



# The Inaugural Integrative Medicine Research Forum

November 3<sup>rd</sup>, 2014

*Hosted by*

**Osher**  
Center for  
Integrative  
Medicine

## Program



**HARVARD**  
MEDICAL SCHOOL



**BRIGHAM AND  
WOMEN'S HOSPITAL**

At The Joseph B. Martin Conference Center at Harvard Medical School

## ~Schedule~

12:00 pm Registration, Light Lunch and Poster Viewing

1:00 pm **Welcome and Opening Remarks**

*David Golan, HMS; Herbert Benson, MGH; Helene Langevin, HMS/BWH*

### **Keynotes**

*Albert-László Barabási, NEU; David King, Exaptive Inc.*

### **Poster Synopsis Medley**

2:30 pm Coffee Break

3:00 pm **Overview of Integrative Medicine Programs:**

Session Chair: Vitaly Napadow, Martinos Center, MGH

*Peter Wayne, Osher Center for Integrative Medicine, HMS/BWH*

*Greg Fricchione, Benson-Henry Institute for Mind Body Medicine, MGH*

*Jennifer Ligibel, Zakim Center for Integrative Therapies, DFCI*

*Gloria Yeh, Integrative Medicine Program, BIDMC*

*Charles Berde, Division of Pain Medicine, BCH*

*Robert Saper, Integrative Medicine, BMC*

*Richard Glickman-Simon, Family Medicine, TUSM*

*Zev Schuman-Olivier, Center for Mindfulness and Compassion, CHA*

*Ted Kaptchuk, Program in Placebo Studies, BIDMC*

### **Education and Clinical Networks: Next Steps**

*Darshan Mehta, MGH; HMS/BWH*

4:00 pm **Panel Discussion and Audience Q&A**

Session Chair: *Steven Schachter, CIMIT*

### **Grant Award Announcements**

*Helene Langevin; Peter Wayne*

### **Poster Award Presentation**

*David Eisenberg, Samuelli Institute*

5:00 pm **Poster Viewing, Networking and Wine & Cheese Reception**

6:30 pm Close

# *Inaugural* Integrative Medicine Research Forum

## ~Aims~

Integrative Medicine is about making connections: not only between conventional and alternative medicine, but also between aspects of human health and disease that are disconnected in our current academic and health care environment. The goal of this Forum is to catalyze this process by connecting individuals with an interest in Integrative Medicine throughout Harvard Medical School and neighboring institutions. Our web-based Integrative Medicine network map has revealed the presence of a vast network of Integrative Medicine research that can only increase in strength and connectivity as it becomes “self-aware.” Our goals for this first gathering are to build community, and collectively explore ways to enhance opportunities through shared and leveraged resources, and to expand the reach of Integrative Medicine into mainstream research, patient care, and medical education.

Helene M. Langevin, MD  
Osher Center Director

## ~Keynote Speakers~

**Albert-László Barabási, PhD**, is the Robert Gray Dodge Professor of Network Science and a Distinguished University Professor at Northeastern University where he directs the Center for Complex Network Research. He holds appointments in the Department of Medicine at Harvard Medical School and Brigham and Women’s Hospital in the Channing Division of Network Science and is also a member of the Center for Cancer Systems Biology at Dana Farber Cancer Institute. Dr. Barabási’s work led to the discovery of ‘scale-free’ networks in 1999, explaining their widespread emergence in technological and social systems, from the cellular phone to the World Wide Web.

**David King** is the founder and CEO of Exaptive Inc. Exaptive has partnered with the Osher Center for Integrative Medicine and Harvard Catalyst Profiles to develop the network visualization tool that displays the integrative medicine research network at Harvard Medical School.

## ~Program Speakers~

**Herbert Benson, MD**, Director Emeritus, Benson-Henry Institute for Mind Body Medicine, Massachusetts General Hospital

**Charles Berde, MD, PhD**, Division Chief, Pain Medicine, Pain Treatment Center, Boston Children's Hospital

**David Eisenberg, MD**, Executive Vice President for Health Research and Education, Samueli Institute

**Greg Fricchione, MD**, Director, Benson-Henry Institute of Mind Body Medicine, Massachusetts General Hospital

**Richard Glickman-Simon, MD**, Director, Pain Research Education and Policy Program, Tufts University School of Medicine

