Letter From the Director

Integrative medicine is based on true collaboration

As we continue to bring life-changing and evidence-based practices to the field of integrative medicine and our Chicago community, I am thrilled to share a few of the many accomplishments of our 22nd year as Northwestern Medicine’s integrative medicine program - a true testament to the power of collaboration. This annual report details our work during fiscal year 2019. Here are a few highlights:

- In January 2019, we hosted the second biennial Integrative Medicine Research Day, which gathered those in academia and students from Chicago-area academic programs to discuss the latest developments in integrative medicine. We welcomed Peter Wayne, PhD, interim director of the Osher Center for Integrative Medicine at Harvard Medical School, to deliver the keynote.

- The next day, we hosted Mind-Body Community Day and invited community members to join our faculty for cutting-edge information. More than 70 attendees braved a bitter winter storm for workshops and presentations, including a patient-oriented presentation by Dr. Wayne as well as a presentation on the neuroscience of meditation by David Vago, PhD, research director of the Osher Center for Integrative Medicine at Vanderbilt University Medical Center.

- In partnership with experts from across the country in the field of integrative medicine and other specialties, we are conducting collaborative research into patient-reported and clinical outcomes of integrative therapies, including the use and benefits of cannabidiol, and the effects of stress reduction for pediatric heart transplant patients and their caregivers.

- In collaboration with Anand Dhruva, MD, director of education at the University of California, San Francisco Osher Center for Integrative Medicine, I am spearheading the creation of an innovative curriculum that can be used by all seven Osher Centers and potentially reach even further. We are engaging faculty from all the centers to bring their expertise in nutrition, supplements, mind-body approaches, manual therapies and energy/spiritual medicine to create this unique program of education for the next generation of integrative medicine physicians and scientists.

The accomplishments of this past year are due to not only the collaboration with other scientists and Osher Centers, but also among our excellent core team. This small, dedicated group of individuals make possible every research, education, clinical care and community outreach project shared in this report. I am immensely grateful to serve alongside them.

On behalf of our center, I wish to thank the supporters of our work: providers, patients, faculty, administrators and donors. In particular, we are deeply grateful to The Bernard Osher Foundation, through whom we have been able to provide salary support to our faculty to develop our program and pursue important research and education. As we influence the future of medicine, it is the inspiration and partnership of each of our supporters that allow us to continually raise the profile of our Osher Center and its reputation for academic and clinical excellence.

Melinda Ring, MD, FACP
Executive Director
Osher Center for Integrative Medicine at Northwestern University
Drs. Pat and Carl Greer Distinguished Physician in Integrative Medicine and Clinical Associate Professor of Medicine and Medical Social Sciences, Northwestern University Feinberg School of Medicine
Advancing our understanding of the benefits of integrative medicine

Our research program made significant progress in FY19, including advancing studies in our areas of focus, and fostering successful interdepartmental collaborations at Northwestern Medicine and with colleagues at other integrative medicine centers.

A major area of focus in FY19 was studying mind-body research with leading-edge ideas and practices, including the impact of technology-based mindfulness interventions. In January 2019, the research program held our second biennial Research Day, “mHealth and eHealth”, which brought together those in academia, students and other integrative medicine scientists from across the greater Chicagoland area. The keynote address, *Bringing the Body Back Into Mind-Body Research*, was delivered by Peter Wayne, PhD, research director of the Osher Center for Integrative Medicine at Harvard Medical. During the event, we highlighted technology-based research by faculty of our center, including:

- **Learning to Wake Up to Our Moments With Mindful Awareness Through a New Interactive App, *Wakeful*** – David Victorson, PhD
- **Narrating Their Own Story: Using the Shadow’s Edge Mobile Game to Enhance Wellness and Identity Formation Among Adolescent and Young Adult Cancer Survivors** – Bonnie Essner, PhD
- **Development of a Physiological Stress-Monitoring Device for a Mindfulness-Enhanced Prenatal Stress Reduction Intervention** – Nabil Alshurafa, PhD
- **The Role of Yoga in Oncology: Expanding Access Through Web-Based Delivery** – Elizabeth Addington, PhD
- **Self-Guided Online Positive Emotion Regulation Interventions for People Coping With Health-Related Stress** – Elaine Cheung, PhD

**Osher Measures Impact of Internet-Based Yoga Intervention on Cancer Survivorship**

Elizabeth L. Addington, PhD, has spearheaded new research around the reach and effectiveness of internet-based yoga classes for young adult cancer survivors. This study is a pilot test of cancer-adapted yoga delivered online in a live, group format for members of this post-treatment population to ameliorate the most prevalent cancer-related psychosocial and physical symptoms. This work builds upon Dr. Addington’s postdoctoral fellowship in cancer prevention and control, and will provide key preliminary data for her independent research program.
More to Come in FY20

From building our research base to supporting new scientists through pilot grants, research design and statistical consultation, we are advancing evidence-based integrative medicine applications across conditions and modalities.

