



OFFICE OF INTEGRATIVE MEDICINE AND HEALTH

OVERVIEW

FY2020





FROM THE CHAIR AND DIRECTORS

Every gift makes a difference. Like ripples in a pond from a thrown pebble, your support of the Office of Integrative Medicine and Health (OIMH) benefits health care professionals, students, and communities in the DC metropolitan area and beyond.

Thanks to your generosity, the OIMH continues to expand its educational and outreach efforts to help health care professionals gain a better understanding of the benefits of the Integrative Medicine approach. Whether it's our International Integrative Health Day event, monthly e-newsletter, or seminars for patients and providers, we're touching health care professionals, students, and the public in the DC metro-area and beyond through our work.

Your contributions ensure an ever-increasing number of health care practitioners, consumers, and communities are exposed to a practice of healthcare designed to reaffirm the therapeutic relationship between practitioner and patient. Programming in the OIMH is committed to the widespread adoption of Integrative Medicine—whole person, evidence-based medicine that makes use of all appropriate therapeutic approaches, health care professionals, and disciplines to achieve optimal health and healing.

We are pleased to report to you on the OIMH's recent achievements and how you are helping change how providers, students, and patients see health care. Thank you.

Sincerely,

Leslie F. Davidson, PhD, OT/L, FAOTA, Chair, Clinical Research and Leadership

John Pan, MD, Founding Medical Director, OIMH

Leigh Frame, PhD, MHS, Executive Director, OIMH, and Integrative Medicine Program Director

SIGNIFICANT OIMH ACCOMPLISHMENTS

EDUCATION

[3rd Annual Patrick and Marguerite Sung Symposium: Wellness and Longevity](#)

On Friday, April 24, 2020, the OIMH brought health professionals and health care consumers together for the 3rd Annual Patrick and Marguerite Sung Symposium: Wellness and Longevity. The symposium was held for the first time ever as a completely virtual event. This proved to be a highly successful model. Attendance at in-person events historically did not exceed 130 participants, while this virtual event attracted more than 240 attendees from all across the world. Additionally, this event expanded to a full half-day from 1 speaker in its 1st year and 2 speakers in its 2nd year. The 2020 topics and speakers included:

- Nutrition, Genes, and Longevity – [Valter Longo](#), PhD, an eminent biogerontologist, developer of the fasting mimicking diet, and author of The Longevity Diet.
- Moving from Precision Medicine to Next Generation Healthcare – [Joel Dudley](#), PhD, an internationally recognized investigator in translational bioinformatics and precision medicine and former executive vice president, Precision Health, Mount Sinai Health System.
- A Lifestyle Medicine Framework for Comprehensive Wellness – [Kaylan Baban](#), MD, MPH, chief wellness officer, GW Medical Enterprise; assistant professor of Medicine; and director, Lifestyle Medicine Program, GW Medical Faculty Associates.
- How We Can Make Americans Healthier – [Nick Patel](#), founder and president, Wellable, and an adjunct instructor, GW Integrative Medicine Programs, Department of Clinical Research and Leadership.
- A Panel Session with Q&A followed the lectures.

Biomedical Cross-disciplinary Seminar Series

The [GW Biomedical Cross-disciplinary Seminar Series: Connecting Academic Research & Inquiry Across Disciplines](#) is an annual series that explores a new cross-disciplinary topic each year. Launched in the Fall of 2019, the series was organized by the OIMH and the Department of Pharmacology & Physiology at GW. The goal of the series is to promote networking and collaboration on translational health among researchers, health care providers, and policy makers from different disciplines to shift the paradigm — from seeking a cure to developing a strategy of prevention. The series explored the topics of cancer and inflammation and genomics and inflammation before it was temporarily suspended because of the coronavirus pandemic. It will resume this Fall with the following presentations: inflammation in COVID-19, bioinformatics and inflammation, Precision Medicine and inflammation, cardiometabolic disease and inflammation, neuropsychiatric disease and inflammation, and integrative treatment approaches and inflammation. The seminar series is supported by departmental funding and the generosity of Ellen J. LaBelle, MD '74, RESD '78, associate clinical professor of the Department of Psychiatry and Behavioral Sciences, and John Pan, MD '70, RESD '74, clinical professor, Department of Clinical Research and Leadership and OIMH's founding medical director.

