

3<sup>rd</sup> Biennial

# Focus on Integrative Medicine & Wellness: Relax, Renew, Restore

Presented By:



**8:00 am**  
**Main Room**

**Registration**  
Continental Breakfast/Visit Exhibits



*Dr. Mao, Styles and Smith will be available to answer your questions in person throughout the conference.*

**8:30 am**  
**Main Room**

**Welcome and Introductions**  
*Joseph Carver, MD*  
*Jun Mao, MD, Conference Co-Chair*  
*Rebecca Smith, MD, MS, Conference Co-Chair*  
*Terry Styles, MD, Conference Co-Chair*



**8:45 am**  
**Main Room**

**Opening Guided Imagery**  
*Gabriel Rocco, MA*

**9:00 am**  
**Main Room**

**General Session**  
**Integrative Medicine 101**  
*Terry Styles, MD*

**Integrative Approaches to Manage Symptoms**  
*Rebecca Smith, MD, MS*

**10:00 am**  
**Main Room**

**Break/Yoga Stretch**  
*Gail Denber, PT, DPT*

**10:15 am**  
**Main Room**

**Integrative Medicine, News You Can Use: The Latest Research Findings at Penn and Beyond**  
*Jun Mao, MD*

**10:45 am**  
**Main Room**

**Upcoming Events at The Abramson Cancer Center**  
*Sally Schaeffer, Assistant Development Officer, PENN Medicine*

## **Hosts for Hospitals**

*Tammy Forstater, Outreach Coordinator*

## **The Wellness Community of Philadelphia**

*Kathleen Coyne, Program Director*

**11:00 am**

### **CONCURRENT WORKSHOPS**

Learn more and experience how the different approaches work.  
*You can read about each therapy on page 11*

*Please select **ONE** from the following workshops.*

#### **Nursery Room**

**Mindfulness Meditation** – *Gabriel Rocco, MA*

#### **Dining Room**

**Manual Lymphatic Drainage**

*Linda Boyle PT, DPT, CLT-LANA*

*Joy C Cohn, PT, CLT-LANA*

*Nicole L Dugan, DPT, CLT-LANA*

*Nancy Stewart, PT, MEd, MPT, CLT*

#### **Main Room**

**Nutrition and Ayurvedic Medicine**

*Katrina Claghorn, MS, RD, LDN*

*Krupali Desai, MD, MPH*

#### **Enclosed Porch**

**Reiki**

*Marie Jackson*

*Vince Gilhool*

#### **Parlor**

**QiGong** – *Kevin Starbard*

**11:50 am**

**Lunch/Visit Exhibitors**



**Questions?** *Speakers will take questions after their presentations. To ask your question, please step up to the microphones located near the center of the room.*



# *Support*

*The Abramson Cancer Center acknowledges our generous supporters  
for making this conference possible*

**Bob Coppola**  
**Courtney & Steven Kapp**  
**Pfizer Inc**  
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## *Please visit our Exhibitors*

Abramson Cancer Center

- Patient Education
- Penn Medicine Development

American Cancer Society

Gilda's Club

Hosts for Hospitals

Penn Home Care and Hospice

Penn Therapy & Fitness

Sun Safe Clothing

The Wellness Community of Philadelphia

**12:25 pm**      **Special Keynote Guest Speaker**  
**On the “Other Side of the Table:” Running a Cancer Marathon**  
*Mary Lou Galantino, PT, PhD, MSCE*

**12:55 pm**      **CONCURRENT WORKSHOPS**  
Learn more about and experience how the different approaches work.  
*You can read about each therapy on page 11*

*Please select ONE from the following workshops.*

**Nursery Room**      **Mindfulness Meditation** – *Gabriel Rocco, MA*

**Dining Room**      **Manual Lymphatic Drainage**  
*Linda Boyle PT, DPT, CLT-LANA*  
*Joy C Cohn, PT, CLT-LANA*  
*Nicole L Dugan, DPT, CLT-LANA*  
*Nancy Stewart, PT, MEd, MPT, CLT*

