. The ceremony highlighted Dr. Monti’s work over the past 11 years establishing Jefferson as a world-renowned clinical, academic, and research destination for integrative healthcare. Dr. Monti is among the most highly regarded experts on the role of natural molecules and lifestyle interventions on health outcomes and the development of novel clinical and research models. Under his leadership, Integrative Medicine at Jefferson has more than tripled the volume of its clinical and wellness operations with the crowning achievement of the new, state-of-the-art Brind-Marcus Center, which opened in 2015.

Acupuncture relieves neck pain

A Cochrane Review found that acupuncture worked to relieve neck pain not only at the completion of treatment but also when researchers followed up with patients at a later date. People receiving acupuncture also reported less disability than those who did not use acupuncture. The Brind Centers’ Acupuncture and Oriental Medicine Program’s highly experienced team will help balance your body’s energy, relieve your pain and help you function better with less discomfort.

Mindfulness-based therapy reduces depression relapse

A recent U.K. study found that mindfulness-based cognitive therapy reduced depression relapse. The Brind Centers’ Mindfulness-Based Cognitive Therapy Program offers a 12-week course that teaches participants to recognize and manage stress, regulate emotions, and cultivate kindness and compassion. Participants report improved mood, reduced anxiety, and enhanced overall well-being.
therapy produced a reduced risk of depressive relapse during a 60-week follow-up period compared with usual care. Those participants with more severe depressive symptoms prior to treatment experienced a larger effect from mindfulness-based therapy than other treatments. Shawn Roberts, a patient at the Brind Centers, says: “Mindfulness meditation has helped re-awaken my mind, body, and spirit connection that depression debilitated for far too long. It has allowed me to walk free with an open heart full of compassion, dignity, kindness and the strength required to face my most challenging hurdles.”

For More Information

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**Americans think burgers are good source of nutrients**

More than 80% of Americans think burgers are good sources of nutrients, according to a new survey *The State of the Burger US 2016* from Mintel, a consumer research company. Caleb Bryant, a foodservice analyst at Mintel, suggested health concerns are not a factor to these respondents rather than a belief that burgers are a healthy choice. Sixty-two percent of the survey takers said they love burgers, but half, particularly Millennials, would like to see options such as chicken or turkey burgers available on restaurant menus. The Brind-Marcus Center’s Integrative Health Management Program is one local option to learn more about nutritional therapies and a place for preventive health consultations.

For More Information

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**Complaints of memory loss should not be ignored**

Feeling that you are always forgetting something? Subjective cognitive impairment can be an indicator of future memory problems and should be identified and addressed with a medical professional, according to a session at the American Association for Geriatric Psychiatry’s 2016 Annual Meeting. PET/MRI, available exclusively in Eastern Pennsylvania at the Brind-Marcus Center in Villanova, will produce pictures of the brain that can help pinpoint what the cause may be and the Brind physicians can discuss possible treatments and how to manage cognitive loss. The Center also offers a complete Executive Brain Health program led by a specialized team of doctors and neuroscientists that includes a PET-MRI evaluation, an assessment of cognition—such as thinking, focus, memory, attention—and the creation of an integrative brain health plan, which may include targeted nutrients, stress-reduction, and other lifestyle
Neuro-emotional technique underway at Brind

Scientists at the Brind Centers are conducting a clinical trial studying whether neuro-emotional technique will reduce the stress of cancer patients’ unpleasant thoughts and memories. Neuro-emotional technique (NET) is a brief intervention involving cognitive and behavioral methods from psychology, a biofeedback technique called the muscle test, and acupressure pulse points. The center recently finished recruiting new participants and is in the process of analyzing the data collected. If the data is promising, the researchers will consider a similar study in the future.

Vegans have different nutritional needs

Vegetarian and vegan diets have become popular in the United States, so it is important for those eating these diets to follow nutritional recommendations and a balanced diet, according to a Finnish study. The researchers found deficiencies with unbalanced use of protein sources; a low intake of berries, fruits and nuts; and failure to use nutrient-fortified food products. Locally, experts from the Brind Centers help prepare meal plans that provide all of the nutrients one needs. Physicians skilled in holistic, integrative medicine will use their expertise in diet and nutritional supplements and herbal and homeopathic medicines to work for you.

Chronic Fatigue Syndrome: a frustrating condition

Chronic fatigue may be diagnosed after you have experienced fatigue for six months and have at least four additional symptoms of the disease. People with chronic fatigue syndrome experience sleep problems, pain, memory difficulties, trouble coping with the disease, and depression and anxiety. In addition to managing activities and exercise, physicians at the Brind Center can offer additional choices for treatment of chronic fatigue, such as acupuncture, nutritional medicine, and mindfulness meditation.

What makes you look old?

Be it wrinkles or lines, facial aging occurs gradually in the skin, fat, muscle and bone. Collagen loss occurs with age, and as blood flow slows, older people’s faces may have less of a blush.
Your skin may feel drier and your cheeks flatter. Lower eyelid bags may start as early as in your 30s or 40s, as can drooping earlobes or a sagging chin. Nancy Swartz, MD, director of Facial Rejuvenation at the Brind Centers, can discuss your options, such as dermal fillers, for looking younger and healthier. Dermal fillers take a half hour or less and can often be injected during your consultation visit. The facial rejuvenation techniques can be done solo or in conjunction with facial acupuncture.

For More Information

**Mindfulness training enhances vets’ ability to manage PTSD**

Terrible memories and thoughts play over and over in the minds of people with post-traumatic stress disorder. A new study, published in the journal *Depression and Anxiety*, found that veterans with post-traumatic stress disorder responded well to mindfulness training to manage negative thoughts that popped into their minds. The training to “focus in the moment” allowed the veterans to learn to turn off the endless loop of memories. The Myrna Brind Center’s Mindfulness Institute is a leader in mindfulness training.

For More Information

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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 body, mind and spiritual wellness for patients.

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