**David Golan, MD, PhD**, Dean for Graduate Education, Harvard Medical School

**Ted Kaptchuk**, Director, Harvard-wide Program in Placebo Studies and the Therapeutic Encounter (PiPS), Beth Israel Deaconess Medical Center

**Helene Langevin, MD**, Director, Osher Center for Integrative Medicine, Harvard Medical School and Brigham and Women's Hospital

**Jennifer Ligibel, MD**, Director, Zakim Center for Integrative Therapies, Dana-Farber Cancer Institute

**Darshan Mehta, MD, MPH**, Medical Director, Benson-Henry Institute for Mind Body Medicine, Massachusetts General Hospital; Associate Education Director, Osher Center for Integrative Medicine, Harvard Medical School and Brigham and Women's Hospital

**Vitaly Napadow, PhD**, Martinos Center for Biomedical Imaging, Massachusetts General Hospital

**Robert Saper, MD, MPH**, Director of Integrative Medicine, Boston Medical Center

**Steven Schachter MD**, Chief Academic Officer, Center for Integration of Medicine and Innovative Technology (CIMIT); Education Director, Osher Center for Integrative Medicine, Harvard Medical School and Brigham & Women's Hospital

**Zev Schuman-Olivier, MD**, Executive Director, Center for Mindfulness and Compassion, Cambridge Health Alliance

**Peter Wayne, PhD**, Research Director, Osher Center for Integrative Medicine, Harvard Medical School and Brigham and Women's Hospital

**Gloria Yeh MD, MPH**, Director, Harvard Medical School Research Fellowship in Integrative Medicine, Beth Israel Deaconess Medical Center

## ~Poster Presentations~

- 1. Mechanotransduction Response of Connective Tissue Fibroblasts to Static Tissue Stretching \***  
*Lisbeth Berrueta, MD, PhD*, Research Associate, Osher Center for Integrative Medicine, Harvard Medical School and Brigham and Women's Hospital. lberrueta@partners.org
- 2. The Relationship Between Race/Ethnicity with Subjective and Objective Sleep Disturbances, Physical and Psychological Symptoms among Breast Cancer Survivors**  
*Pinky Budhrani, PhD*, Postdoctoral Research Fellow, Dana-Farber Cancer Institute/ Harvard Cancer Center/ Phyllis F. Cantor Center. pinkyh\_budhrani@dfci.harvard.edu
- 3. Acute Effects of School-Based Yoga on Student Mood \***  
*Bethany Butzer, PhD*, Postdoctoral Research Fellow, Brigham and Women's Hospital, Harvard Medical School. butzer@research.bwh.harvard.edu
- 4. Yoga Enhances Positive Psychological States in Young Adult Musicians**  
*Bethany Butzer, PhD*, Postdoctoral Research Fellow, Brigham and Women's Hospital, Harvard Medical School. butzer@research.bwh.harvard.edu
- 5. Biomarker-based Integrative Medicine: Establishing Enduring Health and Wellness Thresholds**  
*Roland A. Carlstedt, PhD*, Research Associate in Psychology in the Department of Psychiatry, McLean Hospital, Harvard Medical School. rcarlstedt@mclean.harvard.edu
- 6. Use of Meditation and Breathing Exercises in Mind-Body Exercise in the U.S.**  
*Sara Chacko, PhD*, Research Fellow, Beth Israel Deaconess Medical Center, Harvard Medical School. sachacko@bidmc.harvard.edu
- 7. Effects of Yoga vs. Meditation on Outcome Measures of Stress**  
*Noel Y. Chan, PhD*, Postdoctoral Fellow, Massachusetts General Hospital. nychan@mgh.harvard.edu
- 8. Veteran's Responses to an Acupuncture Treatment RCT**  
*Lisa Conboy, PhD*, Research Director, New England School of Acupuncture. lisa\_conboy@hms.harvard.edu
- 9. Patient Advisory Groups and Integrative Medicine: How and Why to Incorporate them into Research Studies**  
*Denise Crooks*, Research Study Coordinator, Boston Medical Center. denise.crooks@bmc.org
- 10. Longitudinal Changes in Brain Structure After Two Different 8-week Meditation Training Programs \***  
*Gaëlle Desbordes, PhD*, Instructor in Radiology, Massachusetts General Hospital. gdesbord@nmr.mgh.harvard.edu
- 11. Tai Chi Treatment for Depressed Chinese Americans: A Randomized Trial \***  
*Run Feng*, Research Assistant, Depression Clinical and Research Program, Massachusetts General Hospital. rfeng@partners.org