**Front Porch**      **Nutrition and Ayurvedic Medicine**  
*Katrina Claghorn, MS, RD, LDN*  
*Krupali Desai, MD, MPH*

**Enclosed Porch**      **Acupuncture** – *Thomas Burgoon, MD*

**Library**      **Aromatherapy** - *Lili Mansi, DC*

**Main Room**      **Music Therapy** – *Brian Abrams, PhD, MT-BC, LPC, LCAT, FAMI*

**Parlor**      **Yoga and Pilates**  
*Gail Denber, PT, DPT*  
*Jan Bruckner, PT, PhD*

**1:30 pm**      **Break/Visit Exhibitors**  
**Main Room**

**1:40 pm**  
**Main Room**

### **Putting It All Together: Integrative Medicine Case Conference**

Learn how your medical team works together to recommend the Integrative Medicine & Wellness approaches that are best for you.

*Moderators: Jun Mao, MD; Rebecca Smith, MD, MS; Terry Styles, MD*

*Panel Speakers: Thomas Burgoon, MD; Katrina Claghorn, MS, RD, LDN; Krupali Desai, MD, MPH; Mary Lou Galantino, PT, PhD, MSCE; Margaret Lazar, MS, MSW, LCSW; Gabriel Rocco, MA*

**2:40 pm**  
**Main Room**

### **Special Closing Ceremony**

Gabriel Rocco, MA

### ***Relax, Renew, Restore***

*We have several people who are here to provide FREE mini sessions of massage and Reiki. During the general session – just step to the back of this main room and sign up for a mini session.*



### ***Questions?***

*Speakers will take questions after their presentations.*

*To ask your question, please step up to the microphones located near the center of the room.*



### ***Evaluations***

*At the end of the day, please return your evaluation after the Special Closing Ceremony.*



### ***Photographs and Audio Recording***

*Photos will be taken for our newsletters and websites. If you do not want to be included, please make sure you wear a red name tag.*

# Contributing to the Abramson Cancer Center's *3<sup>th</sup> Annual Focus on Integrative Medicine & Wellness Conference*

*Like every patient, each donation we receive is important.*

*Individual sponsorships are available to support our Focus of Integrative Medicine & Wellness annual conference.*

*Please consider a donation at any of the following levels:*

- *Friends \$10 - \$499*
- *Circle of Hope \$500 – \$999*
- *Patient Care Society \$1,000 – \$2,499*
- *Faculty Society \$2,500 – \$4,999*
- *Benefactor \$5,000 – \$9,999*
- *Director's Society \$10,000 and above*

*You can learn about the Abramson Cancer Center, our integrative medicine program and more about how you can contribute, by visiting our website at [www.pennhealth.com/abramson](http://www.pennhealth.com/abramson).*

- *click Make a Donation on the upper right hand corner of the page*
- *In the SECTION entitled “this gift is in honor of,” please type “Patient Conference”*

*or call Tricia Bruning at (215) 898-1033.*

## *Conference Faculty from the Abramson Cancer Center and Guests of the University of Pennsylvania*

### **CONFERENCE Co-CHAIRS**

**Jun Mao, MD** is an Assistant Professor of Family Medicine and Community Health at the University of Pennsylvania's School of Medicine and an active member of the cancer control and prevention program of the Abramson Cancer Center. Dr. Mao also co-chairs the Penn Integrative Oncology Working Group at the Abramson Cancer Center. After receiving his Bachelor of Science degree in Chemical Engineering, Summa Cum Laude, from the University of Illinois at Urbana-Champaign and then Medical Doctoral degree from the University Of Illinois College Of Medicine, Dr. Mao completed his family medicine residency training at the Somerset Family Medicine Residency, affiliated with the UMDNJ Robert Wood Johnson Medical School, New Jersey. Most recently, Dr. Mao completed an academic fellowship at the University of Pennsylvania's School of Medicine while obtaining a Master's Degree in Clinical Epidemiology. In addition to being a board certified family physician, Dr. Mao is a licensed physician acupuncturist who practices integrative medicine. Dr. Mao's research focuses on investigating the effects, mechanism and integration of complementary and alternative medicine (CAM) for symptom management among cancer patients and survivors. Dr. Mao's expertise in pain management and acupuncture has served him in becoming the attending consult physician for the Symptom and Palliative Care Service at the Hospital of University of Pennsylvania. Dr. Mao practices full range of family medicine, with special expertise in: acupuncture on pain and chronic symptom distress; acupuncture for menopausal transition; primary care for cancer patients and survivors; integrative medicine for chronic disease and symptom management; integrative medicine to promote wellness.

