



Lisa Levinson

Alexander Practitioner Joins the Center for Integrative Medicine

Back pain is the leading cause of disability in America. In a study of over 500 back pain patients published in the British Medical Journal, individuals who took lessons in the Alexander Technique showed an 85% reduction in pain compared to the control group. Long-term pain relief was still in effect one year after the study began.

Developed by Frederick Matthias Alexander in the 1890s, the Alexander Technique is an awareness and movement-based modality. It is an intelligent and effective way to solve common, repetitive movement problems that can cause chronic pain and is also used to prevent additional injury and enhance performance.

The Alexander approach has also been shown to be effective in helping people with hip and neck disorders, postural problems, migraine headaches, stress, and breathing disorders such as asthma.

Lisa Levinson is an AmSAT-certified teacher of the Alexander Technique and a Registered Somatic Movement Therapist. Since 1998, she has been teaching the Alexander Technique to actors, musicians, people with chronic pain issues, and people interested in improving their general state of well-being. She is very excited to be bringing this work to the Center for Integrative Medicine. Book your appointment now at **412-623-3023**.

A Message from the Medical Director – Ron Glick MD

What do you think of when you hear the term *Integrative Medicine*?

If you are like most people, you probably think of complementary therapies such as acupuncture, massage, chiropractic and so on. Integrative Medicine can also mean that the patient is an active, essential, integrated partner in their own healthcare – learning how to take responsibility for his or her body and health and not leaving all the decisions to the “experts.”

While we find that most of our patients here at the CIM tend to have a holistic mindset and healthy lifestyle orientation, integrating positive behaviors into a busy life can still be difficult. However, it is possible to improve your overall health now by making a few small changes and sticking to them.

We’ve all been overexposed to various fad diets that help us to lose those few pounds quickly but unfortunately the results are hard to maintain. Or we get our minds set on getting into an exercise program, but that can be hard to maintain as well when you get home late from work and you’re exhausted and starving.

The key to integrating a holistic mindset into your life is to try to build in a little something in each of the major lifestyle areas: diet, stress management, and exercise. Even minor changes like these can cumulatively have a big impact.

DIET: Try to get closer to eating the 5-9 servings of fruits and vegetables that the American Cancer Society says we should be eating daily (Gummy Bears don’t count,

sorry) and take the time to notice textures, colors, and flavors.

EXERCISE: walk for 15 minutes during your lunch break, or take the stairs for anything 3 flights or less. Or how about parking at the far end of the parking lot to get in more daily steps?

STRESS MANAGEMENT: practice letting go of mental clutter for 30 seconds, and breathing in for 5 seconds and out for 5 seconds. This works even at a stop light, although it’s a good idea to keep your eyes open if that’s the case!

The key to making these small changes work in the big picture is to do them every day. You may even find the changes become contagious and spread to other areas of your life – and that’s a positive contagion we can all get behind.

Spotlight on Chiropractic

At the UPMC Presbyterian Shadyside Center for Integrative Medicine, we offer a wide array of complementary services including Acupuncture, Chiropractic, Massage Therapy, Structural Integration, Integrative Psychiatry/Psychology, Naturopathic Counseling, Integrative Medicine, Alexander Technique, Biofeedback, and more. Classes include Yoga, Tai Chi and Mindfulness Based Stress Reduction. Of our many treatments offered we would like to spotlight chiropractic in this edition of the CIM News.

Chiropractic is a hands-on therapy involving spinal manipulation to treat musculoskeletal disorders like back and neck pain and headaches.

Doctors of chiropractic therapy believe that when the spinal column becomes stressed and strained an imbalance is created within the nervous system and muscles which can lead to pain and poor health.

Chiropractic has come a long way since it was first developed in 1895. Dr. Dan Miller uses one of the more advanced and scientific methods – the Gonstead technique. This approach involves thorough analysis followed by gentle corrections that are applied in a precise, bio-mechanically specific manner. Dr. Miller has been practicing at the center for over 10 years and his “less is more” philosophy means fewer treatments are better and more effective than too many.



Dr. Dan Miller, DC

Chiropractic is typically covered by most insurances including UPMC.

For more information or to schedule an appointment for this or any of our services, please call the Center for Integrative Medicine at **412-623-3023**.

1st Annual Amy Stine Workshop on Holistic Medicine



Dr. Amy Stine

The staff at the CIM was honored to work with UPMC Shadyside in organizing the First Annual Amy Stine Workshop on Holistic Medicine. Amy Stine was a much beloved integrative medicine physician in the North Hills with a private practice addressing body, mind and spirit. This workshop was offered in her memory and provided healing concepts for both the medical professional and the public.

Dr. Wayne Jonas, the keynote speaker, is a national leader in integrative medicine and author of over 150 publications and five books. Dr. Jonas discussed steps individuals can take to create an Optimal Healing Environment, which is one where the social, psychological, spiritual, physical and behavioral components of healthcare are oriented toward support and stimulation of healing and the achievement of wholeness.

Other lecturers spoke on topics related to bio-identical hormone replacement, nutrition, supplements, grieving, and pain management.

Amy's husband and parents have established a fund through the Shadyside Hospital Foundation to support physician and community education in integrative and holistic medicine. The first workshop was attended by over 250 people. The response was overwhelmingly positive with many attendees indicating that they are eager to attend further programs like this in the future. We at the Center were proud to be a part of this event and look forward to working with Amy's family on next year's workshop.