- 12. Respiratory-gated Auricular Vagus Nerve Stimulation Modulates Brainstem Activity in Migraine \***  
*Ronald Garcia, MD, PhD*, Visiting Professor, Martinos Center for Biomedical Imaging, Department of Radiology, Massachusetts General Hospital.  
rgarcia@nmr.mgh.harvard.edu
- 13. Integrative Medicine Group Visits (IMGV) for Patients with Chronic Pain: A Qualitative Perspective \***  
*Paula Gardiner, MD*, Assistant Director of the Program of Integrative Medicine, Boston Medical Center. Paula.gardiner@bmc.org
- 14. Using a Virtual Patient Advocate to Discuss Nutrition in Young African American Women**  
*Paula Gardiner, MD*, Assistant Director of the Program of Integrative Medicine, Boston Medical Center. Paula.gardiner@bmc.org
- 15. Psychiatric and Physical Outcomes following the Relaxation Response Resiliency Program (3RP) \***  
*Adam Gonzalez, PhD*, Assistant Professor, Stony Brook University School of Medicine.  
adam.gonzalez@stonybrook.edu
- 16. Complexity-based Measures Inform the Long- and Short-term Effects of Tai Chi Training on Standing Postural Control \***  
*Brian Gow*, Research Assistant, Osher Center for Integrative Medicine, Harvard Medical School and Brigham and Women's Hospital. bgow@partners.org
- 17. Catechol-O-methyltransferase Associated Risk of Cardiovascular Disease Modified by Treatment with Vitamin E \***  
*Kathryn Hall, PhD*, Research Fellow, Beth Israel Deaconess Medical Center.  
kthall@bidmc.harvard.edu
- 18. Use of CAM among Women during Pregnancy and Childbearing Years**  
*Selma Holden, MD*, Integrative Medicine Research Fellow, Beth Israel Deaconess Medical Center. selma@mail.harvard.edu
- 19. Data Safety Monitoring during a Yoga Study for Depression**  
*Jennifer Johnston, PhD*, Research Psychologist, Boston Medical Center.  
jennifer.m.johnston@gmail.com
- 20. Impact of Meditation and Yoga on Neural Processes Related to Aging**  
*Sara Lazar, PhD*, Associate Research Scientist, Massachusetts General Hospital.  
lazar@nmr.mgh.harvard.edu
- 21. A Preliminary Comparison of Primary Care Expenditures by Refugees Before and After Acupuncture \***  
*Mckenna Longacre, MD Candidate 2017*, Harvard Medical School.  
mckenna\_longacre@hms.harvard.edu
- 22. The Yin and Yang of Human Brain Aging**  
*Tao Lu, PhD*, Instructor, Genetics Department, Harvard Medical School.  
tao\_lu@hms.harvard.edu