**Rebecca Smith, MD, MS** is an Assistant Professor of Physical Medicine & Rehabilitation and Chief of the Division of Cancer Rehabilitation. Dr. Smith is the Medical Director of the Cancer Rehabilitation Program at the Abramson Cancer Center. Her clinical expertise includes: malignant and nonmalignant pain management, lymphedema, myofascial pain, cancer rehabilitation, and musculoskeletal rehabilitation.

**Terry Styles, MD** is an Assistant Professor of Radiation Oncology focusing on the interdisciplinary management of breast cancer. Additionally, Dr. Styles has a special expertise in the use of complementary and integrative medicine to enhance the care of cancer patients. She recently completed a fellowship in Integrative Medicine at the University of Arizona. Dr. Styles also co-chairs the Penn Integrative Oncology Working Group at the Abramson Cancer Center.

### **SPEAKERS**

**Joseph Carver, MD** is the Chief of Staff of the Abramson Cancer Center and the Chief Operating Officer of the Abramson Family Cancer Research Institute of the Abramson Cancer Center of the University of Pennsylvania. He is a Board Certified cardiologist and serves as a Clinical Professor in the Division of Cardiology at the University of Pennsylvania. His clinical practice is in the subspecialty of Oncologic Cardiology. Dr. Carver is the Founding Editor of the American Journal of Managed Care and was a Senior Corporate Medical Director at Aetna U.S. Healthcare from 1992-2001 where he was responsible for new program development and directed the National Medical Excellence Program. From 1999-2001, he was Co-chairperson of the New Jersey and Michigan Working Groups that established voluntary agreements among the insurers in those states to cover the routine costs of clinical trial participation for cancer patients.

**Margaret Lazar, MS, MSW, LCSW** is the Director of Patient and Family Services and a licensed social worker. She has worked in a variety of treatment settings, providing individual, couple and group therapy with people with both psychiatric and medical illness and has worked at the University of Pennsylvania Health System since 1989.

## **GUEST SPEAKERS**

**Mary Lou Galantino, PT, PhD, MSCE** is a Professor at the Richard Stockton College of New Jersey and Adjunct Research Scholar at the University of Pennsylvania where she conducts research on integrative medicine and chronic diseases. She received her bachelor of science degree in Physical Therapy from the University of Pittsburgh, a master's of science degree in Physical Therapy from Texas Women's University and her doctorate from Temple University. From 2002-2005 she was the recipient of an NIH-NCCAM post-doctoral fellowship in the school of medicine at the University of Pennsylvania and completed another master's degree in clinical epidemiology and biostatistics.

Dr. Galantino has enjoyed over 25 years of a clinical, research and training career working with patients diagnosed with chronic diseases. She has extensive experience with the HIV and cancer populations, trained at MD Anderson Cancer Center in Texas and has been an advocate locally and nationally for rehabilitation services since the early 1980's. She has received HRSA government grants to service HIV indigent patients in Houston, TX and Camden, NJ and established community based rehabilitation interventions for people living with HIV. She was recently funded by the New Jersey Cancer Consortium for Research exploring the benefits of yoga during chemotherapy for women living with breast cancer.

