

"The first wealth is health."  
 Ralph Waldo Emerson



**Message from the Executive Director  
 Adam Perlman, MD, MPH, FACP**



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It's an exciting time at the Institute for Complementary and Alternative Medicine (ICAM). On July 1<sup>st</sup>, I was very pleased to have my R01 research application to study massage therapy for osteoarthritis (OA) of the knee funded by the National Institutes of Health's National Center for Complementary and Alternative Medicine. This study will seek to determine the optimal dose of massage for patients suffering from OA, leading to a subsequent more definitive trial to determine the efficacy of massage for OA and ultimately help define massage's role in the treatment of this condition.

Osteoarthritis is the most frequently reported chronic condition in the elderly, and by 2020, more than 50 million Americans will have OA. The most common form of arthritis, OA becomes more prevalent with advancing age, but also commonly occurs in younger people with a history of joint injury. Approximately three out of every 100 Americans below age 45, more than a quarter of Americans between the ages of 45 and 64, and 50-75% of Americans 65 and older, suffer from this debilitating disease.

The costs of osteoarthritis in terms of human suffering are extremely high. Conventional therapies for OA have limited effectiveness, and the toxicities associated with suitable drugs for long-term use often limit their utilization. This leaves many patients with the undesirable options of surgery or facing chronic, often debilitating, daily pain

and loss of function. The burden of OA, particularly associated with inadequate pain control, includes overall decreased quality of life, cognitive function, and sleep; interference with social relationships and activities of daily living; and increased depression and anxiety. Sleep disturbance due to pain is a common problem. In a study of adults with chronic pain due to OA of the knee, 31% experienced delayed sleep onset, 81% had problems with sleep maintenance, and 51% had at least weekly early morning awakenings due to pain. Clearly, interventions that lead to better pain control would reduce suffering and improve quality of life for millions of Americans.

The most frequent role for Complementary and Alternative Medicine (CAM) interventions is in the overall relief of suffering. The majority of CAM interventions are unlikely to cure a chronic condition. However, an ever increasing body of research literature does support the role of specific CAM interventions in the treatment of various diseases, primarily through those interventions' ability to help control symptoms and relieve suffering. As the population in the US ages and more people are living with chronic health conditions, there is a growing need for credible research to help guide health care providers patients toward those interventions which are clearly efficacious and away from those which are potentially harmful or unlikely to be beneficial.

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I'm grateful to NCCAM for funding our study, but I'm particularly grateful to all of my colleagues at UMDNJ-SHRP, and our collaborating site at Yale, who contributed to the preparation and submission of our grant application and are now helping to carry out this much needed research. Ultimately, as with all medical research, our hope is that the results of our work will lead to improvement in the quality of life for millions world wide who suffer from this debilitating condition.

I would also like to extend a warm welcome to a new mem-

ber of the ICAM team; Carl Milak, who is the study coordinator for the massage for osteoarthritis of the knee study. In addition, I am pleased to announce that we have a new adjunct Assistant Professor, Dr. Norma Svedosh, who will be responsible for ICAM's Health Coaching courses. Finally, all at ICAM send our best wishes for a full recovery to Yvette Dailey, our Management Assistant, who is unfortunately out of action for some weeks, and thank Beverly Tolliver who has ably stepped into the role at short notice.

## Message from the Director of Education Karen Malone, MA, BA, PGCE

Welcome to our Summer 2009 newsletter. This edition features updates on ICAM's activities, articles on how to relieve stress and promote wellness during these difficult economic times, and information on new and forthcoming educational activities.

The current global economic crisis is a time of stress for us all. Most of us know of someone who has lost his or her job due to the economic downturn. Indeed, the American Psychological Association has identified the decline in economic activity as a major source of stress for all Americans. Fortunately, there are some lifestyle changes that we can make to help alleviate these stresses. Indeed, many newspapers and magazines are running articles on handling stress in the current economic downturn, giving us lots of simple self-help tips to help us to relax and de-stress.

