PRESENTING:
The Center for Integrative Medicine at the University of Colorado

BY:
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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
2002
The Center for Integrative Medicine

- 720-848-1090
- [www.uch.edu/integrativemed](http://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
Necessary evil. Who do I refer?
Patient Volume by Year

Number of patients

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 Parkinson's
- 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
- 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.”

**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.
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

• 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. Intnl 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

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 Headpace (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 Farzige 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.

Sworkit (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.”
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

- Should I take supplements?
- Do I have to eat organic?
- Is soy good for me?
- 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.”
What herb should I drink to help me sleep?

That depends on whether you want to wake up again.
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
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

Mayer (1977) Brain Res
“On the plus side, you’ve cured my back pain.”
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
A MINOR LAPSE IN JUDGEMENT BY GUMBY
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](http://www.uch.edu/integrativemed)
  - Read patient stories, links to more info
  - See upcoming events
  - eNewsletter
- Find us on [Facebook](https://www.facebook.com)
- [Lisa.corbin@ucdenver.edu](mailto:Lisa.corbin@ucdenver.edu)
- Nationally: [www.imconsortium.org](http://www.imconsortium.org)
- [Strauss-Wisneski Collection](http://www.ucdenver.edu)
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
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