She serves as the Oncology Section's Research Chair and has published extensively on cancer and HIV. Her publications include two texts entitled: AIDS and Alternative Medicine: Current State of the Science by Churchill Livingstone (2002) and Clinical Assessment and Treatment of HIV Disease: Rehabilitation of a Chronic Illness by SLACK, Inc (1992). She has served as editor for Orthopaedic Physical Therapy Clinics of North America and published: Complementary Medicine in Orthopaedic Physical Therapy in 2000. Since that time, she has authored several research articles addressing the benefit of meditation for health care professionals and the use of yoga for various diagnoses including chronic low back pain, menopause, and breast cancer. She is involved in NIH-funded research investigating the use of acupuncture for osteoarthritis and yoga for mild hypertension. Dr. Galantino enjoys exploring life through teaching and learning from others and is committed to the integration of evidence based complementary medicine throughout her rehabilitation practice. As a breast cancer survivor, she truly understands the meaning of "taking off her white lab coat and fully experiencing the patient perspective... "On the other side of the table".

## **INTEGRATIVE THERAPY PROVIDERS**

**Brian Abrams, PhD, MT-BC, LPC, LCAT, FAMI**, has been a music therapist since 1995, with clinical experience involving a wide range of populations. Dr. Abrams has published and presented internationally on a wide range of topics such as music therapy in cancer care, music psychotherapy, and music therapy research. He has served as President of the Mid-Atlantic Region of the American Music Therapy Association since 2007. Dr. Abrams has served on the faculty at Utah State University and Immaculata University, and is currently serving on the faculty at Montclair State University.

**Linda Boyle, PT, DPT, CLT-LANA** graduated from Northeastern University in 1980 with a bachelor of science in physical therapy. For her first 22 years in practice, Linda specialized in orthopedics and administration. In 2001, she became lymphedema certified; and became nationally certified in lymphedema intervention in 2003. Between 2003 and 2006, Linda worked for the University of Pennsylvania in the capacity of lymphedema therapist, lymphedema team leader, and cancer rehabilitation team leader at the Abramson Cancer Center. Since 1995, Linda has been on adjunct faculty at Arcadia University's masters and doctor of physical therapy programs. She has lectured on the topic of lymphedema at Drexel University and University of the Sciences in Philadelphia. In 2005, Linda earned her doctor of physical therapy degree from Arcadia University. She has been a member of the American Physical Therapy Association since 1980 and became a credentialed clinical instructor through this organization in 1996. She currently is developing new lymphedema and cancer rehabilitation programs at Phoenix Rehabilitation, a private practice group with 37 locations throughout Pennsylvania.

**Jan Bruckner, PT, PhD** currently works as a physical therapist in the Abramson Cancer Center of University of Pennsylvania. Previously, she did four years of physical therapy for Penn Care at Home and Wissahickon Hospice. She

*Video and pictures of this conference will be available on [PennHealth.com/Abramson](http://PennHealth.com/Abramson)*

taught physical therapy and anthropology at the university level for 20 years and is a certified Pilates instructor. Her interest in integrative medicine led her to develop an exercise program for women integrating spirituality, fitness, and exercise.

**Thomas Burgoon, MD** is a former faculty member of the course, Chinese Acupuncture for Physicians: Scientific Basis and Practice, which was offered through the University of Southern California School of Medicine. He is one of the first class of physicians to graduate from the four-year course Chinese Acupuncture for Physicians, taught through the University of Southern California School of Medicine. A graduate of Vanderbilt University School of Medicine, he was certified in Internal Medicine in 1990 by the American Board of Internal Medicine and now specializes solely in the practice of acupuncture. He is a founding member and former president of the Pennsylvania Chapter of the American Academy of Medical Acupuncture. He was Assistant Professor in the Department of Family Medicine of the New Jersey School of Medicine and Dentistry and taught physicians, medical students, and nurses about the role of acupuncture, traditional Chinese medicine, and botanical medicine in modern medical practice.

