



THE CENTER FOR
**INTEGRATIVE
MEDICINE**

PRESENTING:

The Center for Integrative Medicine at the University of Colorado

BY:

Lisa W. Corbin, MD

Medical Director, Integrative Medicine

University of Colorado Denver Anschutz Medical Campus

Associate Professor, Internal Medicine

Definitions

CAM

- Complementary / Alternative Medicine
- Therapies not historically part of conventional medicine
 - Chiropractic, acupuncture, massage, herbals....

Lifestyle medicine

- Use of stress reduction, exercise, nutrition for health benefits

Integrative medicine

- CAM therapies and lifestyle approaches *coordinated with* conventional medical treatments





The Center for Integrative Medicine University of Colorado

- History and growth
- Clinical, research, education
- Integrative approach at TCFIM
- More information

2001



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MEDICINE

2002



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MEDICINE



University
of Colorado
Hospital

ANSCHUTZ MEDICAL
CAMPUS

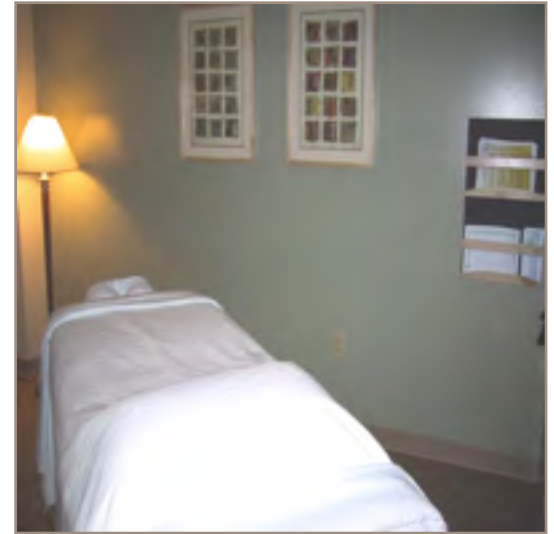
2004



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MEDICINE

The Center for Integrative Medicine

- 720-848-1090
- www.uch.edu/integrativemed
- Locations
 - AMC: 5th floor AOP
 - Stapleton (AF Williams)
 - Lowry
 - CU Sports Med
 - CeDAR
 - Inpatient (by request)