- 23. Acupuncture for Dysphagia after Chemoradiation Therapy in Head and Neck Cancer: A Pilot Randomized Sham-Controlled Trial**  
*Weidong Lu, MB, PhD, MPH, Lic. Ac.*, Lead Oncology Acupuncturist/Instructor in Medicine, Zakim Center for Integrative Therapies, Dana-Farber Cancer Institute, Harvard Medical School. [weidong\\_lu@dfci.harvard.edu](mailto:weidong_lu@dfci.harvard.edu)
- 24. Brain Response to Acupuncture Predicts Long-Term Clinical Improvement in Carpal Tunnel Syndrome**  
*Yumi Maeda, PhD*, Research Fellow, Martinos Center for Biomedical Imaging, Department of Radiology, Massachusetts General Hospital.  
[yumaeda@nmr.mgh.harvard.edu](mailto:yumaeda@nmr.mgh.harvard.edu)
- 25. Designing a Comprehensive Health Enhancement Program: A Manualized Comparison Treatment**  
*Brittain Mahaffey, PhD*, Postdoctoral Fellow, Stony Brook University School of Medicine. [brittain.mahaffey@stonybrookmedicine.edu](mailto:brittain.mahaffey@stonybrookmedicine.edu)
- 26. Tissue Stretching as Therapeutic Strategy to Reduce Inflammation**  
*Igla Muskaj*, Technical Research Assistant, Osher Center for Integrative Medicine, Harvard Medical School and Brigham and Women's Hospital. [imuskaj1@partners.org](mailto:imuskaj1@partners.org)
- 27. The Use of Traditional Vietnamese Medicine among Urban Vietnamese Outpatients in an Underserved Community Health Center**  
*Long Nguyen, PhD, MPH*, Postdoctoral Fellow, Beth Israel Deaconess Medical Center Harvard Medical School. [long\\_nguyen@post.harvard.edu](mailto:long_nguyen@post.harvard.edu)
- 28. Effects of Qigong on Quality of Life, Fatigue, Stress, Neuropathy, and Sexual Function in Women with Metastatic Breast Cancer: A Feasibility Study**  
*Byeongsang Oh, PhD*, Research Fellow, Dana-Farber Cancer Institute / Harvard Medical School. [byeongsang\\_oh@dfci.harvard.edu](mailto:byeongsang_oh@dfci.harvard.edu)
- 29. Impaired Response of Loose Connective Tissue Fibroblasts to Stretching in a Scleroderma Mouse Model**  
*Sara Olenich*, Technical Research Assistant II, Osher Center for Integrative Medicine, Harvard Medical School and Brigham and Women's Hospital. [solenich@partners.org](mailto:solenich@partners.org)
- 30. Multimodal Treatment of Chronic Low Back Pain Patients Using a Complementary and Integrative Care Team Model: A Case Series Highlighting Within-Team Patterns of Communication and Referral**  
*Kamila Osypiuk*, Research Assistant, Osher Center for Integrative Medicine, Harvard Medical School and Brigham and Women's Hospital. [kosypiuk@partners.org](mailto:kosypiuk@partners.org)
- 31. Promoting Resiliency Among Palliative Care Clinicians: Stressors, Coping Skills, and Training Needs**  
*Giselle Perez, PhD*, Postdoctoral Fellow, Massachusetts General Hospital.  
[gperez@mgh.harvard.edu](mailto:gperez@mgh.harvard.edu)
- 32. Massage Therapy vs. Music Therapy vs. Usual Care in an Inpatient Setting: A Pilot Study**  
*Eric Roseen, DC*, Research Fellow, Boston Medical Center. [eric.roseen@bmc.org](mailto:eric.roseen@bmc.org)

- 33. Long-term Psychological Benefits of a Stress Management Intervention during Breast Cancer Treatment**  
*Jamie Stagl*, Clinical Fellow in Psychology, Massachusetts General Hospital, Harvard Medical School. [jstagl@mgh.harvard.edu](mailto:jstagl@mgh.harvard.edu)
- 34. Changes in Healthy Lifestyle: When anxiety and depression symptoms get in the way\***  
*Claudia Trudel-Fitzgerald, PhD*, Postdoctoral Research Fellow, Department of Social and Behavioral Sciences, Harvard School of Public Health. [ctrudel@hsph.harvard.edu](mailto:ctrudel@hsph.harvard.edu)
- 35. Fronto-striatal-limbic Markers of Clarity in Advanced Meditators during Open Monitoring Meditation Practice\***  
*David Vago, PhD*, Instructor, Brigham & Women's Hospital, Harvard Medical School. [dvago@partners.org](mailto:dvago@partners.org)
- 36. A Clinical Study on the Effect of Traditional Chinese Medical Psychotherapy of Thought Imprint Psychotherapy in Lower Resistance State to Insomnia with Estazolam dependence**  
*Fang Wang, PhD*, Research Fellow, Benson-Henry Institute for Mind Body Medicine at Massachusetts General Hospital. [fwang14@partners.org](mailto:fwang14@partners.org)
- 37. Spontaneous Brain Activity related to Self Awareness and Stress**  
*Diane Yan, PhD*, Research Fellow, Massachusetts General Hospital. [xdan@nmr.mgh.harvard.edu](mailto:xdan@nmr.mgh.harvard.edu)
- 38. Mindfulness Based Stress Reduction Impact on Post Traumatic Stress Symptoms, Headache, Depression and Anxiety in Event of Acute Physical and Psychological Trauma: The Boston Marathon Bombing Survivor and Responder Population**  
*Nevena Zubcevik, DO*, Resident Physician, Harvard Medical School/Spaulding Rehabilitation Hospital. [nz10@partners.org](mailto:nz10@partners.org)

\* Oral Presentation for Poster Synopsis Medley

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