Although such self-help tips can be very useful, sometimes they are simply not enough to help us really relax. One of the best ways to relax is to indulge in a wonderful massage. Massage is a complementary therapy clinically shown to promote relaxation, decrease anxiety, improve mood, and decrease the body's level of stress hormones. The only problem is that a professional massage can be so expensive! One little known secret is that massages are available free of charge for all UMDNJ and University Hospital faculty and staff. You will just need to provide your university ID. The massages are provided by students of the Institute for Therapeutic Massage, accredited by the Commission on Massage Therapy Accreditation. Massages are offered Monday-Thursday from 5pm until 9pm. Please call 973-953-1153 for appointments.

Another challenge with self-help techniques is that they can be so difficult to sustain over time. A professional health coach can help us by providing support, motivation and

inspiration to help us to sustain the lifestyle changes we may need to make. However, health coaching is also something of a luxury, especially in these difficult economic times. One more cost-effective alternative is to take a course in Health Coaching, during which you can experience giving and receiving a health coaching session as part of the course. ICAM has developed a two-day introduction course in Integrative Health Coaching and Self-Care in conjunction with UMDNJ's School of Nursing. The course will teach you how to promote your own and others' wellbeing, through making beneficial lifestyle changes, such as eating more healthily, exercising more, losing weight, stopping smoking, etc. Although offered primarily for Registered Nurses, it is also be open to other health professionals. Other short Continuing Education courses being offered by ICAM and the School of Nursing this fall include short courses in Aromatherapy and Reiki. For further information on these courses, please contact Betty Terry, Program Assistant, the Center for Lifelong Learning, UMDNJ-School of Nursing at [terrybe@umdnj.edu](mailto:terrybe@umdnj.edu) or 973 972 6655.

Other courses in the pipeline at ICAM include a course in Chair Massage, developed in conjunction with the Institute for Therapeutic Massage. This wonderfully relaxing form of massage can be done anywhere, and is a great way to help friends and family to unwind and de-stress. It is typically acupressure-based, and uses a special chair in which the client sits while remaining fully clothed. This two-day course is open access, as it is not necessary to be a massage therapist to study Chair Massage. If you are interested in registering for our Chair Massage course, please email Lisa Helbig at [lisa@massageprogram.com](mailto:lisa@massageprogram.com).

This Fall, we will be reoffering our popular on-line Master's module in Integrative Health Coaching and Self-Care



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(ICAM5200). This is open to students who have completed our online Complementary and Alternative Medicine (CAM) Seminar Course, but highly motivated students with personal experience of using CAMs for self-care are also encouraged to apply.

Also in the Fall ICAM will be linking with Newark's New Community Corporation on a project to develop and deliver a community based Certificate in Integrative Health Coaching and Self-Care. This course aims to provide training to the caregivers of underserved residents in Newark, to enhance their ability to promote wellness and improve the quality of life of those for whom they care. The Certificate is one part of the ICAM's commitment to humanism in health care, through the use of education to increase community awareness and promote prevention and self-care techniques to improve well-being and quality of life. It will

also make much needed health services more accessible to some of the most vulnerable of Newark's residents.


In addition, ICAM is involved in research exploring the process of medical curriculum change. This has just received approval from the Institutional Review Board, and data collection is to start shortly. In connection with this study, I was able to meet with Dr. Darryl Kirch, the President of the Association of American Medical Colleges, recently in Washington, where we discussed a range of issues including premedical and medical school curriculum change, and the need for reform to promote a more humanistic approach to medical care.

We hope you enjoy the articles in our Summer Newsletter. If you have any feedback on our newsletter, or ideas for future submissions, please contact me at [malonek1@umdnj.edu](mailto:malonek1@umdnj.edu)



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UMDNJ is the largest health sciences university in the country, and is dedicated to excellence in teaching, research and clinical practice.



# Massage Therapy Moves into Mainstream Medicine

## James Zazeski, BSHS, AOSMT, NCTMB

In the United States, the trend toward using massage therapy as an adjunct to conventional healthcare continues to grow. In the United States, the trend toward using massage therapy as an adjunct to conventional healthcare continues to grow. More Americans of all age groups and economic status are receiving massage therapy for health reasons than ever before (AMTA, 2009). In fact, more physicians are recommending massage therapy as a viable healthcare strategy (AMTA, 2009).

