

# Integrative Medicine Connection

AUGUST 2016

## 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.



Photo credit: Nour Foundation

### Brind physician named one of most influential neuroscientists

Andrew Newberg, MD, director of integrative medicine research at Jefferson, was named one of 30 Most Influential Neuroscientists Alive Today by the Online Psychology Degree Guide. The recipients were chosen and ranked based on their leadership in the field, discoveries or scientific advancements, having been recognized by the international science community, and other notable accomplishments. The Guide cites Dr. Newberg's "groundbreaking research on neurological

## LEADING EXPERTS

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**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*.

and psychiatric disorders such as clinical depression, head injury, Alzheimer's, and Parkinson's" and his work with neurotheology.

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## Mindfulness improves employee focus and attention

Want to improve your focus and attention at work?

Mindfulness, with its emphasis on the present moment, can improve focus and the ability to manage stress, according to a recent study in the *Journal of Management*. Through awareness of the here and now, mindfulness affects human functioning. It also may improve relationships through greater empathy and compassion. You can learn more about mindfulness and how to achieve it in your life at the Myrna Brind Center's Mindfulness Institute.

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## PET/MRI for diagnosing and staging cancer

Having a PET/MRI scan provides value in the diagnosis, staging, and planning of treatment for patients with certain cancers, a recent study in *Current Radiology Reports* states. The hybrid imaging from a PET/MRI, which allows a radiologist to visualize functional and anatomical information in a combined image, increased the researchers' ability to detect malignant areas and stage the disease. The Brind-Marcus Center at the Villanova location of the Myrna Brind Center of Integrative Medicine at Jefferson offers the region's only PET/MRI imaging technology.

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## Americans spend billions on complementary health approaches

Americans spend \$30.2 billion annually on complementary health approaches, according to nationwide survey by the National Center for Complementary and Integrative Health and the Centers for Disease Control and Prevention. This represents about 9.2% of all out-of-pocket healthcare



**Stephen Olex, MD**

Dr. Olex leads the Brind Centers' cardiovascular health program. He is board certified in cardiovascular disease and internal medicine and his main office is located at the Villanova center.



**Andrew B. Newberg, MD**

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.

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### FEEDBACK

We welcome your active feedback and questions for our physicians and other healthcare providers.

spending. Josephine P. Briggs, MD, director of the Center, said that with so many Americans using complementary health practices, it is important to help them make informed decisions. You can talk with a physician at the Brind Centers to learn more about what complementary approaches will most likely help your particular health needs.

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## The key to greater vitality

Exercise may be the most effective way to deal with sex, weight, and mood disorders, reports Daniel A. Monti, MD, MBA, director of integrative medicine at Jefferson, in his book *The Great Life Makeover: A Couples' Guide to Weight, Mood, and Sex*. He indicates that regular physical activity can improve immune function, enhance sleep quality, reduce the risk of some cancers, decrease inflammation, relieve stress and anxiety, and improve circulation, resulting in greater vitality.

[For More Information](#)

## Personality influences use of mindfulness stress reduction

Mindfulness-based stress reduction has been shown to be a promising therapy to improve quality of life. In a study involving 100 older adults published in *Journal of Alternative and Complementary Medicine*, U.S. researchers reported that aspects of personality affected participants' use of mindfulness-based stress reduction techniques in the six months following the study intervention. The Myrna Brind Center's Mindfulness Institute offers programs designed for older adults and others.

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## How healthy is your heart?

It is well known that heart health is a key factor to quality of life, and researchers from the American Heart Association are now promoting the strong link of heart health to brain health. Making heart-healthy lifestyle choices reduces the chance of stroke and even helps you maintain keen mental abilities as you age. The Brind Centers offers an integrative heart health program to optimize your cardiac fitness. You can receive preventive cardiology consults, stress testing, echocardiograms, and other testing, all with an integrative medical focus. You will not

only receive information about your heart health status, but the Brind Centers experts will discuss ways to improve your heart health.

[For More Information](#)

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### **Vitamin deficiency linked to migraines**

Deficiency in vitamins may be related to the underlying pathophysiology of a migraine and supplementation may help with response to treatment, according to an abstract presented at the American Headache Society. The experts at the Brind Centers can help you learn more about how a healthy diet and vitamin supplementation can enhance how you feel. Daniel A. Monti, MD, MBA, director of integrative medicine at Jefferson, explained in a blog post that everyone needs an adequate amount of vitamins, minerals, and nutrients for our health and levels of key nutrients are often too low.

[For More Information](#)

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### **Mindfulness helps teens eat healthier foods, be more active**

Training overweight adolescents in mindfulness-based eating awareness led to the teens eating healthier, low-calorie, and low-fat foods, and exercising more, as compared to youngsters in a control group, according to a recent study. Mindfulness training is a safe and inexpensive way to help teens lose or maintain their weight, says study coauthor Dr. Vernon A. Barnes, physiologist at the Georgia Prevention Institute at the Medical College of Georgia at Augusta University. You and your teen can learn about mindfulness at the Brind Centers' Mindfulness Institute.

[For More Information](#)

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### **Acupuncture for headaches related to trauma**

Suffering from trauma-related headaches? Acupuncture may help. It is one of the oldest and most commonly used medical practices in the world. A study in *Medical Acupuncture* comparing the effectiveness of standard care alone to standard care plus acupuncture showed a significant improvement in headache-related quality of life with the addition of acupuncture. Licensed acupuncturists can help you by stimulating specific points on your body to regulate the flow of vital energy, restore balance, and reduce pain or other symptoms.

[For More Information](#)

## Integrative Medicine at Jefferson

### Brind-Marcus Center of Integrative Medicine

789 East Lancaster Avenue  
Villanova, PA 19085

Office Phone: 215-503-9070

Appointment Phone: 1-800-JEFF-NOW (1-800-533-3669)

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### Myrna Brind Center of Integrative Medicine

925 Chestnut Street  
Philadelphia, PA 19107

Appointment Phone: 1-800-JEFF-NOW (1-800-533-3669)

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### Mindfulness Institute

1013 Chestnut Street  
Philadelphia, PA 19107

Office Phone: 215-955-1376

Appointment Phone: 1-800-JEFF-NOW (1-800-533-3669)

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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](http://Advancement.Jefferson.edu/MyrnaBrind)