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.

Center launches cutting-edge brain health program

The Brind-Marcus Center for Integrative Medicine at Jefferson has launched the Executive Brain Health Program. The program is designed for people looking to reduce brain function risk factors. A specialized team of physicians and neuroscientists lead the program, which includes the most precise imaging of the brain available using PET-MRI technology—one of only 30 such devices in the country—to

LEADING EXPERTS

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.
provide a complete picture of the brain anatomy and function. “This is a completely new program,” says Dr. Monti, medical director of the center. “People from across the country interested in maximizing their brain health are coming to see us.” The program includes assessment of cognition, an integrative neurologic exam, testing of the autonomic nervous system, developing an integrative brain health plan, and integrative health and wellness testing.

Free fall seminars on integrative medicine topics

The Brind-Marcus Center is offering fall seminars on key themes within integrative medicine. Top physicians in the field will be leading the discussions, including Dr. Rashna Staid on “The Brain Nutrient Rx” on November 15, 2016. Dr. Staid will review how specific nutrients and their combinations can improve mental health conditions and discuss how some foods have a negative impact on mental/brain health. To register, call 1-800-JEFF-NOW or go to the Center’s website for more information. The seminars are free to attend.

Americans using complementary health to relieve pain

Do you seek pain relief through complementary care, such as acupuncture, massage or yoga? If so, you are not alone. More than half of U.S. adults in 2012 experienced a musculoskeletal pain disorder, and 41.6% of them used a complementary health approach to relieve their pain, according to a report from the National Center for Health Statistics. That compares with 24.1% of people without a musculoskeletal pain disorder using a complementary approach to care. The Centers offer a wide variety of complementary and integrative interventions to relieve patients’ pain.

Acupressure reduced fatigue in breast cancer survivors

Dr. Staid is Clinical Instructor of Medicine at Sidney Kimmel Medical College at Jefferson. She is the Integrative Medicine Specialist at the Brind-Marcus Center of Integrative Medicine.

Dr. Rakel, Director of the Integrative Women’s Health Program at the Myrna Brind Center, is board certified in family medicine. Dr. Rakel will be singing with the Thomas Jefferson University Choir and Orchestra on December 16th.

Dr. Newberg is director of integrative medicine research at Jefferson and his research interests include the relationship between brain function and different mental states. He has pioneered the study of religious and spiritual experiences.
Breast cancer survivors experienced less persistent fatigue after six weeks of daily self-administered relaxing or stimulating acupressure, as compared to a control group receiving usual care, according to a study in *JAMA Oncology*. Survivors using relaxing acupuncture also experienced improved quality of life and better quality of sleep.

**Mindful eating: just another diet?**
Eating mindfully means choosing foods that satisfy and nourish the body as well as eating when sensing physical hunger and following satiety cues. Mindful eating includes slowing down and savoring each bite, which may lead to eating less and feeling better. It takes a positive approach to weight management rather than attempting food restriction like fad diets. The Mindfulness Institute at Jefferson can help you learn how to incorporate mindfulness into your life and stay focused in the present.

**Update on hybrid PET/MRI technology**
A recent study reported that combination PET/MRI scanners have the potential to greatly affect patient management. PET/MRI combines metabolic activity from the PET scan and anatomic data from the magnetic resonance imaging. Results from a PET-MRI offers a comprehensive look at the body and areas of inflammation. The Brind-Marcus Center in Villanova offers access to the only PET/MRI scanner in the region and is one of only about 30 such devices in the United States.

**Change your mind with enlightenment**
Andrew Newberg, MD, at the Brind-Marcus Center, has co-written a book “How Enlightenment Changes Your Brain: the New Science of Transformation” with Mark Robert Waldman. They discuss the struggle to find life-changing experiences and enlightenment. Then they talk about
what enlightenment is and how it will affect your life and brain. The book provides tools to guide you through the experience and help you to find enlightenment for yourself.

For more information

**Meditation helps keep emotions in check**

Being aware of one's thoughts and feelings, or mindfulness, can promote health and well-being and in the process shed negative emotions, but not everyone is naturally mindful. A new study suggests meditation can help people who are not naturally mindful develop the emotional benefits of mindfulness. The Mindfulness Institute can help you learn to be more mindful and how to apply it in everyday life. A mindfulness-based stress reduction workshop begins November 10, 2016.

For more information

**Look your best with facial rejuvenation**

You can look fabulous and achieve positively dramatic results without cosmetic surgery. Nancy Swartz, MD, Director of Facial Rejuvenation at the Myrna Brind Center, is a renowned expert on the use of cosmetic dermal “fillers,” including Juvederm and Restylane. Dr. Swartz will assess your needs and develop treatment options and skin care formulations that combine prescription and natural medications, so you always look your best.

For more information

**Campaign wants better coverage of integrative therapies**

Pain is a common complaint and more people and their physicians are turning to integrative therapies for relief. Additionally, the federal government is calling for more judicious use of opioid pain killers and promoting the use of other therapies. Yet insurers, typically, do not cover nondrug treatments, like biofeedback or acupuncture. Members of the Academy of Integrative Pain Management, formerly the American Academy of Pain Management, discussed this issue at the organization’s 2016 annual meeting and has initiated a campaign to raise awareness for the need for integrative health coverage in the states.

For more information

Integrative Medicine at Jefferson
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