Integrative Medicine Services



General Assessment / Overview

Lisa Corbin, MD

Tish Bolshoun, PA

Traditional Chinese Medicine

Daisy Dong, LAc

Nancy Ngyuen, LAc

Ban Wong, LAc

Lana Bradley, LAc

Massage therapy

Ann Mathews, CMT

Wendy Squires, CMT

Nutritional Counseling

Lacey Patton, RD

Pharmaceutical / Herbal Consults

Monika Nuffer, Pharm D

Chiropractic

Brian Enebo, DC

Mind-body / Biofeedback

Carrie Landin, PsyD

Meredith Shefferman, PsyD

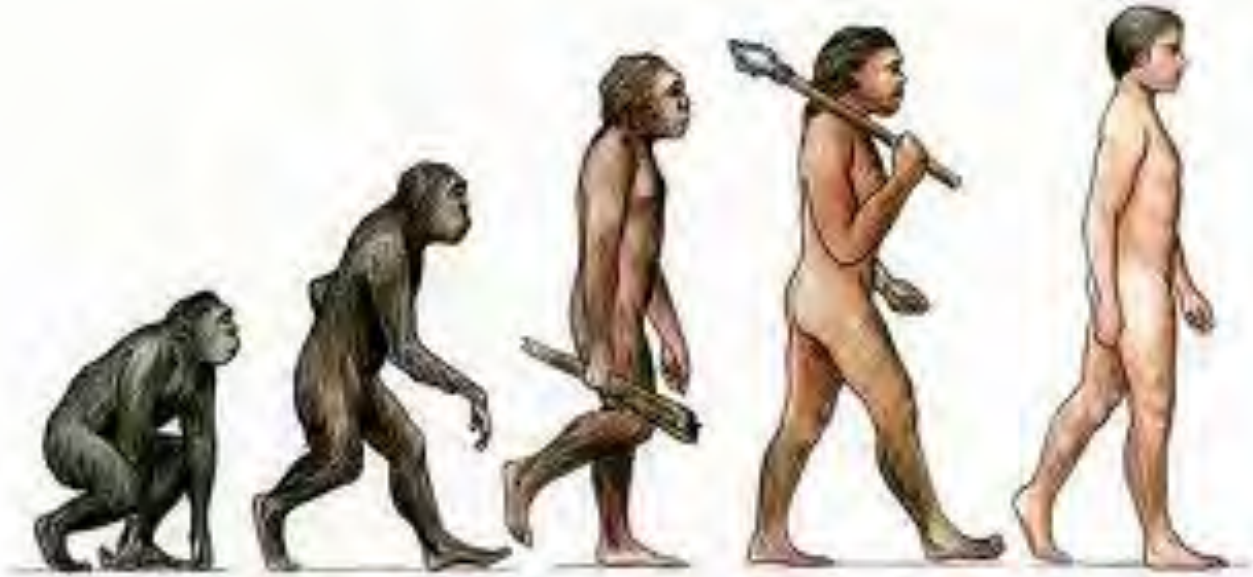
Justin Ross, PsyD

Joanne Whalen, PsyD

Felicia Greher, PhD

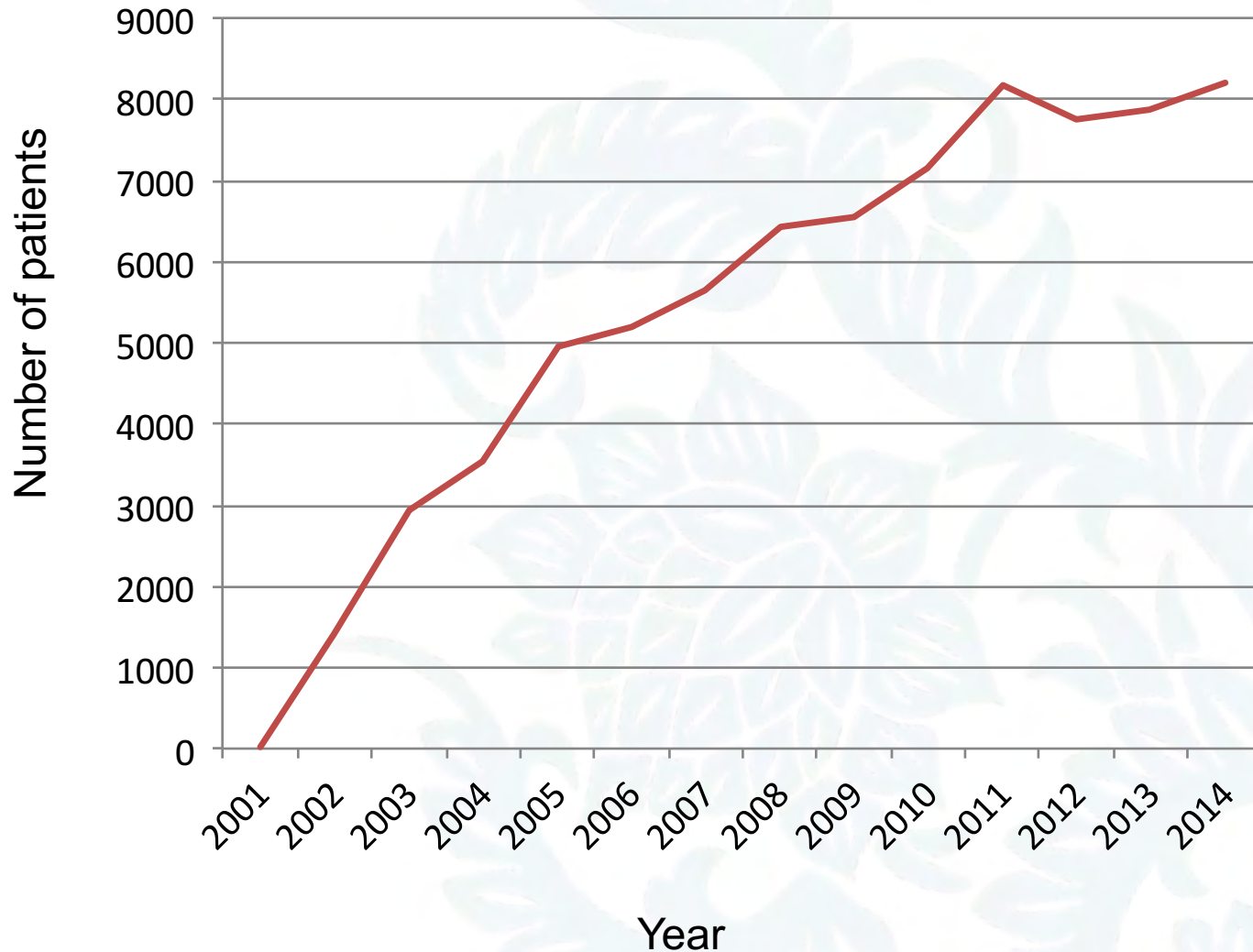
Physical therapy

Marcus Kurek, PT



When does it begin?

Patient Volume by Year



Common Concerns

- Chronic pain
 - Fibromyalgia
 - Headaches and migraines
 - Back / neck pain
 - Arthritis
- Cancer
 - Primary and secondary prevention
 - Treatment issues
- Women's Health
 - Fertility
 - Menopause
- Gastrointestinal
 - IBS
 - Dyspepsia
- Fatigue
- Depression / anxiety
- Stress management
- Chronic illness
 - Hypertension
 - Parkinson's
- Wellness / prevention



University of Colorado Hospital

Project 4 - The Center for Integrative Medicine

3055 Roslyn Street Denver, CO 80238

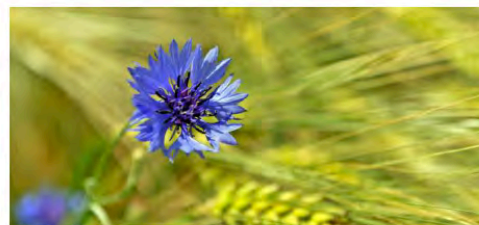
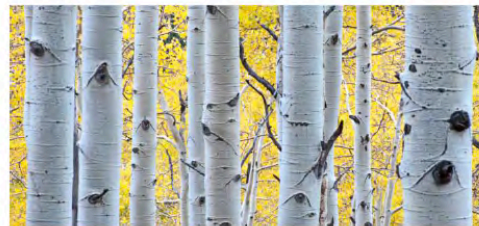
DAO No.: 2015-006