**Katrina Claghorn, MS, RD, LDN** is a Registered Dietitian at the Abramson Cancer Center. Ms. Claghorn has specialized in oncology nutrition since 1995. In 1999 she joined the Abramson Cancer Center where she counsels patients receiving radiation and chemotherapies. Her practice also includes counseling on cancer prevention nutrition, integrative and alternative nutritional therapies, and weight management.

**Joy C Cohn, PT, CLT-LANA** is the Part Time Team Leader – Lymphedema services at Penn Therapy and Fitness. She is a graduate of the University of Pennsylvania, Lerner trained in Lymphedema, certified by the Lymphedema Association of North America. She has advanced training at the Foldi Klinik – Hinterzarten, Germany.

**Karima Cooper RTT, NCTMB** is a Radiation Therapist and Nationally Certified Therapeutic Massage and Bodyworker. She has 17 years experience in Radiation Therapy working with cancer patient at the Hospital of the University of Pennsylvania and has been in massage therapy for 8 years.

**Gail Denber, PT, DPT** is a physical therapist with Penn Home Care and Hospice Services since 1999. She received her Bachelor of Physical Therapy from University of Pennsylvania in 1980 and the Doctor of Physical Therapy from Arcadia University in 2008. She is an APTA Certified Clinical Instructor. In 2007 she was given the Clinical Excellence in Geriatrics Award from the American Physical Therapy Association's Section on Geriatrics. In 2005, Widener University School of Human Service Professions recognized her with its Outstanding Service Award. She has been studying and practicing yoga since 1980 with Iyengar teachers including Joan White and BKS Iyengar. She teaches yoga locally.

**Krupali Desai, MD, MPH** is an experienced Ayurvedic Practitioner who has done her MD in Ayurveda (Indian medicine) from India. For the last 8 years she has applied principles of Ayurveda towards restoration of physical, mental and spiritual well-being. Currently, she is pursuing her Master's in Public Health at Thomas Jefferson University and is a member of research team at University of Pennsylvania that studies the role of complementary and alternative medicine in Cancer.

**Nicole L Dugan, DPT, CLT-LANA** is a lead physical therapist at Good Shepherd Penn Partners (GSPP) Penn Therapy and Fitness. She specializes in pelvic floor rehabilitation, lymphedema management, cancer rehabilitation and manual therapy. Nicole serves as an adjunct lecturer at many academic physical therapy programs in the Philadelphia region. She received her Master of Physical Therapy in 1997 and Doctor of Physical Therapy in 2003, both from Temple University. Nicole is a certified lymphedema therapist through the Lymphedema Association of North America since 2001. Her research interests include cancer rehabilitation, physical therapy for pelvic floor dysfunction and incontinence.

**Vince Gilhool** started studying Reiki and Tai-Chi in 2003 and last year received his Master and Teacher certifications the Usui method of Reiki energy work. Vince is also certified in the Yang Long form of Tai-Chi Chuan. Vince's interest in energy work followed a bout with Head and Neck Cancer in 2003 and he is particularly interested in working with Cancer patients and those dealing with traumatic injuries. Vince is affiliated with the Reiki Healing Center in Media as well as the

Natural Healing Arts Center in Newtown Square. Vince also works out of his home in Wynnewood PA. He is a member of the International Association of Reiki Professionals.

**Marie Jackson** is a Certified Usui Reiki Master and Certified Karuna Reiki Master. Now retired from a business background, she began pursuing Energy Medicine and Therapy in 2002 and received her second Master Attunement in 2007. Marie provides Reiki therapy to cancer patients at the Hunterdon Regional Cancer Center in Hunterdon County New Jersey. She is also PENN Medicine's official Reiki volunteer.

**Lili Mansi, DC** has been in private practice in the Healing Arts profession for 23 years as a Holistic Chiropractor, Healer and Reiki Master. She combines the therapeutic benefits of Aromatherapy, Reiki and Chiropractic in her work. Her monthly newsletter, inJoy Health, is a source of alternative information for self-care.

