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.

“How can I be the best me?” An inside look into a ‘great life’

The Brind Center’s Executive Great Life program offers participants a snapshot of their current health and helps them set goals for the future. Jeff Rosenblum, executive vice president of Franklin Square Investments, wanted to keep employees at his firm healthy while still working hard, so he turned to the Myrna Brind Center. He pointed to the benefits of meeting with a cardiologist to be able to “look at yourself from your heart out,” as well as getting a holistic view of your

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.
health from the PET/MRI technology and the other facets offered. “I look at it as optimization,” Rosenblum says, “how can I be the best me and how can I get better every day at it?”

Free fall seminars on integrative medicine topics

The Brind-Marcus Center is offering two fall seminars on key themes within integrative medicine. Top physicians in the field will be leading the discussions, including Dr. Stephen Olex, who will be discussing “Keeping Our Hearts Healthy: What is Important?” and Dr. Rashna Staid who will lead a session on “The Brain Nutrient Rx.” To register, call 1-800-JEFF-NOW or go to the Center’s website for more information and to register online. The seminars are free for attendees.

Five steps along path to enlightenment

Andrew Newberg, MD, director of integrative medicine research at Jefferson, outlines the five steps along the path to enlightenment, which begins with deciding whether you want to think about life differently. He suggests writing down two or three reasons you want an enlightenment experience and what you would like to achieve by going through the process. Relaxation exercises and meditation can help prepare you. Then you must surrender to the experience and reflect on the experience and what it means to you.

Mindfulness course starting in the fall

The Myrna Brind Center’s Mindfulness Institute will offer the Mindfulness Based Stress Reduction course at multiple times this fall. Mindfulness helps quiet the mind and has been shown to relieve pain, reduce stress, and enhance overall wellness. Participants can experience greater vitality and wellbeing by staying focused and in the present.
Combined PET/MRI technology delivers shorter examinations

Combining the imaging techniques of positron emission tomography and magnetic resonance imaging (PET/MRI) shortens the time the testing takes, is more comfortable, and makes it easier for people to adhere to the treatment plan, according to a recent study. The Brind-Marcus Center in Villanova offers the region’s only PET/MRI imaging technology.

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. Stephen Olex will be walking the trail Friday, October 14. There is no fee to participate and pre-registration is suggested.

Integrative Health Management offered at Brind-Marcus Center

Diabetes, chronic fatigue, gut health—these are just a few of the ongoing health issues addressed through the Brind Marcus Center’s Integrative Health Management program. The visit includes a comprehensive assessment and the development of an integrative treatment plan. The physicians use targeted nutritional therapies as part of each person’s individual plan. Additionally, the Center offers preventive health consults designed for people who want a healthier lifestyle.

Researchers find brain circuits help people cope with stress

We all experience stress, but some people seem more resilient than others in how they respond
to stressful situations. Long-term stress can contribute to a variety of health problems, including changes to the brain’s prefrontal cortex. The National Institutes of Health-supported research has identified brain patterns that seem to be responsible for resilient coping with stress and healthy responses. If you need help with stress, the experts at the Brind Centers can help you learn to better cope with those curves that life throws your way.

Lifestyle choices can affect menopause experience

A healthy lifestyle contributes to menopausal women feeling better about themselves and how they look, according to The Great Life Makeover: Weight, Mood, and Sex, authored by Daniel A. Monti, MD, MBA, director of integrative medicine at Jefferson. Feeling attractive plays a role in your self-esteem, Dr. Monti explains. Additionally, medications taken for allergies or high blood pressure can sometimes interfere with a rewarding sex life for menopausal women. Experts at the Myrna Brind Center can help you develop the healthy habits that will lead to a more enjoyable life after menopause.

New study on smokers released

Switching to low-nicotine content cigarettes may not necessarily reduce harm to smokers, according to a recent study from the University of Pennsylvania. If you smoke and worry about the health consequences, now is the time to break the habit at JeffQuit, a three-week program that combines hypnosis, stop smoking aids, and individual support and coaching. Stop-smoking expert, Anna Tobia, PhD, will meet with you for three weeks as you transition to being a nonsmoker.

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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