healthy you

UCSF Osher Center Quarterly Newsletter

University of California San Francisco
UCSF
Osher Center for Integrative Medicine

Winter 2010: The Future of Integrative Medicine

The UCSF Osher Center for Integrative Medicine offers a dynamic approach to health, healing and prevention by integrating modern medicine with established practices from around the world.

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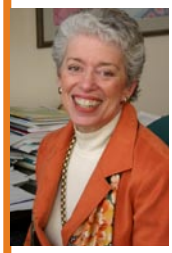
Did you know...

Sleep is an important time for the body to perform restorative functions and for the mind to organize and store the day's events. In fact, the body does most of its healing during sleep.

Read some tips for healthy sleep on page 7.

Welcoming Margaret Chesney, PhD, New Director of the UCSF Osher Center!



Dear Friends,

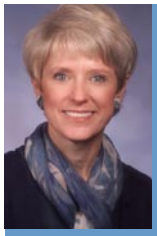
During my tenure, I have had the honor and privilege of working with the truly outstanding team at the UCSF Osher Center. We have accomplished a great deal over the 10 years, and integrative medicine continues to be a growing field.

Now, the Osher Center has a wonderful new director, Margaret A. Chesney, PhD, who was appointed by Dean Sam Hawgood effective Jan. 1, 2010. Dr. Chesney brings an extraordinary record of scientific achievement and leadership in integrative medicine to the center.

I am truly optimistic about the Osher Center's future. Under Dr. Chesney's leadership, UCSF will continue to build its reputation as a national leader in the field.

Warmly,

Susan Folkman, PhD
Professor Emeritus, UCSF



The Medical Landscape is Changing

Increasingly, providers and the public are endorsing the philosophy of integrative medicine (IM): treat the person, not just the disease; form a partnership between patient and provider; and care for the mind, body and spirit at the same time. A recent government survey indicates that almost 40% of adults and more than 10% of children report using these approaches in the last 12 months, which translates into an "out of pocket" annual cost of $33.9 billion.

One of the reasons we see this change is that there is more information about health available today than was publicly available even a decade ago. Consumers are not only seeking information about treatment of serious conditions, but are engaging in a pro-active search for strategies to enhance health and well-being. In addition, the face of the IM consumer is diversifying to include young adults and new families, along with "baby boomers" and older adults. We see these trends in our own clinic at the Osher Center. Patients seek guidance on mindfulness for childbirth preparation, acupuncture for pain relief, guided imagery to ease surgical stresses, and antioxidants for cancer prevention.

Integrative medicine at the Osher Center focuses on treatment ***and*** prevention, healing ***and*** wellness. Just as the care in our clinic is holistic, our research also takes into account the person and the environment. Nationally, a small number of chronic disorders cost the nation the bulk of its health care expenditures, and many of these disorders may be preventable. We need to clarify how environmental and personal stresses, as well as unhealthy lifestyles, compromise health. How does living with competing demands and time pressure impact everything from our breathing to our diet? How do individual adaptations to stress elevate our risk for disease? A "holistic" approach to research holds the key to new discoveries.

The Osher Center is breaking new ground, using this approach in projects on diabetes, hypertension and other chronic conditions. Our improved understanding of the relationship between behavior, physiology and disease development provides the rationale for integrative approaches that empower people for more mindful and effective navigation in today's world. Thus, our research leads to approaches that will be shared with patients in our clinic. Over the long term, these strategies hold the promise of improving health while reducing health care costs dramatically, in ways with which the approach of waiting until disease strikes to apply treatment can never compete.

The dawn of the decade provides an opportunity for reflection and the establishment of new directions. For me, it is a perfect time to take on this leadership position as Director of the UCSF Osher Center and to have a position that enables me to continue my personal and professional goal of promoting health, preventing disease and working to transform medicine so that it offers compassionate care, addressing the full spectrum of health and well-being to all of those who seek treatment.

Sincerely,
Margaret A. Chesney, PhD
Director, UCSF Osher Center for Integrative Medicine

Best Medicine

By Kevin Barrows, MD

It is a rare and precious opportunity to practice integrative medicine at the UCSF Osher Center. We are at a unique place and in a unique moment in time where a tremendously inspiring new mode of healing is being born. This moment represents a time of unprecedented modern scientific discovery, alongside an unprecedented understanding of the major ancient healing traditions. At the same time, we are seeing a crisis in the conventional healthcare system that demands something new.