Construction Documents Submittal

April 03, 2015



Reception Perspective from Northwest



GALLUN
SNOW

INTERIOR DESIGN



DAO ARCHITECTURE

Sampling of TCFIM Research

- Acupuncture to decrease fatigue in Parkinsons
- CAM for spinal cord injury
- Laser acupoint stimulation for back pain
- What Is Next? Cancer survivorship
- Massage for end of life “REST” Study
- PRIMIER – national PBRN database
- Medical student MSAs:
 - Use of CAM by patients with cancer
 - Efficacy of Curanderismo for patients with chronic pain
 - Integrative medicine as a career choice
 - Work / life balance

Research Opportunities

- CAMPUS (Complementary and Alternative Medicine Practitioners Uniting with Scientists)
 - Multispecialty group open to all on AMC
 - “think tank” to foster research collaborations
 - Forum for Research in Progress presentations
 - Small grants (up to \$10,000) available to active participants
 - Kayla.mieczkowski@uchealth.org

Integrative Medicine Education

- UC trainees
 - Internal medicine resident elective
 - Medical student electives (MS1, MS4)
 - Pharmacy student elective
 - PT student required course
 - CHA/PA course content
- Public and patient presentations
- Physician CME
- AlterMed – Colorado Integrative Medicine Conference in Estes Park – next July 2016
- Strauss – Wisneski Indigenous Medicine Collection lecture series

Integrative Education

- Dan LaBarbera, PhD – School of Pharmacy
– Certificate Program in Integrative Medicine



“The Consortium is a collective voice for influencing and effecting change within integrative health.”

[SAVE THE DATE FOR THE INTERNATIONAL CONGRESS ON INTEGRATIVE MEDICINE AND HEALTH: MAY 18-20, 2016 IN LAS VEGAS](#)

[JOIN THE CONSORTIUM](#)

[SIGN UP FOR OUR NEWSLETTER](#)

[VIEW OUR JOB LISTINGS](#)

[ACCESS OUR MEMBERS ONLY SECTION](#)

[READ OUR MISSION STATEMENT](#)

[BROWSE OUR PAST EVENTS](#)

WHO WE ARE

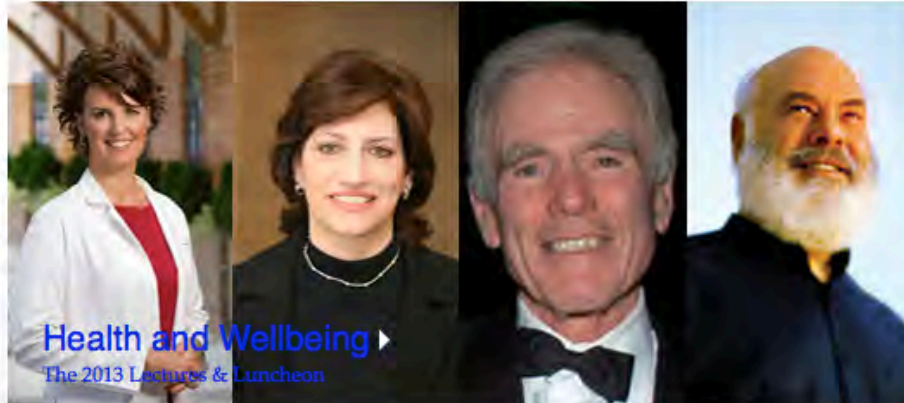
We've changed our name! The Consortium of Academic Health Centers for Integrative Medicine is now the Academic Consortium for Integrative Medicine & Health (The Consortium)

As an organization we are committed to sharing information and ideas, meeting challenges together in a process grounded by the values of integrative medicine, supporting member institutions, and providing a national voice for the advancement of integrative principles.

WHAT WE DO

The mission of the Consortium is to advance the principles and practices of integrative healthcare within academic institutions. The Consortium provides its institutional membership with a community of support for their academic missions and a collective voice for influencing change.

PIONEERING. VISIONARY. INTEGRATIVE.



[Health and Wellbeing](#) ▶
The 2013 Lectures & Luncheon



BraveNet Launches Patient-Reported Outcomes Registry

Understanding the imperative for integrative medicine clinics to collect data that will demonstrate the effectiveness of integrative medicine interventions, Bravewell has directed the launch of PRIMIER.

[Learn More](#) ▶



Landmark Study from The Bravewell Collaborative

Bravewell's recent publication "Integrative Medicine in America" provides current data on the patient populations and health conditions most commonly treated with integrative strategies.

[Learn More](#) ▶

Featured Links

The Leadership Program in Integrative Healthcare ▶

Lead the change in healthcare! A new Leadership Program in Integrative Healthcare will launch in 2015 at Duke University.

Einstein Named as BraveNet Coordinating Center ▶

Albert Einstein College of Medicine of Yeshiva University will lead the Bravewell Integrative Medicine Research Network (BraveNet).

