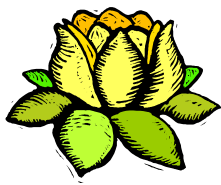




Complements Integrative Medicine Quarterly News



Integrative Medicine Announces the Publication of A New Newsletter



Welcome!

This is our first issue of *Complements*, a newsletter we hope you will find educational, informative, and enjoyable. The idea to produce this quarterly newsletter sprouted out of the continuous questions we receive from hospital staff, healthcare practitioners and the public on integrative medicine topics and services.

Each issue will focus on a complementary medicine topic along with regular features including: book reviews, staff profiles, creativity projects, research, all natural recipes and educational programming.

Complements will be available in several formats. You can receive it by email or read it from the Integrative Medicine website—<http://harthosp.org/IntMed>. A paper copy is

also available for a minimal fee of \$12.00 per year (to offset printing and mailing costs).

In this first issue, we will provide a little historical background on the complementary medicine movement, as well as bring you forward to today's Integrative Medicine.

We believe that in any new venture, there is room for growth and improvement. Please feel free to send us your comments and feedback regarding the newsletter and the topics we cover. If you have suggestions for topics, please send those along as well. Contact information can be found on the last page of each newsletter.

Kelly

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Journaling for Health—September, 2004

The September issue of *Complements* will feature "Journaling for Health". What exactly is journaling and how is it connected to our health? Although it may sound simplistic, the process of writing down thoughts and feelings helps to unload them from the subconscious. By bringing thoughts forward, the mind can better organize and then deal with



these thoughts. The mind and body connect and, as a result, releases stress.

In September's issue look for information on this complementary modality along with activities you can do related to journaling and creativity.

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Upcoming Issues

- Journaling for Health
- Energy Medicine
- Nutrition
- Art for Healing



Conventional Medicine Vs. Complementary Medicine?

In 1990 Dr. David Eisenberg, of Harvard and Beth Israel Hospital in Boston, conducted a survey to better understand the use of what was then termed Alternative Medicine, in the United States. His findings, published in the *New England Journal of Medicine* (Vol. 328(4):246-52, 1993 Jan 28) stated that approximately one third of all Americans had used alternative therapies within that year and had paid for them out-of-pocket. The survey also indicated that the people utilizing these therapies were highly educated, middle-aged, of middle-high income brackets, and mainly female. Dr. Eisenberg defined "alternative practices" as massage, chiropractic, naturopathic medicine, osteopathic manipulations, homeopathic medicine, and the like. At that time, alternative medicine was any health modality or therapy that was not considered to be conventionally accepted and was not taught in traditional medical schools.

Dr. Eisenberg used the terms "complementary and alternative medicine" or "CAM" to describe this trend, and in 1997 did a follow-up study which found that 42% of people surveyed were using CAM and had spent between 12 and 15 billion dollars out-of-pocket.

By early 2000 the trend toward CAM use was clearly making an impact on the delivery of healthcare.

- JCAHO included CAM therapies in one of it's "examples of implementations"
- Some insurance companies were prompted to

cover CAM therapies or at least provide their members with a list of practitioners willing to offer discounted services

- More nursing and medical schools were adding CAM therapies to their curriculum
- U.S. Congress established the National Center for Complementary and Alternative Medicine (NCCAM) in 1999 to support research and education of CAM therapies

In a relatively short period of time, the therapies that Dr. Eisenberg included in his survey are no longer considered alternative. Today, the term "complementary" is part of the mainstream approach as Americans seek a more holistic approach to their healthcare. Fortunately, what is known as complementary medicine is now being integrated into the fabric of care as traditional or "conventional" medicine evolves to become more holistic. The term used today, in 2004, is "Integrative Medicine". Practitioners are now beginning to understand that there does not need to be a conflict of one therapy versus another. By integrating the two approaches, the patient's health and healing can be addressed on a physical, emotional and spiritual level.

Today's Integrative Medicine movement is helping transform healthcare into the holistic approach necessary in giving our patients the best there is to offer.

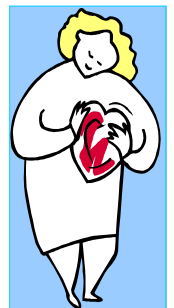
New Service Available—Touch Communicates Love

Integrative Medicine now offers services to the entire family. Following the birth of a baby, a new mom can receive a soothing massage. Massage can help relax tired muscles, increase circulation and promote tissue healing following childbirth. Now, baby and dad can also receive a massage. What a wonderful way to relax the entire family!

In addition to massage services for the entire family, a new Bedside Infant Massage Training for Parents is available. Parents learn infant massage techniques which they can take home to use everyday with the new baby. Contact Integrative Medicine for more

information, 860-545-4444. Certificates are available and make a wonderful gift for the new family. A price list follows:

- Patient Massage—\$35.00
- Mom and Baby Massage—\$50.00
- Mom, Dad, and Baby Massage—\$65.00
- Bedside Infant Massage Training for Parents—\$45.00



In Retrospect—Integrative Medicine Moves Into Its Eighth Year

In the Beginning—The year was 1997, and as the saying goes, “timing is everything.” Although the concept of an inpatient complementary therapies program was still a novel concept, Hartford Hospital’s administration gave its blessing to a small group of focused individuals who wished to explore the integration of alternative medicine into the existing services offered at Hartford Hospital. These individuals were highly qualified professionals who held traditional positions in the hospital and who were also trained in a variety of complementary therapies. That same year, patients, family members, and hospital staff in the Women’s Health Services Department became the first to receive such services, including Reiki, Infant Massage, and Guided Imagery. From that initial, successful beginning, the Department of Integrative Medicine at Hartford Hospital was born.