Autoimmune Disease: A Food-based Approach

A free webinar where health care consumers and health professionals learned how nutrition and diet can be used to manage autoimmune conditions. The panel was comprised of Leigh Frame, PhD, MHS, Susan LeLacheur, DrPH, MPH, PA-C, BS, and Lara Zakaria, RPh, MS CNS IFMCP. More than 200 people registered for the event that occurred in February 2021. We plan to make this an ongoing series.

IM Track and Clinical Rotations

The Office provides logistical support to the GW MD Program, GW Center for Integrative Medicine (CIM), and the SMHS Office of Student Professional Enrichment (OSPE). The OIMH coordinates clinical rotations for MD and PA students at CIM and helps OSPE secure and coordinate speakers for the Integrative Medicine Track Fall and Spring Lecture Series. The Office also staffs the lectures when OSPE has multiple lectures going on in one or more of the other tracks.

Stress and Chronic Disease Symposium

The OIMH organized and hosted a continuing education symposium on stress and chronic disease in the Fall of 2020 with the Lifestyle Matrix Resource Center, the educational arm of Ortho Molecular Products (OMP). More than 300 health care providers registered for the event.

What's the "Deal" With Plant-based?

The OIMH organized and hosted a lively panel discussion Q&A in July 2020 about plant-based eating and nutrition. This free webinar was for anyone interested in learning about the health benefits of a plant-based diet and what nutrition science says about it. The panel was comprised of nutrition experts Leigh Frame, PhD, MHS, P.K. Newby, ScD, MPH, MS, and Lara Zakaria, RPh, MS CNS IFMCP. More than 100 people registered for this event.

OUTREACH

A Mindfulness Experience

A free, weekly, online gathering that offers attendees a place to get evidence based answers to their coronavirus and COVID-19 questions and do mindfulness exercises for stress relief and immune system support. Organized by the OIMH, these events are done in collaboration with AIM Health Institute. Each week, a health professional and mind-body practitioner facilitate the event, which draws from 50-60 participants. We launched this effort in early April.

GW Integrative Medicine Podcast

Our podcast about taking an Integrative Medicine approach to disease prevention and health promotion is released at monthly. The podcast is a collaboration between OIMH, GW Integrative Medicine Programs, and the IMPACT Initiative. Since February 2018, we have recorded 35 episodes on numerous topics, including the gut microbiome, energy work, Precision Medicine, and health coaching. With listeners in 49 countries, the podcast has a global reach. The podcast is an educational tool for conventional and Integrative Medicine providers as well as informed health care consumer. It allows OIMH to network with practitioners to healthcare disruptors and within GW (e.g. GW Milken Institute School of Public Health) to industry and government leaders. The podcast has received financial support from Blis Probiotics and PatchMD and is actively looking for new sponsors.

Monthly Newsletter

GW Whole Health—the OIMH's monthly newsletter— is an outreach tool containing news on what's going on in Integrative Medicine (at GW and beyond), including OIMH activities and events. We currently have more than 1,000 subscribing health professionals and health care consumers from around the U.S.

AIM Health Institute

OIMH supports AIM Health Institute's efforts to provide Integrative Medicine services to low-income and terminally ill patients regardless of ability to pay. AIM currently has a HRSA funded contract with Bread for the City to provide chronic pain management (acupuncture and massage therapy) once a week at its clinic on 7th and P streets NW. (This effort is temporarily on hold due to the coronavirus pandemic.) AIM is in talks with a D.C. managed care organization to deliver Integrative Medicine services through shared medical appointments to Medicaid constituents.

Social Media

OIMH utilizes Twitter, LinkedIn, Facebook, and Instagram to promote Integrative Medicine research, the GW Integrative Medicine Programs, and OIMH events like the Sung Symposium as well as to collaborate with other organizations such as NIH's National Center for Complementary and Integrative Health, Society for Integrative Oncology, AIM Health Institute, Integrative Medicine for the Underserved, Smith Center for the Healing Arts, and the Physicians Committee for Responsible Medicine. Our social media audiences include Helene Langevin, MD, Director of the National Center for Complementary and Integrative Health; Eduardo Bruera MD, Chair of the Department of Palliative, Rehabilitation & Integrative Medicine at MD Anderson Cancer Center; and the Harvard Center for Health and Happiness at Harvard University.