2013 Bravewell Leadership Awards ▶

The 2013 Leadership awards honored Tracy Gaudet, MD, and Myles Spar, MD, MPH.

Summit on Integrative Medicine and the Health of the Public ▶

IOM President Harvey Fineberg, MD, PhD, presented the Summit Summary to Bravewell on November 4, 2010.

PRESS CENTER ▶

Members of the press wishing more information about The Bravewell Collaborative, its activities and/or integrative medicine should click here.

Health is the Key ▶

The Integrative Approach at TCFIM

1. Deter from harmful practices
2. Focus on lifestyle / self-care
 - Sleep
 - Exercise
 - Mind / body techniques
 - Nutrition
3. Discuss safe, plausible CAM therapies
 - Herbs / supplements
 - Acupuncture
 - Massage
 - Chiropractic
4. Consider external referrals
5. Return care of the patient to the patient!!



Talking about CAM

- **Discuss CAM** openly
 - Normalize the behavior
 - Why?
 - Enhance provider / patient relationship
 - Improve health
 - Dissuade from harmful practice
 - Encourage beneficial treatments
 - Encourage self-care/lifestyle approaches
 - Resource: <http://nccam.nih.gov/timetotalk/>
- **Integrate care** with all providers
- **Be informed** about specific risks and benefits



Harmful CAM Therapies

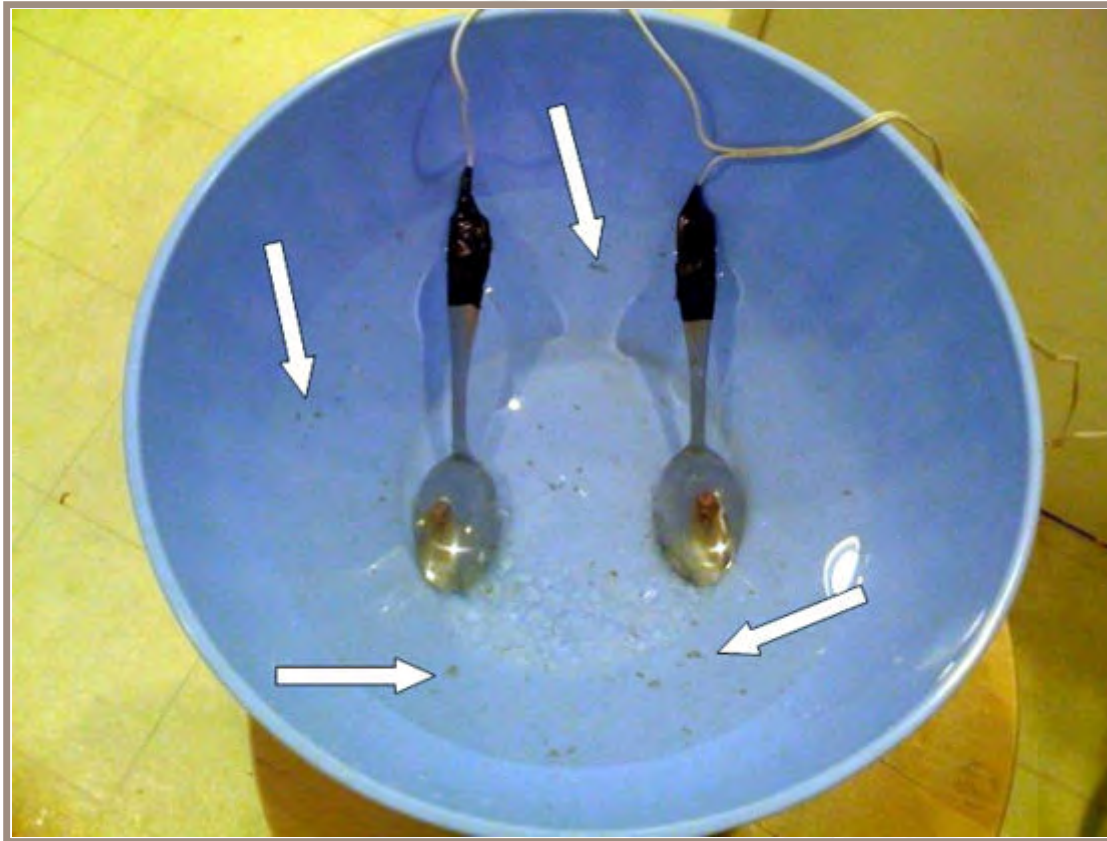
- Colonic hydrotherapy
- Chelation therapy
- Ionic foot baths



Ionic Foot Baths



Ionic Foot Baths



<http://www.wikihow.com/Test-a-Detox-Foot-Bath>

Harmful CAM Therapies

- Colonic hydrotherapy
- Chelation therapy
- Ionic foot baths
- IV therapies
- Restrictive diets
- Megavitamins
- Some herbs / supplements
 - Direct toxicity
 - Indirect: drug interactions
 - Stimulate tumor growth, immune system
- Anything used *IN PLACE OF* proven, curative, conventional treatments



Detoxification

- Human body is evolved to detoxify
 - Skin
 - Lungs
 - Colon
 - Kidney
 - Liver
- Be natural – let the body do what it's good at! Support the processes:
 - Drink plenty of fluids
 - Exercise
 - Don't put a lot of toxins in!

