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.

Brind expert talks sugar vs. high fructose corn syrup with ABC News

Daniel A. Monti, MD, MBA, senior vice president and medical director of the Myrna Brind Center of Integrative Medicine and the Brind-Marcus Center, participated in an ABC News chat on Twitter about sugar and artificial sweeteners. He informed the audience that data are showing some sugars, such as high

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.*
fructose corn syrup, are more dangerous to your health than naturally occurring fructose or glucose. The corn syrup is linked to an increased risk of cancer and diabetes. Dr. Monti encourages people to read food labels and reject any item containing more than 10 grams of added sugar, avoid sweetened beverages, and to use stevia as a sugar alternative.

The power of micronutrients and one patient’s story

Micronutrients, such as vitamins and minerals, play a key role in human development, well-being, and preventing disease, according to the Centers for Disease Control and Prevention. Your body does not produce micronutrients, so you must obtain small amounts of these essential elements through diet or supplements. In some cases, such as for Diane Gottschalk, bringing in intravenous vitamin C was part of her cancer treatment regimen. “I believe integrative medicine can give a patient a tool to help harness the body’s healing power to support your medical treatment,” Gottschalk says. “[The treatment] has given me hope; it really has made a difference.”

Are you one of the 86 million American adults with prediabetes?

Prediabetes occurs when your blood sugar levels are higher than normal but not so high as to be considered diabetes. Prediabetes affects 86 million Americans, and 90% of them do not even know it. About 15-30% of these people will develop type 2 diabetes within five years. But prediabetes can be reversed. Learn how through the Executive Great Life program at the Brind Center. The team of experts will test you and talk with you about lifestyle changes you can make to stay healthier and avoid diabetes.
Mindfulness-based therapies ease lower back pain

Lower-back pain occurs frequently and is a prime cause of disability. A recent study reported in *Journal of the American Medical Association* found that mindfulness-based stress reduction was effective in treating patients with chronic low back pain. Mindfulness focuses on the moment, even when experiencing physical discomfort or difficult emotions. Patients in the intervention group received eight weekly two-hour sessions of mindfulness meditation and yoga. They experienced greater improvements in function than people receiving standard back care and continued to reap the benefits one year later. The Brind Center’s *Mindfulness Institute* can help you learn the proper techniques.

For More Information

PET/MRI imaging offers distinct advantages

Combining positron emission tomography (PET) with magnetic resonance imaging (MRI) allows physicians to obtain detailed images of the body’s internal structures and cellular activity. The images are helpful in diagnosing brain or heart conditions and detecting cancer or monitoring its treatment. The dual functioning equipment reduces patient time by avoiding two separate scans. The Brind-Marcus Center in Villanova offers the region’s only PET/MRI technology. “The value of integrative medicine is we are guided by modern medicine, which is why we have the PET/MRI imaging, but we go beyond the latest prescription fad,” Dr. Daniel Monti, director of the Villanova center and a senior vice president at Jefferson told the *Philadelphia Business Journal*.

For More Information

Brain health and meditation part of thought leader series

Andrew B. Newberg, MD, Director of Research at the Myrna Brind Center and Brind-Marcus Center, led a session on the impact of meditation on the brain. Dr. Newberg is a neuroscientist who studies the relationship between brain function and various mental states. His April 21 session was one seminar in a series of events by top thought leaders in the region. Upcoming courses include Mindfulness Tools for Daily Living, which is a six-week course for seniors (65 years and up) that will help reduce stress, relieve pain, and enhance wellness.
Biofeedback teaches you to gain control over your body

Whether you have pain, high blood pressure, or other concerns, biofeedback can help you learn to reduce your discomfort and stress. The experts at the Brind Center will connect you to sensors that measure relaxation, which leads to less muscle tension and more normal blood flow, and then teach you physical and mental exercises, such as guided imagery, that will result in relaxation. Once you learn the techniques, you can do them at home without the sensors.

Rejuvenate your face and look your best

Look younger and better without surgery after treatment at the Myrna Brind Center of Integrative Medicine’s Facial Rejuvenation Program. Cosmetic surgeon Nancy Swartz, MD, is skilled at using cosmetic fillers, such as Juvederm, Botox, and other facial enhancements. She also designs new treatment options and has developed skin care formulations that can suit individual needs. You can opt for the facial treatments alone or combined with facial acupuncture.

Testosterone may help men regulate blood sugar

Men with low testosterone are at greater risk for developing type 2 diabetes. Now, a study from Tulane University sheds some light on the reason why. The researchers found that less testosterone made mice less able to produce insulin, which led to the development of diabetes. Supplemental testosterone in men with low levels may be able to ward off the development of diabetes. Anthony Bazzan, MD, director of the Executive Great Life Program at the Brind Center, can assess your testosterone level and discuss the options for supplementing if your levels are low.

NIH, health care leaders look at nondrug pain management

Pain is a common clinical complaint, and about 20% of patients who go to the doctor for noncancer pain leave with an opioid prescription. The safety of opioids has been of increasing concern due to misuse and overdose deaths in the U.S. The National Center for Complementary and Integrative Health at the NIH is studying ways to manage pain without drugs. The Centers for Disease Control and Prevention released guidelines for managing pain, including the use of...
mind-body approaches like mindfulness-based stress reduction and meditation. The Brind Center’s Integrative Pain Management Program offers an innovative approach to pain management and improving quality of life.

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:
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