What’s in a name? Most of the medical journals in the mid-1990s were using the term “complementary and alternative medicine” or the acronym “CAM.” We strongly considered using this term, but after much consideration and review of our actual mission, which put forth the intention to establish “a model for the relationship between practitioners of complementary and alternative healing arts and the Medical Staff,” we decided to use the term “**Integrative Medicine.**” It was and continues to be our mission to weave or integrate these various complementary disciplines into the very fabric or core of usual medical practice. If medicine itself is to truly transform, it will both be motivated by compassion and caring and be perceived as being compassionate and caring. Also, it will value the improvement of health as well as the

curing of disease. We wanted to set this tone from the very beginning by actively seeking the integration of CAM into the infrastructure of the most conventional or standard of medical care. By blending the best of traditional medicine with complementary therapies, the name Integrative Medicine was the best fit.

Fast Forward to the Present Day—As with any new program, there have been plenty of lumps and bumps. Funding, for example, has been an ongoing issue. Since most complementary modalities have no reimbursement for services, Integrative Medicine staff have had to acquire operating money primarily from grants and donations—from both external funding sources as well as internal sources such as the Employee Annual Fund and other hospital departments.

Funding challenges have not slowed the staff down though, and as with any worthwhile endeavor, there



is focus and forward-thinking to help keep the momentum going. Staff and community education continues to be an important component, as you will see in the attached “*Educational Offerings*” schedule. Services to our patients, family members

and the hospital’s employees remain a top priority for all our Integrative Medicine staff members as we look forward to the challenges we face in the coming years.



Integrative Medicine’s Prosperity Garden

Looking for a special gift?

Visit the Prosperity Garden Open 9 to 4 Monday—Friday ERD, 2nd Floor
Handcrafted goods Unique pins Beaded earrings and necklaces
One of a kind cards and envelopes Seasonal and Holiday items

860-545-4444

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Comments, questions
and suggestions—
please send email
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Staff Profile



In this first issue, we thought it appropriate to profile an “original” member of Integrative Medicine who also happens to be the current director. Marcia Rothwell’s belief in complementary health systems and an integrative approach to healthcare helped move an “idea” into a service that patients, family members and staff value and appreciate.

In addition to her work as Director, Marcia is a licensed massage therapist and instructor for the CCMT Medical Massage Program. Her practice includes multiple types of bodywork such as Cranial Sacral Therapy and Lymph Drainage.

It would be hard to profile Marcia without including some of her life’s loves outside of her commitment to Integrative Medicine. Her family and cherished farmhouse at Sagamore Highlands, Cape Cod would be high on the list, along with her love of creativity, continuous learning, and getting together with family and friends. A lifetime resident of Old Wethersfield, Connecticut and a longtime Hartford Hospital employee (38 years!), Marcia’s outgoing, vivacious personality is well suited to the position of Director of a continuous growing and evolving Integrative Medicine department.

All Natural—Recipes and Natural Food Tips

Pizza on the Grill

The Dough (Makes 2 crusts):

- 1 (.25 oz.) package active yeast
- 1 cup warm water
- 1 pinch white sugar
- 2 teaspoons kosher salt
- 1 tablespoon olive oil
- 3 1/3 cups all-purpose flour
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh basil

The Toppings (Per Pizza)

- 1/4 cup olive oil
- 1 teaspoon minced garlic
- 1/4 cup fresh crushed tomatoes (well-drained)
- 1/4 cup fresh sliced tomatoes
- 1 cup shredded mozzarella cheese
- 2 tablespoons chopped fresh basil



Directions:

- In a bowl, dissolve yeast in warm water, and mix in sugar. Wait ten minutes or until frothy. Mix in salt, olive oil and flour until dough pulls away from the sides of the bowl. Turn onto a lightly floured surface. Knead until smooth, about 8 minutes. Place dough in a well-oiled bowl and cover with a damp cloth. Set aside to rise until doubled, about 1 hour. Punch down, and knead in garlic and basil. Set aside to rise for 1 more hour, or until doubled again.
- Preheat grill for high heat. Heat olive oil with garlic for 30 second in the microwave and set aside.
- Punch down dough, and divide in half. Form each half into an oblong shape 3/8 to 1/2-inch thick.
- Brush grill grate with olive oil. Carefully place one piece of dough on hot grill. The dough will begin to puff almost immediately. When the bottom crust has lightly browned, turn the dough over using two spatulas. Working quickly, brush garlic and oil over crust. Spread crushed tomatoes, then tomato slices and fresh basil over crust. Sprinkle with cheese.
- Close the grill lid and cook until the cheese melts. Remove from grill and set aside to cool for a few minutes, then cut into slices.