Why Lifestyle Medicine?

- Gives the patient control over their health and an active role in care
- Low / no cost
- Can help current concerns, also can help prevent future illness
- Sleep, exercise, mind/body, nutrition



Get Some Sleep!

- Restorative sleep improves pain, fatigue, mood
- Sleep deprived “normals” develop chronic pain
- Links: breast cancer, weight gain

Get Some Sleep!

- Behavioral approaches:
 - Don't eat, drink, exercise just before bed
 - Avoid late day caffeine , too much alcohol
 - Get consistent exercise earlier in the day
 - Pay attention to room environment
 - Establish consistent sleep times
 - Get out of bed if not tired
 - Don't nap
- Relaxation / mind-body techniques

Local resource: Sleep clinic at UCH

Marty Reite, MD; Sheila Tsai, MD; Jann Shire, NP

Get Some Sleep!

- Acupuncture
 - Review supportive
 - Cochrane “inconclusive”
- Massage
- Supplements
 - Melatonin
 - Valerian
- Mind/body techniques
 - CBT
 - Yoga
 - Relaxation
 - Tai Chi

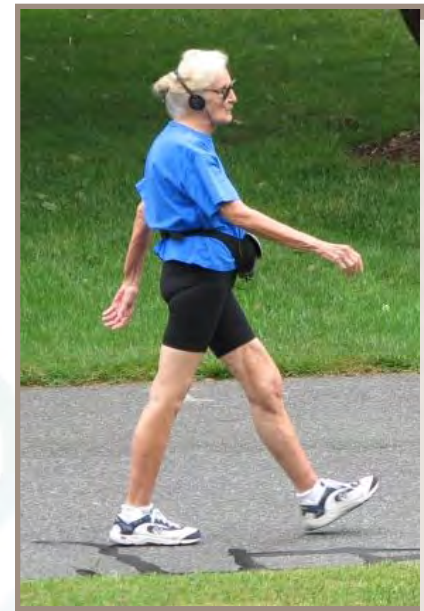


Cheuk et al. Cochrane DB 2012.
Zhao. Intl Rev Neurobio 2013.

Exercise

- Decreases fatigue
- Decreases chronic pain
- Improves sleep
- Helps arthritis, hypertension, diabetes, heart disease, hyperlipidemia, weight, depression, BMD
- Decreases cancer occurrence / recurrence
- What to “take” for my immune system?

EXERCISE!



Exercise Recommendations

- 150 min of moderately vigorous activity weekly
- **OR**
- 75 min of vigorous activity weekly
- **AND** 2 sessions of strength training



Simple Exercise Prescription:

FIT

- **F**requency
 - Exercise every day
- **I**ntensity
 - Break a sweat; increase difficulty
- **T**ime
 - Start with 5 minutes daily, increase by 1 minute daily each week; goal 30 minutes



WSJ: Workouts for The Overworked

How little time do you have to tend to your physique each day?

15 minutes tops.

None. How can I exercise when I don't even have time to sleep?

Surely you could spare a few minutes while waiting for your triple-shot Venti Latte?

What's your preferred workout intensity?

Low. My life is strenuous enough already.

High. I need to make every second count.

It depends on the day.

How discreet do you need to be?

Very. I work in a cubicle, surrounded by judgmental co-workers.

Exercise is nothing to be self-conscious about.

What ails you most?

My head, neck, and shoulders

My psyche.

Do you want consistency or variety in your regimen?

I'm too old to learn new tricks.

Variety is the spice of fitness!

Illustrations by Luc Guillevet for The Wall Street Journal. Photo Illustration: Getty Images

1 Minute Desk Workout (iOS, free) and **Office Exercise & Stretch Pro** (Android, \$1.50) both demonstrate stretches that you can perform anywhere. The former has simple one-minute exercises, such as hand squeezes and foot flexes; the latter addresses common office conditions, like stress and flagging energy.



With **Headspace** (Android and iOS, free), a serene-sounding (and unannoying) Englishman explains how to "sit quietly in your body" and "unwind your mind." The series of 10 ten-minute meditations that come free with the app talk you through the basics of its meditation style: at what pace to breathe, where to place your hands and how to listen mindfully.



Barre3 (iOS only, \$5) features low-impact ballet barre-style workout videos that are roughly 5 to 12 minutes long. All you need is a waist-level support—like a desk, kitchen counter or the back of a chair. The app will guide you through a swift series of stretches and strength-training squats and planks designed not to overtax your tired joints.



Seven (Android and iOS, free) by Perigee leads you through a "7-Minute Workout," a sequence of 12 exercises, each of which you perform for 30 seconds with a 10-second rest in between. The app stands out for its motivating rewards system and clean design. In-app purchases unlock custom voices, like cheerleader or drill sergeant, and routines that target specific body parts.



Sworlfit (Free for basic or \$4 for Pro, iOS and Android) offers a range of customizable workouts. Choose a style of exercise (cardio, yoga), an area of the body to focus on and how much time you have (sessions run 5 to 45 minutes), and the app will draw up a sequence of moves that varies each time you launch the app.