International Conference on Nutrition in Medicine

The OIMH was among the 2020 sponsors of the first ever online International Conference on Nutrition (ICNM). More than 1,000 health care professionals heard the latest research into the power of nutrition to prevent and treat diabetes, obesity, heart disease, and a great many other conditions. The Office has been involved in planning and promoting the previous ICNM poster session and advising event organizers on GW continuing education accreditation.

10th Annual Integrative Medicine for the Underserved Conference

The Office is supporting Integrative Medicine for the Underserved (IM4US) by coordinating the organization's efforts to secure approval to present a dozen hours of continuing education at its 10th annual conference in August 2020. The IM4US conference is a unique educational experience for healing professionals, administrators, students, advocates, and the community to learn about affordable integrative approaches to common health conditions, share best practices, and grow your network.

Scholarships

Promoted scholarships, leadership opportunities, and grants in Integrative Medicine to GW SMHS students via social media and the Office of Student Professional Enrichment newsletter.

WHY GW INTEGRATIVE MEDICINE?

Early on, GW recognized the value of combining conventional and evidence-based complementary medical therapies to promote optimal health and wellness. In 1998, John Pan, MD '70, RESD '74, then a clinical professor in the Department of Obstetrics and Gynecology, founded the GW Center for Integrative Medicine, one of the first of its kind to be established at an academic medical institution. He is now the founding medical director of the GW OIMH.

Integrative Medicine is more than just new tools in the healthcare toolbox, it is a transformative approach to whole person health and wellness, and GW is committed to the advancement and promotion of this evidence-based approach that promotes interprofessional and translational practice. This commitment has been adopted through the University's education, practice, and research efforts. In addition, the University has developed a series of community partners, who work with us to enhance our mission.

The footprint of Integrative Medicine at GW is substantial and growing thanks in part to OIMH. This includes:

GW School of Medicine and Health Sciences (SMHS)

Education

- GW OIMH
- GW Medical Students
 - [Scholarly Concentration](#)
 - Elective: [Integrative Medicine and Health](#)
 - [Culinary Medicine](#)
 - Student Interest Groups including *Mindfulness in Medicine* and *Cannabis as Medicine*
- GW [Integrative Medicine Programs](#)
 - Master of Science in Health Sciences (MSHS) in Integrative Medicine
 - MSHS in Integrative Medicine Nutrition
 - MSHS + Fellowship in Integrative Medicine
 - Graduate Certificate in Integrative Medicine
 - The following curricula are being modified to be made more widely to all GW graduate students and eventually all faculty as well:
 - Self-Care Methods for Health Care Professionals
 - Nutrition and Physical Activity
- [Integrative Geriatrics and Palliative Care Medicine Fellowship](#)
- [GWell Center for Healthcare Professionals](#)
- [GW Institute for Spirituality and Health](#) (GWISH)

Clinical Care

GW Medical Faculty Associates (MFA) & GW Hospital

- Cancer Center
- Digestive Disorder Center
- Executive Health
- Geriatrics & Palliative Medicine
- Headache Center
- Memory Clinic
- Midwifery Services

- Obstetrics & Gynecology (OB/GYN)
- Pain & Non-Operative Spine Service
- Physical Medicine & Rehabilitation
- Preventive Medicine
 - Cancer Survivorship Clinic
 - GW Wellness Center & Lifestyle Medicine Clinic
 - Weight Loss Clinic
- Psychiatry
- Sexual Health Center
- Services include whole person health & wellness, nutrition, massage, acupuncture, cognitive behavioral therapy (CBT), and mind-body therapy with yoga, Tai chi, mindfulness, biofeedback, etc.