The Center for Integrative Medicine at UPMC Shadyside is the first hospital-based center in Pittsburgh to combine natural healing practices with conventional medicine. "Integrative medicine" refers to the incorporation of evidence-based complementary therapies into conventional treatments for patients. Integrative medicine is meant to work in conjunction with traditional medicine, providing a more holistic approach to healing — mind, body, and spirit.



Research Opportunities

CURRENTLY RECRUITING: ACUPUNCTURE FOR INSOMNIA

WHO can participate?

You may be eligible if you are:

- Between 18 -60 years
- Currently experiencing insomnia
- Able to read and write English

WHAT is involved?

Participants will receive:

- Acupuncture
- Compensation for parking and time

For more information call

412-623-2374

COMING SOON:

A COMPARISON OF CHIROPRACTIC METHODS FOR LOW BACK PAIN

UPMC Study Tests Acupuncture as Insomnia Remedy

PITTSBURGH -- Insomnia can lead sufferers to try everything from pharmaceuticals to a warm glass of milk to soothe their restless nights, but a UPMC study is testing a centuries-old technique in hopes of finally providing some sweet dreams.

The study, funded by the National Institutes of Health, has been using acupuncture as a remedy for insomnia.

"In the Chinese medicine literature, acupuncture is reported to 'cure' insomnia," said Dr. Ronald Glick, of UPMC's Center for Integrative Management.

Patient Anna Squilla told WTAE Channel 4 Action News anchor Sally Wiggins that the treatment has done nothing but help.

"For me, being very apprehensive coming in, not expecting it to work at all to be quite honest, it worked within two weeks," said Squilla. Glick said he needed to measure acupuncture's effectiveness against western medicine standards.

After working several years to get federal approval, they started with their first patient, Squilla, one year ago.

"I was really desperate. I had a radical hysterectomy at the beginning of 2008, then I was diagnosed with breast cancer not long after that," said Squilla. Squilla said she found two studies online, but her cancer treatments disqualified her from one using medication.

"I was nervous about the needles. I had never had acupuncture. Some of the medications that I take for cancer leave me with muscle and joint pain," said Squilla. "I was afraid it was going to hurt. They really worked with me. I have to say they stood on their heads and made everything really work."

Several patients have reported improvements, but two years still remain in the study. "Hopefully there will be larger studies and hopefully we'll convince health insurance companies to pay for using acupuncture for treating insomnia and other conditions like this," said Glick.



Squilla, who has completed her part in the study, said she continues to pay about \$65 per session and that it's worth "every penny."

"It worked within two weeks"

Source: ThePittsburghChannel.com

The UPMC Center for Integrative Medicine is dedicated to increasing knowledge about the effectiveness and safety of complementary and integrative medicine approaches. Other integrative medicine modalities may not have been subjected to the same level of scientific inquiry as western medicine treatments. The Center for Integrative Medicine, in concert with the University of Pittsburgh, is actively pursuing research to support the benefits of these therapies.

September

Date	Time	Description	Fee	Instructor
9/2 - 11/4 Thurs	7 am	Tai Chi Class – 10 wk session UPMC Employees: 75 Healthy Points	\$100	Joseph Bozelli, MMQ
9/7 - 11/9 Tues	6 pm	Tai Chi Class – 10 wk session UPMC Employees: 75 Healthy Points	\$100	Joseph Bozelli, MMQ
9/8 -10/27 Weds	6:30- 8:30pm	Mindfulness Meditation Class UPMC Employees: 75 Healthy Points	\$300	Carol Greco, PhD
10/17 Thurs	5:30pm	“Everything You Know About Muscle is Wrong”	Free	David Lesondak, BCSI

October

Date	Time	Description	Fee	Instructor
10/4 -12/6 Mon	3:15 pm	Yoga Level 2 – 10 wk session	\$125	Alicja Walczak, MS,CRS
10/4 -12/6 Mon	4:30 pm	Yoga Level 1 – 10 wk session	\$125	Alicja Walczak, MS,CRS
10/6 -12/4 Weds	5:30 pm	Yoga Level 1 – 10 wk session	\$125	Alicja Walczak, MS,CRS
10/21 Thurs	5:30pm	“Becoming Your Own Best Friend”	Free	James Donnelly, MA

Center for Integrative Medicine TeamNeal Ryan, MD, *Director*Ronald Glick, MD, *Medical Director***Administrative**Jeanette Adams
*Administrative Manager*Kathy Ronczka
*Secretary*Gail Chalmers-Blair
*Office Assistant*Linda O’Toole
*Office Assistant***Research**J. Megan DeBertrand
*Research Coordinator*Chelsea Lamberg
*Research Associate*Adam White
*Research Associate***Practitioners**Joseph Bozelli, MMQ
*Tai Chi, Qi’Gong Teacher*James Donnelly, MA
*Psychotherapist*Carol Greco, PhD
*Asst. Prof. Psychiatry*Deborah Grice Conway PhD
*Psychotherapist*John Laird, ND
*Naturopath/Nutritionist*Jessie V. Larson, NCTMB
*Massage Therapist*David Lesondak, BCSI
*Structural Integrator*Lisa Levinson, Am SAT
*Alexander Therapist*Dan Miller, DC
*Chiropractor*Sharon Plank, MD
*Integrative Med. Physician*Michael Schneider, PhD, DC
*Asst. Prof. of PM & R*Erin Simon, CMT.LLC
*Massage Therapist*Tricia Smith, LAC, MAC
*Acupuncturist*K.K. Teh, LAC, MAC
*Acupuncturist*Stephanie Ulmer
*Shiatsu Therapist*Alicja W. Walczak, MS, CRS
Biofeedback, Yoga Instructor