In the next year, we look forward to seeing the results of several of our studies that will come to fruition. For example, the ACU HEART study, funded by a pilot grant through the Osher Center, is a randomized pilot study to evaluate the feasibility and acceptability of acupuncture following open-heart surgery, while also assessing its impact on post-operative atrial fibrillation, pain and mood in patients undergoing valve surgery.
Clinical Care

Meet the newest members of our growing core team

Following the addition of Catherine Cheng, MD, FACP, as interim medical director for clinical operations in 2018, two new physicians have joined our team this past year. We are pleased to welcome them to our clinical practice.

Catherine Cheng, MD, FACP

Interim Medical Director for Clinical Operations

Our clinical work is administered under the direction of Dr. Cheng. Her philosophy of lifestyle medicine is that well-being is deeply impacted by five interconnected areas:

- Sleep
- Exercise
- Nutrition
- Stress management
- Relationships

Anna K. Jonas, DO

Dr. Jonas is a graduate of Lake Erie College of Osteopathic Medicine, where she subsequently completed a master’s degree in health services administration. She is board-certified in family medicine, osteopathic family medicine and neuromusculoskeletal medicine, and her clinical interests include integrative and preventive medicine, sports-related injuries, chronic pain and musculoskeletal complaints.

Regina Kim, MD

Dr. Kim attended the University of Chicago Pritzker School of Medicine. She completed a family medicine residency and maternal child health fellowship at West Suburban Medical Center in Oak Park, Illinois. She is board-certified in family medicine and has 13 years of experience as an attending physician. Her clinical interests include wellness, preventive and whole-person focused care.
Comprehensive Clinical Services at the Osher Center

- Integrative medicine consultation
- Integrative adolescent consultation
- Primary care
- Functional medicine
- Chiropractic medicine
- Massage therapy
- Energy medicine
- Traditional Chinese medicine (acupuncture and herbs)
- Registered dietitians/nutrition
- Fitness and wellness classes
- Behavioral medicine
- Integrative women's health
- Corporate wellness
Education

Developing future integrative medicine leaders

As we train the next generation of medical students to make an impact on our communities, education is of particular interest to our team at Northwestern Medicine Osher Center for Integrative Medicine. Our work is driven by three pillars:

Purpose: We believe that all health professionals should be versed in providing care that acknowledges all aspects of a patient’s life, establishes a connection between provider and patient that can support healing, and honors a patient’s preferences for the inclusion of safe and evidence-informed approaches that may be outside of mainstream biomedicine.

People: We serve students and healthcare professionals across the learning continuum. We consider both the needs of our learners and the impact of this education on the thousands of patients they will treat.

Product: We are dedicated to delivering the highest quality education through continual self-assessment, self-improvement and investment.

Fellowship curriculum
Over the past year, Melinda Ring, MD, director of Northwestern Medicine Osher Center for Integrative Medicine, and Anand Dhruva, MD, director of education at the University of California, San Francisco Osher Center for Integrative Medicine, have built the framework for an expansive integrative medicine curriculum that can be employed for learners at and beyond all seven member centers of the Osher Collaborative. Esteemed faculty from Northwestern University; Harvard University; Vanderbilt University; University of California, San Francisco; University of Washington; and University of Miami are sharing their expertise in areas of pain, pediatrics, oncology, psychology, Ayurvedic medicine, traditional Chinese medicine, dietary supplements, spirituality and more to create a rich set of materials. Our collective knowledge will help educate and prepare the next generation of integrative medicine providers.