The Wisdom of the Past Creates a Bridge to the Future

Integrative medicine draws from deep roots in the past, yet it also creates a new medicine for the future. Eastern traditions—like Chinese Medicine and Ayurveda—add stability and a kind of gravitas to the new creation that is Integrative Medicine. These traditions have deep roots in treatment and prevention and provide tremendous therapeutic options for the modern integrative physician. Yoga, as another example, has a long history, and the greater healing system within which it is embedded, Ayurveda, is in ascendancy in the West. Mindfulness has also contributed greatly to our understanding of health and healing, so greatly in fact that many integrative medicine centers such as ours consider it foundational.

"There is a sense of mission that many of us clinicians have in the field of integrative medicine. We want nothing less than to change the way medicine is practiced. By integrating the best of what ancient and modern humankind has discovered, we strive to practice 'best' medicine."

Some of the deep roots that integrative medicine draws from also come from the West. There are contributions such as Western herbalism, manual medicine and psychotherapy, but equally important are the contributions of method. Western medicine gives us a venerated method for diagnosis and for the study and understanding of disease at a structural level. The tradition of Western medicine at its best also gives us a deeply compassionate, effective and culturally appropriate model for the doctor-patient relationship.

Demand for Somethng New

Now is certainly the moment to bring together the best of modern and ancient to create something new, something better. There is no doubt that the present day healthcare system in America is in crisis. Integrative medicine in many ways is a remedy for a healing system that is itself ill because it:

- restores the doctor-patient relationship to its rightful role in the center of healing;
- attends to the emotional and spiritual dimensions of well-being; and
- offers true prevention and wellness solutions rather than solely rescue and fix solutions.

Never before in history have we had such deep understanding and awareness of different medical wisdom traditions. Never before in history has modern medical science been so advanced. And never before in modern America have we so desperately needed a new way forward.

The Magic of Integrative Medicine

Integrating these traditions is an exciting, inspiring, creative, pioneering and urgent endeavor. In my opinion there is not a more important growing edge of medicine on which to be. The opportunity to do this at the Osher Center is a once-in-a-lifetime occurrence. The UCSF Osher Center brings together all of the magical necessary ingredients: clinical skill, professional education and training, world-class research and the generous support of farsighted donors.

There is a sense of mission that many of us clinicians have in the field of integrative medicine. We want nothing less than to change the way medicine is practiced. As is commonly said in our field, we don't practice strictly "natural" medicine, and we don't practice strictly "conventional" medicine. By integrating the best of what ancient and modern humankind has discovered, we strive to practice "best" medicine.

Did You Know? Chinese medicine, western herbalism, manual medicine and psychotherapy, among others, are offered at the UCSF Osher Center Clinic. Recommendations and treatment plans are tailored to your unique needs.

Caring for Yourself and Your Family During the Cold and Flu Season

By David Becker, MD, MPH

The dreaded cold season has settled in. As you may know, the American Academy of Pediatrics has new recommendations about cough and cold medications. They clearly state that over-the-counter medications containing decongestants, antihistamines, anti-tussives and/or expectorants have no consistent data to support their effectiveness in young children.

There are a wide range of natural health products that have been used for cold and flu treatment or prevention, some for thousands of years. The evidence base for efficacy of most of these is fair at best, yet they are generally safe. Here is a brief overview to help prepare you and your family.

The Basics:

Nutrition, exercise and sleep

A healthy, whole-foods diet; regular exercise; and consistent, adequate sleep are the best ways to keep our immune system functioning most effectively. As trite as it sounds, there's a lot of truth in the saying: "take care of your body and it will take care of you!"

Hand washing

Viral infections are easily passed around by hanging out on doorknobs and other surfaces in public places. Regular hand washing is the best way to prevent this type of spread. While I don't advocate regular use of alcohol hand wipes, they can be helpful during travel times when large crowds and airports are unavoidable.

Saline nasal rinse

When young infants catch a cold, one of the best ways to help clear the nasal passages for easier sleep and feeding is to place three or four drops of a saline solution in their nose. Despite the marketing of bulb suction devices, they can be more traumatic than they're worth. Just let your infant sneeze out or swallow the saline. This can give your child at least an hour or more of relief. For older children, teens and adults, learning to use a neti pot or similar device can have a similar effect. Research in adults shows a nasal saline wash to be as effective as antibiotics for sinus infections, yet children often have a hard time learning to do this.

Vaporizers

Cool mist vaporizers can be helpful, especially if the air in your home is dry.

Treatment:

Chicken soup (with garlic)

A few basic science studies have demonstrated antiviral properties of chicken soup and garlic. Whether this explains why it's been such a popular home remedy for so long is not clear. But if your child likes it, stick with it!