Integrative Medicine

The Leader for Integrating the Non-Traditional and Traditional in Healthcare

2004 CLASSES AND WORKSHOPS TO ENERGIZE YOU

Peggy Huddleston's Prepare for Surgery, Heal Faster™ - Alice Moore

Learn 5 steps (including guided imagery) proven by research to help you prepare emotionally and physically for surgery. Feel calmer before surgery, experience less pain, and recover faster. Class is temporarily not available- **class book and relaxation tape can be purchased for \$25 through Integrative Medicine by calling (860) 545-4444.**

Who am I, Who are You? Understanding the Enneagram—Alice Moore

An important part of the spiritual quest is understanding who we are, learning to move past our personalities, and becoming more effective in our relationships. Come learn about the 9 basic personalities of the Enneagram (rooted in ancient spiritual traditions) for better understanding ourselves and others. **5/24, 2004, 6:00 to 8:45 p.m. in Wethersfield FEE: \$25. (includes personal assessment quiz and handouts)**

Reiki Healing Touch-Level I—Alice Moore

Learn a gentle hands-on relaxation technique that can reduce stress, muscle tension/pain and accelerate the healing process. This technique, working with your body's energy system, can promote wellness and a sense of well-being. Use for self-care, with family, friends and patients. **Thursdays (choose one date): 6/24, 7/15, 7/29, 8/12, or 9/9, 2004 9:00 a.m. to 5:00 p.m. in Hartford; FEE: \$150; \$120 for Hartford Hospital employees; \$75 for Reiki volunteers**

Altered Journals: Creating Your Own Sacred Space – Kelly Taylor

Using old bound books, you will learn how to create a journal that you can use for writing, painting, or collaging your wishes, dreams, feelings, and other personal expressions. Journaling is an expressive process that can be helpful in the recovery of an illness or provide insight, personal growth, and pure pleasure. This expressive art workshop will be facilitated by artist Kelly Taylor and will give you an opportunity to learn altered journal-making using a variety of materials and tools. **6/8/04 from 6:00p.m. - 9:00p.m. in Wethersfield FEE: \$35**

Self Discovery & Healing with Collage

Discover the power of the image to engage the imagination. Collage uses intuition to gather and reweave imagery that already exists as an energetic source and creates metaphors to tell your inner story. Find the archetypes that are guiding your life and connecting you to the larger universal story. **July 13, 2004, 6:00-9:00pm, Wethersfield, Fee:\$35**

The Spirit of Healing Hands – Diana Boehnert

Explore the power of your “other” hand to bypass your analytical mind and access the intuitive and knowing spirit within. Using art and writing we will attend to the language of the body and experience first-hand what lessons it has to offer. **August 17, 2004, 6:00-9:00pm, Wethersfield, Fee: 35.**

The Benefits of Aromatherapy – Linda Derenski Hear an overview of Aromatherapy essential oils. She will discuss therapeutic benefits and describe how Aromatherapy can be used in a healthcare setting. **Thursday, June 17, 2004, 12 noon to 1:00 p.m, ERC 216, Hartford Hospital, Fee: None.**

Outdoor Art Lunch and Learn

Resident artist Diana Boehnert will lead a “hands-on” art project. Come prepared for expression, creativity, and fun! **Outdoor activity, weather permitting! Wednesday, July 14, 2004, 12 n-1:00 p, Courtyard Outside Cafeteria**

Avon Wellness Center Library presents: Lunch and Learn Video Presentations **12n-1p.** Bring Your Own Brown Bag Lunch. A light snack is provided.

Tuesday, 6/1/04

I'd Rather Laugh with Linda Richman

Combining wry humor with hard-knocks wisdom in this video presentation, Linda Richman will touch anyone who needs to get past a bad experience. She offers homespun advice through stories of her own and her friends and family.

Tuesday, 7/6/04

Unleashing the Healing Power of Herbs

In this video presentation, learn about the healing power of herbs and the history of herbal healing, including how herbs were used in the Chinese, Ayurvedic and Western Civilizations.

Tuesday, 8/3/04

Artmind – The Healing Power of Sacred Art Is it possible that art has the power to heal? Could it be that the sacred monuments, paintings and sculptures from ancient civilizations around the world were created to evoke more than just beauty alone? Do they also have the power to heal us? Visionary artist Alex Grey believes that this is so and in this video

presentation, leads you through a tour of sacred art from around the world to demonstrate how art can revitalize our health and sense of well-being.

Tuesday, 9/7/04

Edgar Cayce on Practical Spirituality

In this video presentation, Charles Thomas Cayce grandson of Edgar Cayce, helps explain the resurgence of spiritualism that his grandfather predicted would play a more powerful role at the turn of the 21st century. Interviews with an assortment of experts, including a spiritual educator, a psychotherapist, and a doctor, help emphasize Cayce’s view for the need to live in the present and promote down-to-earth advice on engaging in spiritual self-examination.

*Registration required on ALL classes, workshops and lectures
unless otherwise noted*
Call Health Referral Services
860-545-1888