Culinary medicine Train-the-Trainer Workshops
In September 2018, we hosted a pilot Cooking Up Health Train-the-Trainer Workshop, supported in part by a grant from Northwestern University Clinical and Translational Sciences Institute. Presented in collaboration with the non-profit community organization Common Threads, 13 faculty from eight health professional schools were taught how to replicate our successful Cooking Up Health program. Cooking Up Health helps medical students and trainees counsel their patients in successful behavior change around nutrition and cooking. The training workshop provides full complimentary access to the Cooking Up Health curriculum, immerses participants in a sample lesson and cooking class, and trains instructors to teach culinary medicine. We continue to receive requests and interest from outside organizations in implementing Cooking Up Health. Our latest workshop in September 2019 reached maximum enrollment.

Generous support from the Weil Foundation
We received a grant of $20,000 from the Weil Foundation to support the 2019 Train-the-Trainer Workshop. This support allows us to keep the course accessible to interested faculty, refine the training workshop and update curricular materials to reflect new nutritional science.
Education

Fellowship updates

Our fellows make meaningful contributions to our collaborative projects, and that work helps to guide the next steps of their professional journeys.

Anna Shannahan, MD, completes integrative medicine fellowship
In June 2019, Dr. Shannahan concluded her fruitful two-year clinical fellowship. She will assume the position of associate education director at our center and will supervise residents at Northwestern Medicine Grayslake Outpatient Center. Over the past year, Dr. Shannahan has delivered numerous lectures and presented on topics ranging from physician Fitbit use for patient health to massage, mindfulness and medicine.

Meet our 2019-2021 fellow: Amrien Ghouse, DO
Beginning her fellowship in summer 2019, Dr. Ghouse is a family medicine physician with a background in osteopathic medicine. Her interests include addressing healthcare disparities, functional medicine and implementing osteopathic manipulative medicine. In her residency, Dr. Ghouse collaborated with a local food bank to create a Food Pharmacy program that addresses food insecurity in people who are pre-diabetic. Patients enrolled in this program receive targeted nutrition education that includes cooking classes, dietary counseling, and a supply of fresh and healthy food. She hopes to expand the program to include any patient with food insecurity, regardless of their chronic health conditions, and bring similar programs to Chicago-area communities.

As one of seven members of the international Osher Collaborative (www.oshercollaborative.com), we continue to partner with our fellow Osher Centers on other initiatives to advance integrative medicine across the globe.
Expanding our reach to healthcare providers, students and staff

Grand Rounds
Northwestern University Feinberg School of Medicine hosts quarterly, one-hour presentations for healthcare providers, students and staff to learn more about recent advances in research, clinical care and practice. We were proud to co-present three sessions in the past program year:

**Pediatric Heart Transplants, Stress and the ROSE Study** — Elfriede Pahl, MD, FACC, FAHA, medical director, Heart Transplant/Heart Failure; Marvin E. Wodika, professor of cardiology, co-director, Research and Academic Affairs, Heart Center, Ann & Robert H. Lurie Children's Hospital of Chicago

**Walking Green: Developing an Evidence Base for Nature Prescriptions** — Teresa H. Horton, PhD, research associate professor, Department of Anthropology, Northwestern University

**MedEd Gone Mindful: The Impact & Opportunities of Integrative Medicine Education** — Anna Shannahan, MD, fellow, Northwestern Medicine Osher Center for Integrative Medicine

Faculty Scholars Program
Now in its fourth year, our Faculty Scholars Program (FSP) in Integrative Healthcare is a nine-month, evidence-based, experiential course. Our interdisciplinary approach teaches current clinical practices, scientific research and thought leadership at the forefront of integrative medicine. We adapt the teachings, presenters and readings each year to present the most up-to-date information available. This approach, combined with a strong focus on self-care, has made this program one of our most popular offerings.

Medical student opportunities
In addition to *Cooking Up Health*, we offer electives to our medical students to incorporate integrative medicine into their studies. Our two-week immersive rotation in integrative medicine consists of ambulatory patient care at our center. Instructional strategies include informal lectures, experiential learning and small group discussion of assigned readings, clinical experiences and patient cases. Participants have the opportunity to personally experience complementary therapies such as acupuncture, massage, energy healing, chiropractic, biofeedback and meditation.

Undergraduate interns
Each summer, we welcome undergraduate interns who bring new perspectives, diverse backgrounds and varied interests to explore integrative medicine and apply key learnings to their education. One of our interns was featured as one of nine “2019 Northwestern University Grads to Watch,” as she plans to pursue global health after completing medical school.