Mind-body Therapies

- Cognitive Behavioral Tx
- Relaxation techniques
- Breathing techniques
- Stress management
- Biofeedback / heart rate variability biofeedback
- Mindfulness / Meditation
- Imagery / visualization





**"You need strong medicine to relieve
your stress. I'm prescribing a puppy."**



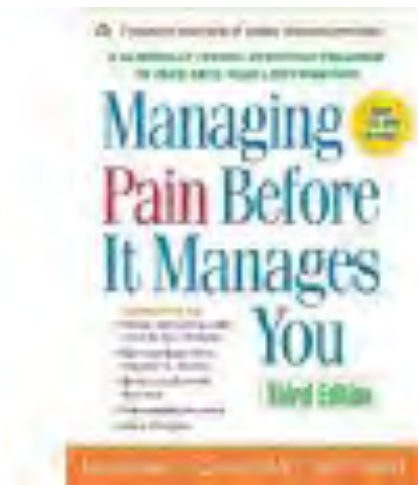
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Mind-body Details

- Typically meet with therapist 5 – 10 visits
- Patient needs to practice at home
- Often covered by insurance

Workbook:
Caudill, Margaret.



Mind-body: Highlights

- Stress reduction
- Insomnia
- Behavior change
- Symptom management
 - Pain
 - Palpitations
 - Hypertension
 - Nausea
 - Tinnitus



Nutrition

- Food is the best medicine!
- “Eat food, not too much, mostly plants”
- Common conditions: heart disease, hypertension, diabetes, cancer, irritable bowel, SIBO, fibromyalgia, arthritis, obesity, food sensitivities, celiac...

Nutrition Questions



Do I have to eat organic?



Is soy good for me?

Should I take supplements?



Does “sugar feed the tumor”?

CAM Therapies at TCFIM

- Supplements
- Nutrition
- Massage therapy
- Acupuncture
- Chiropractic



"I have to say I had a different impression
of what Reiki is all about."



Herbs and Supplements

- Three types of medicines:
 - Prescription (Rx)
 - Over-the-counter (OTC)
 - Dietary Supplements
- Unlike Rx and OTC, supplements:
 - Are not required to prove safety or efficacy
 - Burden of proof on FDA to show unsafe
 - Are not required to enforce quality control
 - GMP required but burden on FDA
 - Can vary in concentration of ingredients





"Snap out of it."



Supplements

- Quality varies:
 - Look for “USP” on the label
- Get it from food if you can:
 - Calcium
 - Omega 3 fatty acids
- Everyone needs:
 - Vitamin D! (wear your sunscreen)
- Maybe we all should consider:
 - Probiotics / prebiotics
- Seek trustworthy information
 - NIH Office of Dietary Supplements
 - UCH Integrative Medicine Program



Manufacturers More Likely to Produce Quality Products

- Costco
- Equiline / Equate
- Nature's Way
- Nature's Made
- Nature's Bounty
- Phytopharmica
- Puritan's Pride



Do you take a
supplement on a regular basis?

A. Yes

B. No

Acupuncture

Chinese Medicine Background

- Health = balance of yin and yang
- Qi = energy force created by interaction of yin and yang
- Meridians = channels that carry qi throughout the body; each corresponds with a specific organ
- Excess, deficiency, or stagnant flow of qi results in disease
- Examples of TCM diagnoses:
 - Yin deficiency and yang predominance with reduced kidney qi
 - Stomach qi rebelling

