Meditation has been a practice of contemplative traditions for centuries; however, the study of its therapeutic properties has only occurred more recently. At the 2005 American College of Rheumatology Annual Scientific Meeting, Center for Integrative Medicine (CIM) researcher, Elizabeth Pradhan, PhD, MPH presented the results of a trial studying a Mindfulness-Based Stress Reduction (MBSR) program, which incorporates meditation, yoga and relaxation exercises, for rheumatoid arthritis patients.

Sixty-three participants were randomly assigned to either an MBSR class once a week for eight weeks or to a waitlist control group. The MBSR group was asked to practice meditation, yoga and relaxation exercises at home six days a week. The waitlist control group was offered the MBSR class free of charge at the end of the study.

At the initial assessment, all patients showed moderate disease activity and above normal levels of psychological distress. By 2 months, although there was no change in disease activity, the MBSR group showed a 20% reduction in psychological distress compared to the control group. By the 6-month marker, the rheumatoid arthritis disease activity had decreased by 11%, blood test measures of inflammation had decreased by 46%, and psychological distress was reduced 33% in the MBSR group compared to the control group, all of which were statistically significant.

“While physicians have treated rheumatoid arthritis competently with a range of effective medications, this study shows that mindfulness-based stress reduction can complement that therapy and may provide additional benefit to people suffering from this disease,” says Dr. Pradhan.
Central to our mission, since our inception 15 years ago, is offering patients a new paradigm of health care that focuses on the whole person and helps people take control of their health.

“Take Charge of Your Health” Fairs

Our clinic offers care that draws from the best of conventional and complementary medicine. Over the spring months we have taken to the road and opened our doors so that more people can meet our practitioners and experience some of our programs and therapies.

In partnership with Maryland Public Television (MPT) and the Jewish Community Center (JCC) in Owings Mills, MD, we offered a health fair “Take Charge of Your Health” at the JCC’s extensive health and fitness center. Over 350 visitors and a large number of the JCC’s membership were able to sample therapies from acupuncture to shiatsu, take part in classes from Qi Gong to yoga, and participate in talks and discussion with our research team and practitioners on topics ranging from acupuncture for low back pain to nutrition and well-woman care.

We also held an open house at our clinic at Kernan Hospital. At both events we pre-viewed clips of the PBS documentary The New Medicine. Additionally, CIM’s staff manned phones for a call-in phone bank at MPT on March 29th when the documentary viewed on national television.

A “Lunch & Learn” event is scheduled for the University of Maryland’s downtown Baltimore campus on April 26th.

“Take Charge of Your Health” Fairs

Our clinic offers care that draws from the best of conventional and complementary medicine. Over the spring months we have taken to the road and opened our doors so that more people can meet our practitioners and experience some of our programs and therapies.

In partnership with Maryland Public Television (MPT) and the Jewish Community Center (JCC) in Owings Mills, MD, we offered a health fair “Take Charge of Your Health” at the JCC’s extensive health and fitness center. Over 350 visitors and a large number of the JCC’s membership were able to sample therapies from acupuncture to shiatsu, take part in classes from Qi Gong to yoga, and participate in talks and discussion with our research team and practitioners on topics ranging from acupuncture for low back pain to nutrition and well-woman care.

We also held an open house at our clinic at Kernan Hospital. At both events we pre-viewed clips of the PBS documentary The New Medicine. Additionally, CIM’s staff manned phones for a call-in phone bank at MPT on March 29th when the documentary viewed on national television.

A “Lunch & Learn” event is scheduled for the University of Maryland’s downtown Baltimore campus on April 26th.

“Lunch & Learn” University of Maryland Learning Center, 22 S. Greene Street April 26, 2006 12pm-1pm 1-800-492-5538

Brian Berman, MD the Center for Integrative Medicine’s founder and director, will present a keynote speech at the first research conference organized by the Consortium of Academic Health Centers for Integrative Medicine. The conference will be held in Edmonton, Canada on May 24-27, 2006. Dr. Berman will talk on “Acupuncture and Arthritis: Trials & Tribulations.”

Three other CIM faculty members will also participate in the conference. Dr. Lixing Lao, PhD will co-chair a session on “Controversies in acupuncture research: Controls & outcomes measures” and Eric Manheimer, MSc will conduct a workshop on “Methodological challenges of preparing systematic reviews of randomized controlled trials in complementary medicine.”

Elizabeth Pradhan, PhD was granted one of 10 Young Researcher Awards and will present a poster on “Mindfulness-Based Stress Reduction for Rheumatoid Arthritis.”

Over 400 attendees from North America, Europe and Asia have registered for the event.

www.imconsortium.org
Two new television documentaries, one that aired in the U.S. and one in Britain, have featured the research being conducted at the Center for Integrative Medicine.