Elderberry

Elderberry has been studied in the laboratory, and there appear to be properties of elderberry that help fight influenza infections.

Ginger

Ginger may have antiviral properties. It can be taken as candied cubes and as a tea. Its taste is strong, though, and many children may not like it.

Honey

A single study of the use of buckwheat honey at night found that it can diminish cough in children. Honey should not be given to children under one year of age due to the risk of botulism.

Zinc lozenges

When taken frequently through the day early in a cold, zinc lozenges may shorten the duration of symptoms. Because they can be a choking hazard and ideally should be sucked on rather than bitten and chewed, they are best suited to older children. Zinc also comes in a spray form, but there have been reports of nasal irritation and side effects that may be of concern in children.

I have listed a lot of options. The purpose of this list is less to give you a prescription of what to use, and more to update you on what's known so that you have options. You may choose to stick with what's worked for you and your family in the past or to try something new. Remember that when offered with care, love and a reminder to your child that they will get better soon, whatever you use will be strengthened by your attentiveness and encouragement.

Neither the UCSF Osher Center nor Dr. Becker are advocating for the use of any specific products or brands. Neither has financial ties with any pharmaceutical or natural health product company.

Dr. Becker offers more tips for families in his online web column.

Winter and the Water Phase: A Traditional Chinese Medicine Perspective on Staying Healthy During the Winter Months

By Joseph Acquah, LAc, OMD
Acupuncturist and Traditional Chinese Medicine Practitioner

During the winter months, there is less sunlight and more darkness. It is not uncommon for many of us to experience the urge to sleep longer, to move slower and to eat warm/cooked foods. Many of us also tend to snuggle up in warm surroundings, go to bed earlier, get up later and take more time in thought and contemplation. If you are following these urges then you are "in fact" in harmony with the season.

The wisdom of the ancients has recently been confirmed by a modern scientific study of the common cold–a disease or condition mostly often contracted in winter. In a study done at Pittsburgh's Carnegie Mellon University, researchers paid healthy adults to have cold viruses sprayed up their noses and then wait five days in a hotel to see if they got sick. Habitual eight-hour sleepers were much less likely to get sick than those who slept less than seven hours or slept fitfully. "The longer you sleep, the better off you are, the less susceptible you are to colds," says Sheldon Cohen, lead author of the study.

Recommendations

Traditional Chinese Medicine (TCM) practitioners are trained in nature's cycles and thus can customize recommendations that are the most appropriate for your unique needs. Suggestions and recommendations often come in the form of herbal formulas, diet, exercise and acupuncture to aid in harmonizing with winter. Below are some general recommendations that are helpful during winter:

The classic herbal formula known as "Jade Screen Formula" helps to build the body's defensive energy (immune system) against external pathogens (viruses) in winter.

Cooked warm food, hot salads (soups), stews, root vegetables and herbs are important for the winter diet. Carrots and ginger are good examples of winter foods. Nuts should be eaten liberally.

Acupuncture and moxibustion (an application of herbal heat) are used to stimulate the external defensive energy of the body and particularly the winter/water element.

Our mental energy also dives deep within during winter. It is not uncommon to be more reflective or thoughtful. In TCM it is said that if we listen, we, too, are nature.

Read more about the Water Phase online: www.osher.ucsf.edu/newsletter

Roasted Chicken with Potatoes, Carrots and Turnips

Ingredients

- 2 (3 1/2-pound) whole chickens (raw, with skin)
- 3 tablespoons olive oil, divided
- 1 tablespoon grated lemon zest
- 1 tablespoon chopped fresh thyme
- 1 1/4 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 4 small shallots, halved, peeled and separated
- 16 small red potatoes (1 1/4 pounds)
- 6 carrots, peeled and cut into 2-inch lengths
- 2 small turnips, peeled and each cut into 8 wedges

Preparation

1. Preheat the oven to 400°.

2. Truss chickens: Tuck wings under the chicken, tie drumsticks together with kitchen string; tie another string around the back end of the chicken, securing the wings and thighs. Rub each chicken with 1 tablespoon olive oil, half the lemon zest, and half the thyme. Season each chicken with 1/2 teaspoon salt and 1/8 teaspoon pepper, and place them in a large roasting pan. Toss the shallots, potatoes, carrots and turnips with the remaining 1 tablespoon olive oil and 1/4 teaspoon each salt and pepper in a large bowl; add to the roasting pan.

