



Brind-Marcus Center  
of Integrative Medicine

Myrna Brind Center  
of Integrative Medicine

# Integrative Medicine Connection

OCTOBER 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.



## Study finds nondrug approaches effective for treating pain

Suffering from pain? A [new study](#) from scientists at the Center for Complementary and Integrative Health at the NIH found acupuncture, tai chi, relaxation techniques, and massage are effective for helping to manage several common pain conditions. The Myrna Brind and Brind-Marcus Centers at Jefferson offer a variety of integrative medicine interventions to address pain, including acupuncture and mindfulness.

## 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*.

[For More Information](#)

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## 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. Stephen Olex, who will be discussing “Keeping Our Hearts Healthy: What Is Important?” and Dr. Rashna Staid who will lead a session on “Nutrients for 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.

[For More Information](#)

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## A neuroscientist discusses the path to enlightenment

Andrew Newberg, MD, director of integrative medicine research at Jefferson, gave a TEDxPenn talk about finding your path to enlightenment. He describes intensity, clarity, unity, surrender, and other aspects of enlightenment and understanding of life and self. Dr. Newberg, a renowned neuroscientist, explains the changes that occur in the brain related to each aspect of enlightenment. To find that path requires many steps, including a desire to change, preparing yourself, creating a ritual or practice, surrendering to the experience, and reflecting on it.

[Watch the Video](#)

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## PET/MRI helpful for brain studies

Simultaneous imaging during a PET/MRI is well suited to studying problems that occur in the brain, including dementia, tumors, and cancer, according to a [recent study](#). The PET provides detailed images of cellular activity and the MRI creates images of the body’s internal structures. The scans can be done simultaneously, easing the process for patients. The images can help doctors determine reasons for cognitive decline or other brain diseases. The Brind-Marcus Center in Villanova offers the region’s only PET/MRI imaging technology.



**Aleezé Moss, PhD**

Associate director of the Mindfulness Institute at the Myrna Brind Center, Dr. Moss trained at the Institute and at the Stress Reduction Clinic at the University of Massachusetts Medical Center. She also conducts research related to the effects of mindfulness-based stress reduction.



**Stephen Olex, MD**

Dr. Olex leads the Myrna Brind and Brind-Marcus 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 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

[For more information](#)

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### Join a cardiologist for a Walk with a Doc

Stephen T. Olex, MD, clinical instructor in cardiology and integrative health at Jefferson, invites you to join him on a one-mile walk along the Radnor Trail in Wayne, PA, on October 14. Dr. Olex will share suggestions on achieving the greatest health benefits from the mind-body connection. People of all fitness levels are welcome and can bring a dog or stroller.

[For more information](#)

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### Mindfulness-based stress reduction workshop offered

Aleezé Moss, PhD, associate director of the Mindfulness Institute at the Myrna Brind Center, will conduct a 1.5-hour introductory workshop about mindfulness-based stress reduction on November 10, 2016. Dr. Moss will explain what mindfulness is and how it can reduce stress and enhance well-being. Participants will learn a variety of mindfulness meditation practices and how to apply them in daily life.

[For more information](#)

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.

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### Ready to give your lungs a break?

Now is a great time to stop smoking and give your lungs and body a break from the negative effects associated with the habit. The three-week JeffQuit program uses a proven method to reduce withdrawal symptoms by gradually decreasing the amount of nicotine. The program includes sessions with an expert, stop-smoking aids, hypnosis, and support and counseling. Participants also can receive dietary support, discounted acupuncture and stress-reduction programs, yoga, and fitness programs. The next program starts on October 26, 2016.

[For more information](#)

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### Seniors can learn mindfulness for better health

Are you older than 65? If so, you may be interested in the six-week “Mindfulness Tools for Daily Living” course, starting October 25. Mindfulness is a meditation method of learning how to pay attention and observe what is happening in the moment. It will help you stay focused and calm. Mindfulness will help you to reduce stress, relieve pain, and enhance mood and wellness. It can also boost immune function.

[For more information](#)

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## Team of experts to start you on path to better health

The Executive Great Life program offered at both Myrna Brind Center and the Brind-Marcus Center brings an entire team of experts together to work with you to enhance your health and well-being. After receiving a comprehensive evaluation and learning about your concerns, Center experts will help you map out a plan that will set you on a journey to meet your health goals. The Center will follow up with you to ensure success.

[For more information](#)

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## Acupuncture for chronic constipation

If you suffer from chronic constipation, you realize how frustrating it can be, but help is available. A [new study](#) from China, involving more than 1,000 patients, reported that electroacupuncture increased complete spontaneous bowel movements in patients with chronic severe functional constipation. Patients experienced few adverse events during the study. The Acupuncture and Oriental Medicine Program at City Center may be able to help you live a more normal and comfortable life.

[For more information](#)

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## 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)