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Acupuncture

Western Medicine Background

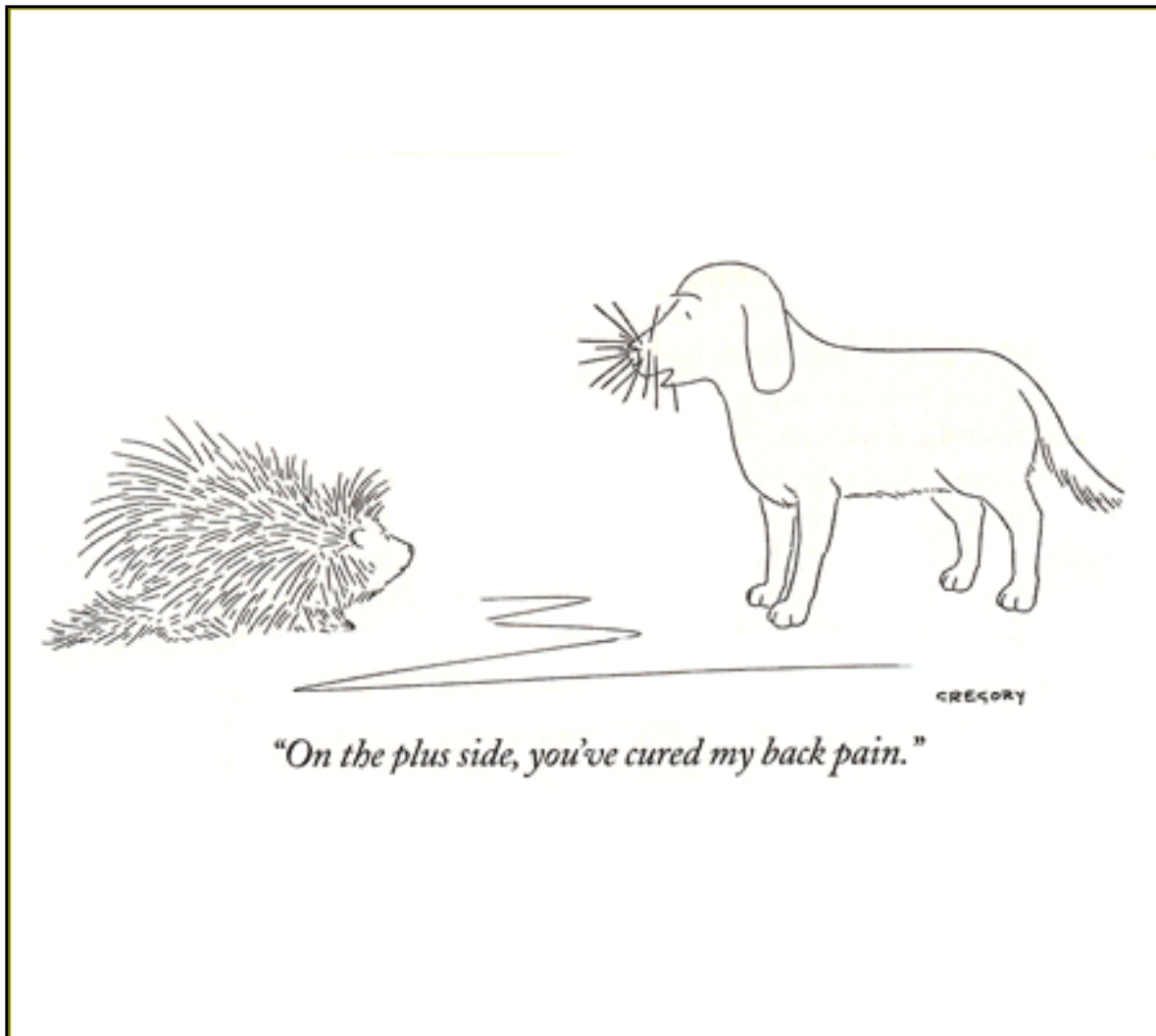
- Osler, 19th century
 - “best treatment for lumbago”
- James Reston, China, 1971
- Biological effects
 - Local nerve activation
 - Endorphins, ACTH, endogenous opioids (reversal of analgesia with naloxone)
- SPECT scanning: increased activity and reversal of asymmetry in chronic pain patients in thalamic and prefrontal cortex during acupuncture over baseline



Han JS. Neurosci Lett 2004;361(1-3):258-61.

Newberg AB et al. J Neuroimaging 2005;15(1):43-9

Mayer (1977) Brain Res



Acupuncture Highlights

- Acute and chronic pain
 - Fibromyalgia, headaches, back / neck pain, arthritis...
- Nausea
 - Motion sickness, post operative, chemotherapy related, pregnancy
- Women's Health
 - Menstrual irregularities / dysmenorrhea, menopause, fertility issues

Massage Therapy

- Developed by almost all cultures
- Many different forms
- Emphasis on improving circulation, releasing muscle tension, calming and relaxing patient





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Massage

- Generally safe. Use caution with:
 - Congestive heart failure
 - Infections
 - Blood clots / bleeding disorders
 - Osteoporosis or bone metastases
 - Pregnancy
- Registration with DORA is now required in Colorado
- Look for involvement in [AMTA](#) ; [national certification](#)
- \$77 / hour, rarely covered

Massage Highlights

- Stress reduction / relaxation
- Insomnia
- Acute and chronic pain
 - Fibromyalgia, headaches, back / neck pain
- Post operative healing
- Lymphedema
- Chronic constipation