3. Roast for 30 minutes, brush both chickens with juices in pan, and stir vegetables. Continue roasting, stirring and brushing every 15 minutes, for 1 hour longer, or until juices of thigh run clear when pierced with a paring knife, and vegetables are tender.

4. Remove the chickens from roasting pan, and let stand for 10 minutes before carving. Toss vegetables with pan juices. Drain excess juice.

5. Carve the chickens, arrange on a platter with vegetables, and serve hot.

Prep: 25 minutes; Cook: 90 minutes

Yield: 8 servings (serving size: 3/4 cup vegetable mixture and 4 to 6 ounces of chicken, skin removed)

Nutritional Information: Calories: 414 • Fat: 17 g (sat 4 g, mono 8 g, poly 3g) • Protein: 46 g • Carbohydrates: 18 g • Fiber: 3 g • Cholesterol: 135 mg • Iron: 3 mg • Sodium: 353 mg • Calcium: 55 mg.

Source: *Health Magazine*

Advancing the Field of Integrative Medicine Research

By Rick Hecht, MD, Research Program Director

As Director of Research at the UCSF Osher Center, I am concerned with how to best apply rigorous research methods to studying Integrative Medicine. The randomized, controlled trial—the gold standard test of modern medicine—was designed for studying conventional drugs. At its most rigorous, it blinds both participants and researchers, meaning that neither knows who is receiving real treatment and who is receiving a placebo. This works nicely for drug treatments because it is easy to prepare identical capsules with real and placebo drugs. 'Blinding' the study prevents bias on the part of either the patient or the researcher from influencing the study results. Much evidence indicates that the risk of bias is real and influences study results that employ weaker designs.

Applying Rigorous Research Methodology and Design to our Study of Integrative Medicine

The blinded, randomized, controlled trial doesn't translate directly to the study of treatments like yoga or meditation. If we study these approaches with the current model of a randomized, controlled trial, are we trying to put a square peg in a round hole? This creates big challenges for randomized controlled trials, which typically test only one treatment at a time. Worse yet, trying to apply Western methodology to these systems often distorts the therapies in ways that make the study a mangled representation of authentic treatment.

A Call for More Creative Research Designs

We realize that many of the treatments we want to evaluate in integrative medicine don't fit neatly in the model of traditional randomized, controlled trials. But instead of throwing out the method, I believe this challenges us to be creative as researchers and come up with better ways to combine rigorous scientific methods with effective and valid ways of testing integrative treatments. But, how do we do this?

We are in the final stages of testing the effects of a meditation treatment, Mindfulness Based Stress Reduction (MBSR), in HIV infection. Prior studies have suggested benefit, but have had weak scientific designs. One problem that has plagued studies like this is that even when they involve randomized designs, one group has gotten no treatment at all. Unlike a drug, it is essentially impossible to design a study in which one group gets "placebo meditation" while the other group doesn't know it is learning meditation. Instead, we designed a trial in which both groups got an active treatment: one group got MBSR while the other group got an HIV self-management group that allowed them to meet other persons with HIV and discuss coping strategies. In this case, the study allows us to examine whether the meditation techniques taught in MBSR provide benefits beyond those of participating in an expert-facilitated group with other HIV+ people.

What about systems like Traditional Chinese Medicine and Ayurveda? They are based on different concepts than Western medicine and treatments typically involve several different elements, such as acupuncture and herbs. This creates big challenges for randomized controlled trials, which typically test only one treatment. In addition, physicians expect diagnoses with which they are familiar to define the problem under study–not diagnoses such as wind in the lower burner.

The Future of Integrative Medicine Research

With creativity, there are ways to address these challenges. One of our junior researchers, Anand Dhruva, MD, received NIH funding for the next five years to develop a new way of studying Ayurvedic treatments. He will use what is called a manualized method for women with breast cancer. In this approach, Anand will interview expert Ayurvedic practitioners to develop agreed upon effective treatments for fatigue following chemotherapy. This will allow a randomized, controlled trial to compare the benefits of treatment that integrates the Ayurvedic diagnosis with the benefits of conventional cancer care and educational support.

Through innovative methods that are based in a deep understanding of both scientific methods and the treatments we are studying, we believe we can advance our understanding of what treatments really work and how best to apply them. This is what Integrative Medicine research means to me. Improving the treatment we can provide our patients is the promise I believe this research holds. Doing this level of rigorous research is challenging. But there are not easy short-cuts to changing medical practice based on solid evidence.