- ◆ 46 percent of those earning less than \$25,000 a year get massage for medical/health reasons, more than any other group.
- ◆ 57 percent of those who talked to their doctor about massage reported that their doctor strongly recommended or encouraged them to get a massage.
- ◆ Among those who've had a massage in the last five years, 41 percent of those aged 55-64 and 44 percent of those aged over 64 received their last massage for medical/health reasons. (AMTA, 2009)

As the popularity of massage therapy continues to grow, so does the scientific evidence of its medical benefits. Numerous research studies have shown massage therapy:

- ◆ Decrease blood pressure
- ◆ Decrease anxiety
- ◆ Reduce the prevalence of migraine headaches
- ◆ Reduce pain and increase range of motion for low back pain sufferers
- ◆ Support effective digestion and breathing
- ◆ Reduce stress
- ◆ Improve Immune System function
- ◆ Alleviate pain
- ◆ Improve circulation of the cardiovascular and lymphatic systems (Fritz, 2009)

Massage therapy is also increasingly seen as a viable complementary therapy within the hospital environment. More hospitals are employing massage therapists than ever before, where massage therapy is seen as a complementary therapy in hospitals with palliative care programs, especially with cancer patients. The reason for this is that massage has been shown to affect the following symptoms associated with cancer and its treatment (MacDonald, 2005):

- ◆ Reduce anxiety
- ◆ Reduce muscle pain and tension
- ◆ Reduce nausea
- ◆ Reduce blood pressure
- ◆ Reduce stress

As the trend toward massage therapy in mainstream medicine grows, so does the need for massage therapy programs which properly train massage therapists to work in this field. One such program is being offered at the Institute for Therapeutic Massage (ITM) in New Jersey. ITM is the first massage therapy school in the nation to offer a Commission on Massage Therapy Accreditation (COMTA) accredited 1 year, 750-hour Oncology Massage Certification Program. Students in this program receive a thorough education in Anatomy and Physiology, Oncology, and Palliative Care as well as hands-on experience working in various hospitals units at UMDNJ's University Hospital in Newark, NJ.

During the student's clinical work in the hospital, they are exposed to a variety of patients and caregivers. In one such instance students provide comfort and caring massage to a comatose woman, the victim of a near fatal car accident. While massage certainly helps in promoting blood flow to the muscles this woman is no longer using, it's the massage for the caregivers, who maintain a 24 hours a day, 7 days a week bedside vigil who benefit the most. They often comment that they look forward to the students visiting and giving them a massage and it makes the day bearable for them. They also say it calms them down and gives them hope.

It is for this reason, as well as many others, that massage therapy continues to grow in popularity. Massage is not only a great stress reducer but arguably also a viable part of any hospital's palliative care program and patient's overall healthcare strategy.

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- MacDonald, G. (2005). *Massage for the Hospital Patient and Medically Frail Client*. Philadelphia: Lippincott, Williams and Wilkens.

### Author Biography

James Zazeski, BSHS, AOSMT, NCTMB graduated from The Boulder College of Massage Therapy in 1997, received his Associates Degree from BCMT in 2001 and his Bachelor's Degree in Health Sciences in 2008 from TUI University. James is the Program Director of the Institute for Therapeutic Massage, Inc.



# The ICAM Research Lab

## Susan Gould Fogerite, PhD

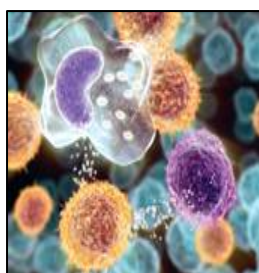


### The ICAM Research Lab is:

- ◆ A **Research Laboratory** where public and privately funded, basic and clinical, research is performed.
- ◆ A **Service Laboratory** that supports clinical trials and performs assays for other labs on samples from basic and clinical research.
- ◆ A **Teaching Laboratory** where students from SHRP and other UMDNJ programs can acquire research training, experience, and laboratory data.