Media contributions
Our faculty and members have contributed to various consumer-facing health and wellness stories in high-reaching national outlets. Topics include the effectiveness of CBD oil, how to choose an integrative medicine provider, how to avoid burnout at work and how to spark joy to cope with stress.
Community Engagement

Recruiting experts to support our community outreach and services

We are committed to drawing in members of the community and teaching them how to bring practices of integrative medicine into their lives. To accomplish this over the past year, we have placed a special emphasis on collaborating with experts—particularly peers from other Osher Centers—and connecting these experts to our community.

E-newsletter
Over the past several years, our team has produced and distributed an e-newsletter to an audience of approximately 1,200 medical and integrative medicine professionals, current and former patients, and other interested community members. An additional 30,000 Northwestern Medicine employees receive selected articles from the e-newsletter. These e-newsletters share our latest research, studies and events, as well as recipes and practices to incorporate into a healthy lifestyle. Analytics and anecdotal feedback confirm that recipients find these popular, bi-monthly emails to be relevant, interesting and highly engaging.

8th Annual Integrative Medicine for the Underserved Conference (IM4US)
The aim of IM4US is to reduce health disparity caused by poverty, racism and the social determinants of health through integrative medicine. This year’s conference was held in June 2018 at George Washington University, Ross Hall School of Medicine, and centered on Justice and Equity in Policy and Practice. Anna Shannahan, MD, presented Holistic Wellness Series at a Federally Qualified Health Center.

Mind-Body Community Day
Our successful Mind-Body Community Day took place in January 2019, the day after Integrative Medicine Research Day. In addition to the academic and medical professionals who joined from the previous day of learning, members of the community also attended. In this way, we brought professionals, patients and community members together to learn from each other. The symposium featured experts from several Osher Centers, including Northwestern University.

Presentations included the following, among others:
• The keynote presentation, What Is Tai Chi and How Does It Work?, was delivered by Peter Wayne, PhD, research director of the Osher Center for Integrative Medicine at Harvard Medical School.
• David Vago, PhD, research director of the Osher Center for Integrative Medicine at Vanderbilt University Medical Center, shared insights into underlying neuroscience in his talk, Mapping the Meditative Mind.
• Dr. Wayne and Dr. Vago led two mindfulness workshops, which offered attendees the opportunity to practice tai chi and meditation.
• Avanti Kumar-Singh, MD, co-lead facilitator of the Faculty Scholars Program, discussed The Science and Practice of Yoga and led two workshops on yoga and breathwork.
Faculty & Staff

Executive Director
Melinda Ring, MD, FACP, ABOIM

Director, Program Development
Nancy Heap, LCSW

Director, Research
Judith Moskowitz, PhD, MPH

Interim Director, Clinic
Catherine Cheng, MD, FACP

Operations Director, Clinic
Meghan Smith

Practice Manager, Clinic
Briana Rader, MSHA

Executive Director, Foundation Relations and Corporate Engagement
Sarah Fodor

Director, Northwestern Memorial Foundation
Karen Kliebhan

Associate Dean, Northwestern University Feinberg School of Medicine
Terri Dillon

Clinical Team
Mindy Cramer, DC
Candice Domke-Hochberg, LMT
Howard Feldman, PhD
ania Grimone, LAc
Anna Jonas, DO
Regina Kim, MD
Hannah Lapkin, RD
Fang Lin, LAc
Mary-Anne Meyer, CNP
Jane Mockaitis, RD
Helene Moore, PsyD
Shibani Munshi, MD
Nicole Piotrowski, RN
Dianne Seppelfrick, LMT
Anna Shannahan, MD
Tatyana Shafiro, LAc
Carly Trueger, RD
Chris Wilson, LMT

Group Program Instructors
James Atkinson
Regina Cadenhead
Jamie Klausing
Tara Parker
Tonna Reinhold

Clinic Staff
Beverly Alvarez
Jaret Carrasquedo
Yesenia Espejal
Tina Garcia
Renya Krempl
Sandra Rocha
Yessica Roman Mendoza
Kristin Smith, RN
Vanessa Welch
Philanthropic Advisory Council