Children's National Hospital

- [PANDA Palliative Care](#)
- [Child Life Services](#)
- [Bunny Mellon Healing Garden](#)
- [Creative and Therapeutic Arts Services](#)
- [Therapeutic Pups](#) animal-assisted therapy
- [Support Groups](#)

Washington DC VA Medical Center: [Integrative Wellness Groups and Individual Services](#)

[GW Center for Integrative Medicine](#)—Private practice, Clinical mentoring site

Medical Director: Mikhail Kogan, MD, associate professor of Medicine, SMHS

[The Virginia Center for Health & Wellness](#)—Private practice, Clinical mentoring site

Andrew Heyman, MD, MHSA, medical director, GW Integrative Medicine Programs; assistant professor, SMHS

[AIM Health Institute](#) (AIM)—501(c)(3) non-profit organization providing care to the underserved

Founder and Executive Director: Mikhail Kogan, MD, associate professor of Medicine, SMHS

GW Milken Institute School of Public Health

Offers a range of courses that fall into the Integrative Medicine category:

- [Health and Wellness](#)
- [Exercise and Nutrition Sciences](#)
- [Lifestyle, Sport, and Physical Activity](#)

GW School of Nursing

Requires all students to participate in a series of wellness trainings to increase student performance, decrease student anxiety and stress, and improve their ability to provide care without burnout:

- Mindfulness training for students
- Yoga classes
- Stress reduction activities
- Nutrition—also integrated in mental health, OB/GYN, pediatrics, gerontology, and acute & critical care

LOOKING AHEAD

EVENTS

4th Annual Patrick and Marguerite Sung Symposium: Whole Health and Wellness

With the success of the 3rd Annual Patrick and Marguerite Sung Symposium: Health and Wellness, we are anticipating a large showing for the next event that will continue to educate health professionals and health care consumers about Integrative Medicine. This [event](#) will showcase whole health and wellness, a timely in Integrative Medicine. Support for our flagship outreach and educational event has been provided by generous gifts from Patrick and Marguerite Sung and the family of Theodore and Cynthia Birnbaum. We are deeply grateful for this support and hope to grow this through new donations and event sponsors.

Biomedical Cross-disciplinary Seminar Series: Connecting Academic Research and Inquiry Across Disciplines

In collaboration with GW Pharmacology and Physiology (including the GW Mind-Brain Institute), OIMH has designed a [cross-disciplinary seminar series](#). The initial series—Inflammation in Chronic Disease: Cause, Consequence, or Both?—includes speakers from GW, University of Virginia, Vanderbilt University, Emory University, University of Cambridge, and Yale University. This series brings together researchers, providers, and learners to heighten awareness and stimulate a collaborative effort to develop a strategy to address the looming threat of chronic inflammatory diseases to the health of individuals and the economic burden on our healthcare system. This event is funded through donations and will need continued support from our generous donors.

Continuing Education Events

The OIMH had organized a continuing education event for the Fall of 2020. The event, scheduled for September 19, is “Stress & Chronic Disease: The Role of the Community Pharmacist as a First Responder.” This event requires a significant amount of staff support and would greatly benefit from increased staffing, which we hope to secure with additional funding through donations.

Grand Rounds

Developing upcoming Grand Rounds gives GW Integrative Medicine—OIMH and the Integrative Medicine Programs—an opportunity to develop a clinical guideline for conditions that would benefit from an Integrative Medicine approach. It also promotes the evidence-base behind Integrative Medicine.

Support

A dedicated Academic Coordinator for events such as the Sung Symposium, the Cross-disciplinary Seminar Series, Continuing Education Events, and Grand Rounds would greatly improve our ability to serve a larger audience for these events as well as expanding our offerings, which would be possible with support from our donors.

FUTURE PROGRAMMING

We are currently seeking funding for a new program: *Yoga in Medical Schools* (YiMS). GW SMHS does not offer formal education about yoga therapy. YiMS will create a free course for medical students on how to integrate yoga and mindfulness techniques in their future practices. Providing yoga as a tool to combat stress throughout their career will also help to combat burnout—[half of all physicians suffer from burnout](#) according to recent research. YiMS is a student-led initiative that could be launched with as little as \$20,000 in support.

RESEARCH

OIHM & Research

OIHM is working to support to Drs. John Pan, Leigh Frame, Andrew Heyman, Mikhail Kogan, and others as they seek funding from GW, alumni, foundations, and federal grants for new Integrative Medicine research.

Current Pilot Project Highlights

AlzLife BOCA: Monitor your cognitive health free and help memory research

This observational clinical trial is studying the Boston Cognitive Assessment (BoCA), a self-administered online test minimizes learning effects and can be used to track changes overtime. The BoCA evaluation can help health care providers figure out if an underlying condition is causing cognitive decline. Many treatable conditions like sleep disorders, mood problems, heavy metal accumulation, as well as lack of movement and social interactions, can affect memory and thinking. Dr. Kogan is donating his time to participate in this research study without support for a research coordinator, who could greatly increase the study recruitment and allow Dr. Kogan to pursue future studies.