Chiropractic



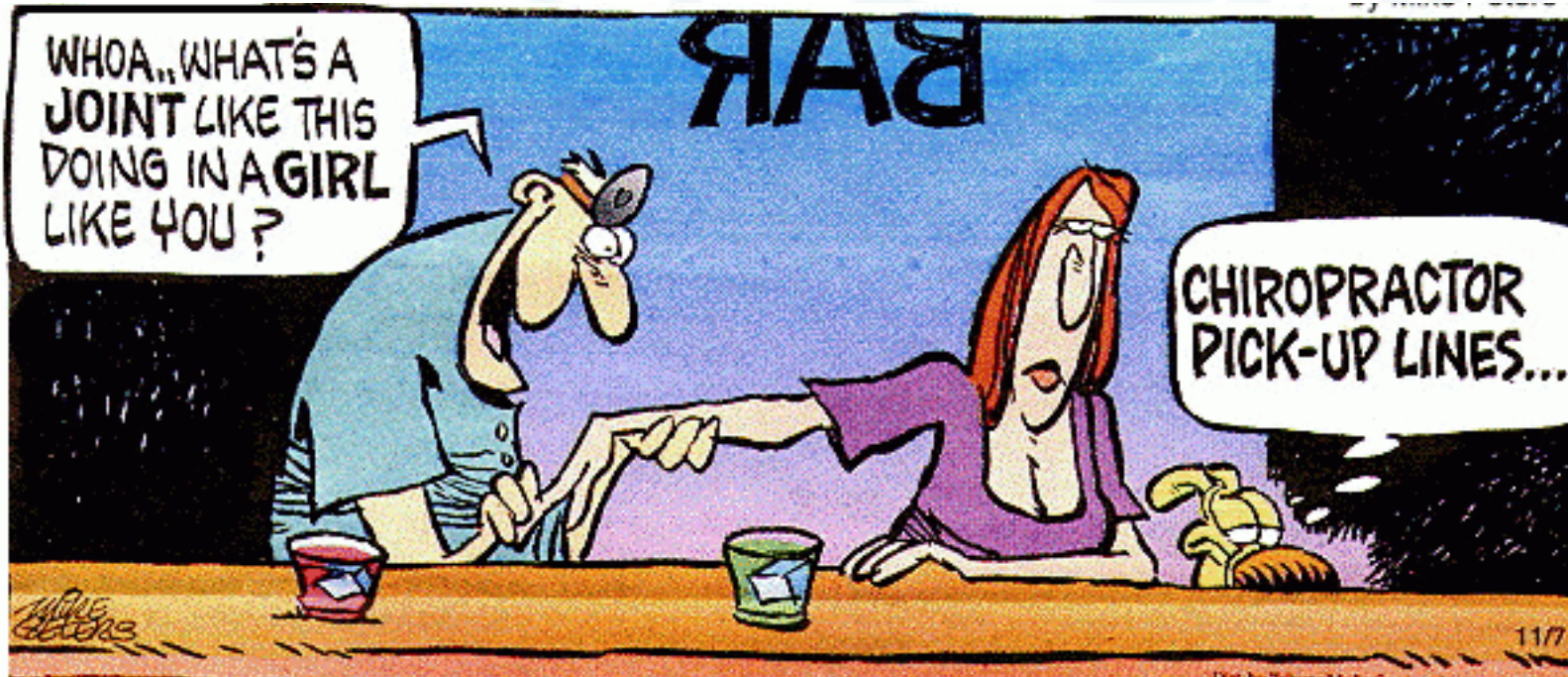
- “Manipulation” referenced by Hippocrates; Galen
- Daniel David Palmer, 1895
 - “Normalization of the nervous system” is key to health
- CAM vs. subspecialty
- Manipulation; often exercises, fitness, general health advice; acupressure, supplements
- Practice styles, practice philosophies vary

Chiropractic

- Safety – *Generally* safe
 - Local discomfort, headache, fatigue
 - Excessive xrays from some DCs
 - Stroke, dislocation, fracture rare but possible
 - Avoid high velocity neck manipulation
 - Caution: cerebrovascular disease, osteoporosis, rheumatoid arthritis, metastatic cancer, bleeding disorders
 - Philosophies and styles vary widely
 - Licensing required in 50 states; scope of practice variable. Common insurance coverage.

Chiropractic: Highlights

- Neck pain
- Back pain
- Headaches
- Other musculoskeletal problems



What the Health!

- Integrative medicine coordinates lifestyle approaches and CAM with conventional care
 - Don't use harmful CAM therapies
 - Use beneficial, safe therapies
 - Consider plausible, safe therapies
 - Don't overlook the lifestyle approaches
- Talk to your patients / providers
- Integrative Medicine at CU is thriving and expanding
- Get involved:
 - Join the CAMPUS group
 - Come to Strauss – Wisneski lectures





“Be open minded, but not
so open minded that your
brains fall out”



Widely attributed

More information

- www.uch.edu/integrativemed
 - Read patient stories, links to more info
 - See upcoming events
 - eNewsletter
- Find us on [Facebook](#)
- Lisa.corbin@ucdenver.edu
- Nationally: www.imconsortium.org
- [Strauss-Wisneski Collection](#)

Internet resources

General CAM resources:

Online modules and patient handouts:

www.fammed.wisc.edu/integrative/modules

National Center for Complementary / Alternative Medicine:

nccam.nih.gov

Health Science Library's Strauss-Wisneski Complementary and Indigenous Medicine Collection – the website has links to other resources and journals and books held in the collection:

<http://hslibrary.ucdenver.edu/strauss>

Academic Consortium for Integrative Medicine and Health:

<http://imconsortium.org/index.cfm>

Bravewell Collaborative: <http://www.bravewell.org>

AlterMed Research Foundation: <http://www.altermedresearch.org>

Herbal / Supplement resources:

USP Dietary Supplement Verification Program

www.usp.org/USPVerified/dietarySupplements

Natural Medicines Comprehensive DB: www.naturaldatabase.com

NIH information on supplements: <http://ods.od.nih.gov/>

;

Acupuncture

National Certification Commission for Acupuncture and Oriental Medicine:
<http://www.nccaom.org>

American Academy of Medical Acupuncture: www.medicalacupuncture.org

Massage

American Massage Therapy Association: www.amtamassage.org

Massage research database: <http://www6.miami.edu/touch-research/index.html>

Chiropractic

American Chiropractic Association: <http://www.acatoday.org/>

Naturopathy

American Association of Naturopathic Physicians:
www.naturopathic.org

Finding a Good Practitioner

- Training and licensure
- Experience with condition
- Expected benefits
- Risks
 - Direct risks or side effects, interactions?
- Costs / reimbursement
- Time frame / progress assessment
- Ability to work with conventional providers



THE CENTER FOR INTEGRATIVE MEDICINE
ANSCHUTZ OUTPATIENT PAVILLION

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