Want to enroll in a research study?
Visit www.osher.ucsf.edu/research/enroll.html

Looking Ahead in Integrative Medicine Education

By Shelley Adler, PhD, Education Program Director

Medical education in the United States is on the threshold of fundamental change. Currently, medical students spend their first two years learning the scientific foundation of medicine through academic discourse in the traditional format of lectures and small group sessions. For the second two years, they typically move to clinical clerkships, hands-on training where they begin working primarily with patients. While this format has been effective, a recent report from the Carnegie Foundation calls on U.S. medical schools to undergo a paradigm shift in how medicine is taught.

There will be a transition from the tradition of large lecture hall instruction to an emphasis on team-based, small group sessions; individualized learning; and an emphasis on clinical training, starting at the beginning of the first year of medical school[1]. Instead of being taught the scientific foundation separate from practical clinical training, students of the future will learn these two important components of medicine side-by-side. This curricular reform represents an evolution in medical education, and UCSF is taking a pro-active approach. We are hard at work to improve UCSF's already outstanding medical school curriculum by creating an even more efficient, effective, and supportive learning experience for students.

For the Osher Center, this provides a unique opportunity. In most medical schools that include content in integrative medicine, the emphasis is on complementary and alternative medicine (CAM) components, such as massage or acupuncture. Medical schools need to include information about these healing approaches in the standard curriculum so that all graduating physicians are able to communicate effectively with their patients about CAM treatment options and offer them informed advice. But we see even greater reasons to include integrative medicine as a key component in medical education. Medical schools are defining the mission of health care in progressively broader terms that are conceptually similar to the principles of integrative medicine. These principles include partnership between patient and practitioner; consideration of all factors that influence health, wellness and disease; collaborative, interprofessional health care; and promotion of health and the prevention of illness, as well as the treatment of disease.

My vision for the future of our education program is to have medical students practice integrative medicine philosophies, like patient-provider collaboration, whole-person health, and early intervention, at the same time as they are learning about integrative treatment options. The anticipation of curriculum reform based on the Carnegie Report opens the door for the further development and implementation of integrative medicine educational components for health care professionals of the future.

[1]This recommendation comes from a recent study by the Carnegie Foundation for the Advancement of Teaching: the *Study of Medical Education*, co-directed by Drs. David Irby and Molly Cooke of UCSF.

We All Need a Good Night's Sleep

By Marcia Degelman, CMT, Integrative Medicine Specialist

The amount of sleep needed varies by individual, but quality of sleep is more important than the hours spent in bed. Sleep is important for glucose metabolism, as the hunger hormone "gherlin" tends to rise when we don't get enough sleep. This makes us want to eat more and over time creates a tendency for cells to become less sensitive to glucose, making us more susceptible to weight gain and diabetes.

So what can you do? Following some simple steps of **"sleep hygiene"** can help you get a good night's sleep:

- Go to bed and wake up at the same time every day.
- Have your bedroom as dark and quiet as possible.
- Leave the TV, the computer and the cell phone out of the bedroom.
- Exercise more than four hours before going to sleep.
- Limit caffeine intake after 4 p.m.
- Snack on a handful of sunflower seeds an hour before you want to go to sleep. Sunflower seeds are high in the amino acid tryptophan, which converts to serotonin, a relaxation hormone.
- Take a hot bath an hour before you want to go to sleep. Afterwards, as your body cools down, you will start to feel sleepy. Listen to your body, and when you are ready, go to sleep.

In 2008, Marcia published *Explaining Health,* which offers more tips for healthy living.

UCSF Osher Center for Integrative Medicine
Visit our newsletter online: www.osher.ucsf.edu/newsletter

UCSF Osher Center Events*

February	
February 1 - Class, every Monday	Gentle Chair Yoga
February 9 - Class Starts	Mindfulness-Based Stress Reduction
February 10 - Free Class, every other Wednesday	Laughter Yoga
March	
March 11 - Lunchtime Lecture	Learning to Relax
March 13 - Class	Saturday Yoga Mini-Retreat
March 27 - Class	Mind in Labor
April	
April 19 - Free Workshop, every other Monday	Prepare for Surgery
April 28 - Free Information Session	Mindfulness-Based Stress Reduction

*This is not a comprehensive list. For a full list of public programs go to www.osher.ucsf.edu.

Give the gift of health!
Massage gift certificates are available through our clinic.

Did you know...
You can now view upcoming classes and register online! Visit www.osher.ucsf.edu/register to learn more.

We'd love to hear from you.
Send comments, feedback and requests to receive our newsletter electronically to: ocim@ocim.ucsf.edu.

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UCSF Osher Center for Integrative Medicine
1701 Divisadero Street, Suite 150
San Francisco, CA 94143-1726

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