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Center for Integrative Medicine Newsletter

UNIVERSITY OF MARYLAND
SCHOOL OF MEDICINE

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Classes and Workshops



Fall 2009

Welcome!

to the Fall newsletter of the Center for Integrative Medicine. This issue contains information regarding clinical services, an upcoming class on Mindfulness-Based Stress Reduction, the Cochrane



Collaboration, current clinical trials, and Center faculty participation in an international conference. We look forward to updating you about the Center's activities in periodic announcements and future issues.

News

Center for Integrative Medicine Faculty Participate in Major International Scientific Meeting on Integrative Medicine

The Center for Integrative Medicine (CIM) faculty presented their research, chaired panels, and conducted workshops at the North American Research Conference on Complementary and Integrative Medicine. The Consortium for Academic Health Centers for Integrative Medicine, comprised of 42 institutions, sponsored the conference which drew more than 700 delegates from the U.S. and foreign countries. Scientists consider the conference to be one of the leading venues for showcasing research about integrative medicine. Proceedings from the conference are available from [a variety of sources](#).

Weekly Schedule

Tai Chi

Tues 6:00 pm
& Sat 8:30 am

Qi Gong

Wed 5:00 pm

Yoga

Thurs 4:00 pm

Visit our [website](#) to
find out more.

Upcoming Class

Mindfulness-Based Stress Reduction Fall Class Begins October 16

Mindfulness-Based Stress Reduction (MBSR) is an eight week course that teaches ways to be in the present moment and to develop a new understanding about the stress in your life. Many graduates say that learning mindfulness was a transformative experience in their lives. This course, developed by Jon Kabat-Zinn, introduces you to mindfulness practice and serves as a guide to begin and maintain a daily meditation practice.

Jon Kabat-Zinn developed MBSR while he was on the faculty at the University of Massachusetts, Amherst. Kabat-Zinn is the author of Full Catastrophe Living and other books about MBSR and meditation.

MBSR has been extensively studied since the late 1970's. Research indicates that many people report the following benefits:

- Lower stress levels leading to decreases in stress related symptoms
- An increased ability to relax and enjoy each moment
- Lower pain levels and/or a better ability to cope with pain that may not go away
- Improved self-esteem, self-acceptance, energy and confidence
- Cultivating powerful inner resources for coping with life stressors
- Developing new habits and mindfulness skills that can be used for the rest of your life

For more information or to register, please visit our [website](#).

Clinical Trials

AMWELL: Acupuncture and Meditation for Wellness Study

A randomized, controlled, pilot study to assess the benefit of mindfulness meditation and acupuncture in relieving psychological symptoms of female, adult survivors of childhood sexual abuse.



For more information about this study please contact Laura Benzel at: 410-448-6590 or lbenzel@compmed.umm.edu.

Osteoarthritis of the Knee Study

Do you have Osteoarthritis of the Knee?

The University of Maryland Center for Integrative Medicine is conducting an investigational study to determine if an herbal supplement is useful for persons with osteoarthritis of the knee.

You may be eligible if you:

- Have been diagnosed with OA of the Knees
- Are at least 40 years old
- Are in good general health

Participants will be seen at Kernan Hospital located off of I-70 and Security Boulevard. Parking is free. Call 1-877-861-6037 now to see if you are eligible. You will be compensated for your time.

Cochrane Collaboration

Cochrane CAM Field Consumer Reports Now Available

The [Cochrane CAM Field](#) is an international group of individuals dedicated to facilitating the production of systematic reviews of randomized clinical trials in areas such as acupuncture, massage, chiropractic, herbal medicine, homeopathy and mind-body therapy. These systematic reviews provide summaries of the best evidence for medical interventions, drawing on numerous studies of clinical trials to develop reliable conclusions.

[Consumer Summaries](#) are now posted on our website providing plain language, brief summaries of Cochrane Reviews that are user-friendly, accessible, and quality-assessed including high blood pressure, diabetes, headaches, osteoarthritis, and more.

Clinical Services

Primary Care Services Available

The clinical practice at the Center for Integrative Medicine offers a spectrum of diagnostic and treatment options. Our physicians are board certified and trained in integrative medicine. We offer primary care services and look forward to creating a plan for optimal health and to address your unique needs.

A physician and licensed acupuncturist, [Dr. Lauren Richter](#) uses modalities which are the most effective for her patients' needs. She specializes in the integration of complementary and traditional medical therapies, emphasizing natural treatments such as osteopathic

manipulation and acupuncture. Over a professional career spanning twenty-five years, her practice of medicine has consistently centered on methods that have the potential to help people become healthy.

For more information about the clinic, visit the Center for Integration website, www.compmed.umm.edu, or call 410-448-6361.

Thank you for subscribing to the Center for Integrative Medicine Newsletter. For additional information, including weekly class schedules, clinical trials, and educational opportunities, please visit our [website](#).

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