### Current Activities:

Stress and inflammation play major roles in a broad spectrum of diseases that plague modern man, including cardiovascular, endocrine, neurological, musculoskeletal, immunological, and psychological disorders. The major focus of the laboratory is on immunological and neuro-endocrine markers of stress, relaxation, and inflammation, as keys to disease processes and for monitoring treatments for these diseases. We are particularly interested in the efficacy and mechanisms of action of Complementary and Alternative Medicine interventions, especially mind/body modalities such as yoga, meditation, breathing practices, guided imagery, and relaxation. Clinical trials involving guided imagery and relaxation to prepare for orthognathic surgery, and a nutritional intervention for pre-type II diabetes, are ongoing. These studies include physical, psychological, or quality of life, as well as immunological and biochemical, outcomes. A pilot trial of a specially designed yoga intervention for people with multiple sclerosis is in development. Recent and pending applications/collaborations include studies on nutritional needs in kidney failure, research on the human bio-field in bone cancer, and biological basis and treatment of tourniquet pain during foot surgery.



Newark, NJ, 07101. Approximately 2,400 square feet of prime laboratory space includes a tissue culture lab, autoclave, glassware washing facilities, wet and dry lab bench space, storage, and desk space. The Laboratory equipment includes a water purification system, refrigerators, minus 20 and minus 80 degree Centigrade Revco freezers, biosafety hoods, a chemical hood, tissue culture incubators, a Biotech microplate reader, a programmable plate washer, centrifuges, spectrophotometers, computers, and small equipment and supplies necessary to perform laboratory research.

### Goals:

1. The ICAM Research Lab desires to continue to help support the general clinical research and educational activities of UMDNJ through education, collaboration and service.
2. We also seek to facilitate high quality basic and clinical CAM research specifically, leading to greater characterization of efficacy in disease states and in health promotion, as well as mechanisms of action, through our efforts and through collaboration.
3. With these resources available at reasonable cost, researchers within UMDNJ can strengthen research proposals by including additional biochemical and immunological parameters as outcomes.

### Laboratory Facilities:

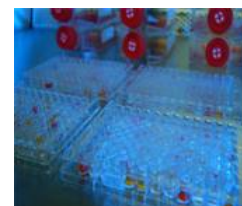
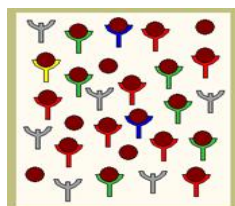
The ICAM Laboratory is located within the Clinical Lab Sciences laboratories in GB 156, 157 and 159 of the School of Health Related Professions in the Stanley S Bergen Building, 65 Bergen St,



Basic Research Design, Development, Management and Execution
Clinical Trials Design, Support and Management
Immunology: General, Mucosal, Infection, Inflammation, and Stress
Complementary and Alternative Medicine Modalities (especially mind/body)
Grant and IRB document preparation support as a collaborator
Vaccines and Gene Transfer

Current Lab Services:	Potential lab Services:
Clinical trial support	Cell function assays (especially immunological)
Separation and storage of serum, plasma or saliva	Tissue culture
Measurement of proteins and hormones in the blood	Vaccine/immunogen preparation
Assay design and development (especially ELISA)	Gene transfer
Data management and reports	

Laboratory analysis:	
<b>Currently performing :</b>	<b>Potential:</b>
Cortisol (serum &saliva)	Other hormones (serum, plasma, saliva, urinary)
DHEA-S (serum &saliva)	
IL-6	Other cytokines
TNF alpha	Other proteins/ peptides
High Sensitivity CRP	
Insulin	
Adiponectin	<b>Open-depending on needs and interests of collaborators</b>
Resistin	
Serum Amyloid A	



Please feel free to email me at [fogerisu@umdnj.edu](mailto:fogerisu@umdnj.edu) or call at 973-972-7836 to discuss your collaborative or service research interests and needs.

Susan Gould Fogerite, PhD, Director of Research, Institute for Complementary and Alternative Medicine, Associate Professor, Primary Care and Clinical Lab Sciences, SHRP, UMDNJ



## Study for a Master's Module in Integrative Health Coaching and Self-Care



Learn health coaching skills and techniques to improve the quality of life of your clients patients, as well as yourself.

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**Further information:** Karen Malone at [malonek1@umdnj.edu](mailto:malonek1@umdnj.edu)

