Definition

“Integrative Medicine is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing.”

- The Consortium of Academic Health Centers for Integrative Medicine.
- WFUBMC has been a member of the Consortium since 2005.

2009 Highlights

Promotion from Program to Center for Integrative Medicine. September 9, 2009; Hired Program Manager

Center Mission, Vision, Values, and Core Principles Developed

New Center Offices; Open House October 30, 2009. Over 100 Attendees

Center Library Assembled: Over 400 integrative medicine books, CD’s, and DVD’s

Center Memberships: 86 Members Approved

Center Website and eNewsletters: Website Redesigned with New Branding; 27 eNewsletters Produced and Distributed to 464 Recipients

Consortium for Academic Health Centers for Integrative Medicine: 11 WFUBMC Representatives on Committees and Working Groups

Honors:


Research Grants: $23,093,996; N=105

Gifts: $256,995, N=6

Training Revenues: $7,000

Research Publications: 189 peer-reviewed publications by over 150 faculty

Presentations: 316 Presentations, 16,010 Participants

Media Coverage: 67 TV, Radio, Internet, and Print Stories

Education: New Medical Students Elective and Interest Group

Public Service and Community Outreach: Invited Senate Testimony; IOM White Paper on Research Priorities; Cliffs Community Roll-Out Events
Research Publications, Peer Reviewed

Overview

Total Research Publications: N=189

- Biofield Therapies (including acupuncture, healing touch, therapeutic touch, reiki): N=4
- Cancer: N=4
- Cultural Competency and Communication: N=3
- Epidemiology and Health Services: N=25
- Herbs and Dietary Supplements: N=19
- Lifestyle: N=53
  - Environment: N=7
  - Exercise and Fitness: N=22
  - Mind-Body: N=5
  - Nutrition and Diet: N=19
- Stress: N=8
- Research and Education: N=3
- Women's Health: N=3
- Abstracts: N=39
- Books and Chapters: N=14
- Editorials, Commentaries, Book Reviews: N=14

Biofield Therapies (including acupuncture, healing touch, therapeutic touch, reiki): N=4


Cancer: N=4


Cultural Competency and Communication: N=3


Epidemiology and Health Services: N=25


Herbs and Dietary Supplements: N=19

**Curcumin:** N=1


**Ginkgo:** N=2


**Soy:** N=4


**Vitamins (not including retinoic acid):** N=7


Minerals: N=1

Fatty Acids: N=4
Yang Q, O'Shea TM. Dietary Echium oil increases tissue (n-3) long-chain polyunsaturated fatty acids without elevating hepatic lipid concentrations in premature neonatal rats. *J Nutr* 2009;139(7):1353-1359.

Lifestyle (including environment, exercise and fitness, mind-body, nutrition and diet, stress): N=97

Environment (including sunshine, phototherapy, noise, environmental toxins, air pollution, music): N=7

Exercise and Fitness (including yoga): N=22


**Mind-Body: N=5**


Nutrition and Diet: N=19
Stress: N=8

Research and Education: N=3

Women's Health: N=3

Abstracts: N=39


Degirolamo C, Kelley KL, Rudel LL. Alpha linolenic acid-derived n-3 long-chain PUFAs are not as effective in atheroprotection as dietary PUFAs from fish oil despite similar plasma and hepatic enrichments in n-3 PUFAs. *Atheroscler Thromb Vasc Biol* 2009;29(7):e68.


Nader MA, Czoty PW, Riddick NV, Gould RW, Gage HD. Social stress and vulnerability to cocaine abuse in nonhuman primate models. *Biol Psychiatry* 2009;65(8 Suppl):176S.


**Books and Chapters: N=14**


Kemper KJ and McLean T. Complementary and Alternative Medical Therapies in Pediatric Oncology, chapter in Pizzo and Poplack’s *Principles and Practice of Pediatric Oncology*, 2009, in press.


**Editorials; Commentaries; Book Reviews: N=14**


Kemper KJ, King N. Biomedical Journals, Advertising and Conflicts of Interest. ISMTE Newsletter, November 2009.


Rubin BK. Exercise for COPD: take it without a grain of salt [editorial]. Respir Care 2009;54(3):318-319.


Our researcher Suzanne Craft, PhD, professor of gerontology and geriatric medicine who leads our Alzheimer’s Disease Research Center is working hard to understand the link between insulin resistance and Alzheimer’s disease. “Even though insulin resistance is associated with diabetes, it’s much more common than diabetes,” says Craft. “It can lead to diabetes, but it can also cause a host of other complications—Alzheimer's disease being one of those.”

Those who have insulin resistance, particularly at mid-life, are at greater risk for developing Alzheimer’s disease. Wake Forest Medical School Requirements. There is a requirement to apply for at least 90 hours of college work, and advanced placement (AP) and other credits are acceptable. With a strong emphasis on academic excellence, compassion, service, integrity, diversity, collegiality and innovation, we welcome applicants from all majors and colleges.

Wake Forest Baptist Medical Center Van Services offers free transportation to more than 20 Medical Center locations for patients, families, students, visitors, and staff. Six scheduled routes serve 12 Medical Center facilities regularly. Around the Community. Achievement of optimal medical therapy of coronary artery disease patients in the United States: results from the Reasons for Geographic And Racial Differences (REGARDS) Study. Circulation 2009;119(10):e352.


@inproceedings{Kemper2011CenterFI, title={Center for Integrative Medicine: 2009 Wake Forest University Baptist Medical Center}, author={Kathi J. Kemper and Caryl J. Guth}, year={2011} }. Kathi J. Kemper, Caryl J. Guth. Published 2011.