**Members**

- Barb Anderson
- Leah Bostrom
- Fabrice Braunrot
- Carey Cooper
- Tara DeMarco
- Laura Flynn
- Emily Grace
- Melinda Graham
- Sheila Gutman
- Paul Heiselman
- Elinor Jannotta
- Diane Lappin
- Lori Lyman
- Karen Malkin
- Diane Meagher
- Pam Miller
- Brennan Murray
- Molly O’Neil
- Elizabeth Pruett
- Brett Rentmeester
- Melissa Ritter
- Viki Ryan
- Nina Schroeder
- Sue Shatlock
- Avanti Singh
- Kanwar Singh
- Tina Trott
- Aaron Underwood
- Molly Vaile
- Marigale Walsh
- Tracy Ward
- Mark Weglarz
- Vanya Weglarz
- Meredith Wood-Prince

**Research**

- Elizabeth Addington, PhD
- Danny Bega, MD
- Inger Burnett-Zeigler, PhD
- Elaine Cheung, PhD
- Bonnie Essner, PhD
- Kim Feingold, PhD
- Jamie Griffith, PhD
- Suena Massey, MD
- Patty Moreno, PhD
- Jason Ong, PhD
- David Victorson, PhD
- Lisa Wu, PhD
- Betina Yanez, PhD

**Advisory Council for the Osher Center for Integrative Medicine at Northwestern Medicine**
Looking Ahead

Continuing to change the world

We continue to lay the groundwork for future initiatives that align with our mission and our clinical and educational priorities. Each year we develop a strategic plan to re-envision the future of our center, and our upcoming initiatives include the following:

**Endowment creation for executive director of Osher Center**
At a time when health care is becoming ever more complex, our Osher Center has remained at the forefront of integrative research and care, but these successes are not guaranteed in the future. Therefore, we are raising funds to establish an endowment for the executive director position. The endowment will provide continued financial support for the highly sought-after expertise and leadership required to advance our mission well into the future. An endowment will also ensure that the position, and therefore the initiatives of the director, is funded in perpetuity.

**Junior Advisory Council**
We are working to establish a Junior Advisory Council. Our vision is to educate and engage a younger generation in integrative medicine through involvement in fundraising and educational events. Through these efforts, we aim to further the message of the Advisory Council for Northwestern Medicine Osher Center for Integrative Medicine.

**IM4US scholarship opportunity**
We are pleased to offer a new scholarship opportunity for two medical trainees or practitioners to attend the important Integrative Medicine for the Underserved (IM4US) conference; this year’s recipients are Northwestern University Feinberg School of Medicine medical student Osama Siddiqui and Massage Therapist Candice Domke-Hochberg. Both recipients are encouraged to develop a plan to bring their learning back to their work at Northwestern University and Northwestern Medicine, including presenting highlights from the conference to their department or program.

**Continuing medical education credits for integrative medicine**
Among other education and advocacy tasks, Melinda Ring, MD, as a representative of the American Board of Integrative Medicine (ABOIM), is developing a standardized set of CME criteria to further the credibility of integrative medicine offerings.

**Continued focus on integrative medicine access for all**
We continue to share our fellow with Erie Health Clinic, a federally qualified health center, to help ensure that integrative medicine is available to patients in all socio-economic groups. This partnership is a benefit to our fellow and offers flexibility in offering medical group visits, as well as the opportunity to work with diverse populations.

**Faculty Scholars Program**
While this course has historically been presented as a nine-month introduction to integrative medicine, we are excited to report that the FSP is being developed into an inclusive fellowship program exploring key topics that meet the needs of the providers who participate. The new program will elevate value to participants, who will have opportunities for clinical case discussion and mentorship, and we anticipate participants will be eligible to sit for the ABOIM exam.
Our Sincerest Gratitude

On behalf of our faculty, staff, patients and the integrative medicine community, we would like to thank the many donors who have given time, money and resources that allow Northwestern Medicine Osher Center for Integrative Medicine to continue to thrive. As a non-profit organization, we depend on the generosity of our supporters, and we are grateful for their partnership as we grow the field of integrative medicine to improve the health and well-being of people across the globe.

Our philanthropic advisory council, IM AWARE (Integrative Medicine: Advising with Awareness, Resources and Education), has been instrumental in our success. For more information about IM AWARE, visit imaware.net.

We also express deep appreciation for the generous, multi-year financial support we have received from Bernard Osher Foundation, The Greer Foundation and the Malkin family. We thank you for your ongoing support, and we look forward to continued collaboration in the coming year.

To make a donation to the Osher Center for Integrative Medicine, please contact the Northwestern Memorial Foundation at 312.926.2033.