In January of 2006, the BBC’s three-part series on alternative medicine opened with the first episode focusing on acupuncture. After filming open heart surgery being performed under acupuncture anesthesia in China, a skeptical scientist searched for the science that might show if and how acupuncture works. The BBC science unit crossed to the US and interviewed Dr. Berman and some of the patients who were part of “the most definitive acupuncture study to-date”. The study was recently published in the *Annals of Internal Medicine*. In this randomized controlled trial of 570 patients, acupuncture was shown to be a safe and effective treatment for osteoarthritis of the knee. Almost 4 million viewers tuned in to watch the program, making it the second most watched program of the week in Britain.

PBS’s sweeping coverage of the increasing use of integrative medicine in hospitals and clinics across the U.S. aired March 29, 2006 and was watched by an estimated 9 million viewers. The *New Medicine* documentary suggested that American medicine may be on the brink of transformation. As scientific findings, such as those emanating from the Center for Integrative Medicine, reveal the mind’s crucial role in the body’s capacity to heal and the effectiveness of treatment options once considered fringe, the medical community is increasingly embracing an integrative medical approach.

The CIM’s research has focused on chronic illnesses such as arthritis and low back pain and has shown that acupuncture helps decrease pain and mindfulness-based stress reduction techniques improve a patient’s sense of well-being and ability to cope.

During the airing of *The New Medicine* on Maryland Public Television, viewers were able to call in to a phone bank manned by CIM staff. Over 300 people telephoned with questions regarding how to access integrative medicine for their health problems. This was one of the highest call-in rates MPT has experienced. They subsequently have aired the documentary three more times.

www.thenewmedicine.org

---

**Integrative Medicine: the new medicine**

Integrative medicine blends the best of conventional and complementary medical approaches, addressing not only physical symptoms, but also psychological, social, environmental & spiritual aspects of health & illness. It believes in stimulating the innate human capacity for healing, empowering patients in their own care, while providing them with choices in healthcare that are proven to be safe and effective.

---

**Cochrane Consumer Overviews: Accessible, Evidence-based Information**

Continued from page 1:

The Cochrane Collaboration is an international organization that is recognized for its leadership role in evidence-based medicine. Through the efforts of many thousands of individuals worldwide, the best research on all healthcare interventions is collected, synthesized and systematically reviewed. The Cochrane Complementary Medicine Field is coordinated by the Center for Integrative Medicine and we will post the completed overviews of complementary therapies on the Field’s website: www.compmed.umm.edu/Cochrane.

The overviews will also be discussed on the Cochrane Network website www.cochrane.org/consumers.
The Center For Integrative Medicine Clinic
Your Partner in Healthy Choices

Classes at The Kernan Hospital Cottage

Stress-Reduction
Introduction to Mindfulness 3-hour workshop
Tuesday, May 2, 2006, 6.00pm to 9.00pm

7-week Spring Seminar
Thursdays, April 20—June 15, 10.30am to noon

Chen Style Tai Chi
Mondays & Wednesdays
5.30pm-6.00pm Foundations Training
6.00pm-7.00pm Tai Chi Forms

Qi Gong
Tuesdays, 3.00pm-4.00pm

Yoga
Thursdays, 4.15pm-5.30pm & 5.30pm-6.30pm

We also offer yoga classes in Towson and at the University of Maryland Medical Center in Baltimore. Call 410-448-6361 or check out our website for more details.

Our clinic at Kernan Hospital offers:

Healthy Aging Consultations
Wellness Promotion and Stress Management
Well Woman Care
Pain Management
Prepare for Surgery Seminar
Integrative Conventional and Complementary Care for acute & chronic diseases including:

Arthritis
Cardiovascular Disease
Chronic Fatigue
Chronic Pain
Cancer
Diabetes
Fibromyalgia
Irritable & Inflammatory Bowel Disorders
Menopause

Therapies include:

Acupuncture
Massage
Homeopathy
Craniosacral therapy
Dietary counseling
Shiatsu
Reflexology

The Center for Integrative Medicine
The Mansion
Kernan Orthopedics & Rehabilitation
2200 Kernan Drive
Baltimore, MD 21207
USA
Phone: 410-448-6871
Fax: 410-448-6875
www.compmed.umm.edu

Senior Faculty & Staff

Brian Berman, MD
Director
Professor of Family Medicine

Lixing Lao, PhD
Director of Traditional Chinese Medicine Program
Associate Professor of Family Medicine

Eric Manheimer, MSc
Director of Database and Evaluation

Sharon Montes, MD
Director of Clinical Services
Assistant Professor

Alan Cheung, PhD
Visiting Professor

Nancy Min, PhD
Assistant Professor of Family Medicine

Lisa Pradhan, MPH, PhD
Assistant Professor of Family Medicine

Marcos Hsu, LAc
Clinical Specialist

Jeanette Cronise
Practice Director

Mary Bahr Robertson
Research Coordinator

Grant Zhang, PhD
Assistant Professor of Family Medicine

Rui Xin Zhang, PhD
Assistant Professor of Family Medicine

Blending Science with the Art of Healing