ClinicalTrials.gov Identifier: [NCT04114994](https://clinicaltrials.gov/ct2/show/study/NCT04114994)

Alzheimer's Disease Light Therapy Pilot Study

This is an unfunded, student-run clinical trial of light therapy for mild cognitive decline and early Alzheimer's disease. Using the AlzLife app, which provides cognitive games like sudoku back-light by light therapy, for one hour a day for six months is a non-invasive and low risk potential therapy to improve cognition. The app is provided free; however, participants must provide their own iPads. Funding for study iPads that could be loaned out would greatly broaden the audience for this study and help reach underserved populations. Professional research coordination would allow for a future study to be larger, collect more data, and maintain continuity as students graduate.

D-Via Pilot Study

Dr. Frame recently hired a research coordinator to help launch this proof-of-concept study. D-Via is a clinical trial of topical versus oral vitamin D delivery and its effect on the gut and skin microbiomes. Dr. Frame has worked with industry to secure seed funding for this small study, which would not be fundable through traditional grant mechanisms. PatchMD is supporting subject enrollment, research coordination, and data analysis of vitamin D supplementation and donating their supplements. Zymo Research is donating microbiome collection kits and will run the Next Generation Sequencing. Dr. Raja Mazumder, SMHS professor, has donated his time to perform the microbiome analysis. Dr. Frame hopes to use this pilot data to apply for grant funding for a larger study in 2021.

Mercury toxicity - Cancer Association Pilot Study

With small pilot grant from BUCK Cancer Foundation, Drs. Leigh Frame and Deirdre Orceyre (GW Center for Integrative Medicine naturopathic director) are assessing the possible link between mercury toxicity breast and prostate cancers. Previously, several reports have suggested possible link between mercury toxicity and increased risk of hormonal cancers including prostate and breast. Mercury has no biologic role in the human body. Prolonged exposure to either organic form from consuming seafood, or inorganic from dental amalgam fillings, or accidental exposures from other environmental sources, is known to cause gradual accumulation in fatty tissues and other organs including breast and prostate. While case reports have documented links to these two cancers and elevated mercury levels, this issue to our knowledge has not been systematically studied. This is thought to be in part due to lack of good testing strategy. This changed several years ago with the introduction of the QuickSilver Scientific Tri Test, which assess mercury in urine, blood, and hair at the same time. The Tri Test is currently the only test on the market that tests for both organic and inorganic mercury. This study proposes to assess frequency of elevated mercury levels in patients with prostate and breast cancer using the best mercury

test available.

Access to Integrative Medicine: Bridging the Gap for Underserved Patients with Chronic Pain, a Qualitative Study Analysis.

Currently in Washington, D.C., Integrative Medicine services are inaccessible to medically underserve low-income patients as most practices are offered in high-cost boutique settings that are unaffiliated with larger medical institutions and unable to take insurance. As a pilot program, Access to Integrative Medicine Health Institute (AIM) partnered with local community clinic at Bread for the City (BFC). Utilizing funds from a Health Resources and Services Administration grant, massage therapists and acupuncturists were recruited by AIM to offer free Integrative Medicine services for 50-75 established BFC patients. Patients are referred by providers for chronic pain conditions including lumbar back pain, joint pain, sciatica, and fibromyalgia. Services are currently offered as 45-minute individual massage therapy sessions on Tuesdays, and 1-hour community acupuncture sessions on Fridays. Patients return for repeat visits and report to providers improved pain and increased quality of life (QOL). While this pilot program appears successful in offering integrative services to underserved low-income patients at this FQHC, further analysis is required. We propose qualitative analysis assessing patient pain and opiate use reduction, as well as QOL improvement. This will consist of individual patient interviews and one focus group led by Dr. Kogan, PI.

Support

Funding for research is currently limited, and this is even more inadequate in the field of Integrative Medicine. Donations may be used to support small, early studies like the D-Via Pilot Study, which greatly increase the likelihood of receiving grant support in the future.

Office of Integrative Medicine and Health

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