**Gabriel Rocco, MA** is Staff Instructor for the University of Pennsylvania Health System's *Penn Program for Stress Management*, instructing classes based on the practice of mindfulness meditation. Gabriel has been the Mind Body Specialist at *The Wellness Community of Philadelphia* where for the past fourteen years he has facilitated an assortment of programs that integrate mind, body and spirit for people living with cancer and their loved ones. Mr. Rocco earned his Master of Arts in Contemplative Psychotherapy from Naropa University in 1982. In 1986, he pioneered the *Cancer Support Care and Crisis Intervention* program at Philadelphia's Einstein Medical Center. In 1990 he founded "*Life Support Group*", a nonprofit organization offering a cost free twelve week training in integrative mind-body practices to support cancer patients and their support persons. Gabriel was the Mind Body Consultant to the *National Wellness Community* in 2001, integrating medicine, mind and body in the creation of the *Frankly Speaking about Cancer Treatment* program that has been offered at every Wellness Community across the country. His personal meditation practice spans more than twenty-five years. In programs locally, nationally, and internationally, and in his private counseling practice in Bala Cynwyd, PA; Mr. Rocco empowers others to uncover – through meditation and a variety of mind body practices - their intrinsic health and well being in the face of stress and serious illness.

**Kevin Starbard** has been studying and practicing Eastern spirituality and healing arts for the last 20 years. From 1989-1991, Kevin lived at Toshoji Zen Temple in Japan, receiving the Buddhist name of Gosan Taïdo (Enlightened Mountain, Peaceful Way) He has studied Feng Shui in the GEO (Geomancy/Feng Shui Education Organization) three year professional training program. Kevin also received certification in shiatsu and massage from the International School of Massage Therapy in San Francisco, and from the Iokai Shiatsu Center in Tokyo, Japan. For the last four years, he has been studying Thai Massage with Kam Thye Chow of the Lotus Palm School. Kevin has practiced shiatsu at Tassajara Zen Center and San Francisco Zen Center in California. He is currently a massage therapist at Spa Terme Di Aroma in Philadelphia. Kevin also began QiGong training 12 years ago with Master Faxiang Hou, and has taken classes over the years with various teachers. He currently teaches a weekly class at the Philadelphia Senior Center and the Tioga Senior Center. Kevin makes QiGong easily understandable for the young and senior student alike.

**Nancy Stewart, PT, MEd, MPT, CLT** is a Senior II physical therapist at Good Shepherd Penn Partners (GSPP) Penn Therapy and Fitness. She specializes in pelvic floor dysfunction rehabilitation, lymphedema management, pain management and is an Advanced Myofascial Release therapist. She teaches as an adjunct faculty member at University of the Sciences in Philadelphia and Arcadia University. Her main areas of interest are cancer and post-surgical pain management through Myofascial Release and treatment of people with pelvic floor dysfunctions. She graduated from University of the Sciences in Physical Therapy in 1990.

**Margaret Vujacic, CMT** is a massage therapist. She is certified by the Pennsylvania Institute of Massage Therapy. She currently provides services in the privacy of one's home as well as contract work at different events.

# Integrative Medicine Modalities

**Acupuncture** applies needles, heat, pressure, and other treatments to certain places on the skin to cause a change in the physical functions of the body. The use of acupuncture is part of traditional Chinese medicine (TCM). TCM is a medical system that has been used for thousands of years to prevent, diagnose, and treat disease. Many illnesses are treated with acupuncture, but it is used mainly to control pain, including pain in cancer patients. Its primary use in cancer patients has been as an addition to conventional (standard) therapy. *(National Cancer Institute definition)*

**Aromatherapy** is the use of fragrant substances, called essential oils, distilled from plants to alter mood or improve health. These highly concentrated aromatic substances are either inhaled or applied during massage. Approximately 40 essential oils are commonly used in aromatherapy; among the most popular is lavender, rosemary, eucalyptus, chamomile, marjoram, jasmine, peppermint, lemon, ylang ylang, and geranium. *(American Cancer Society definition)*

**Ayurvedic** diet is an ancient Indian system of medicine. It has an integrated approach to the prevention and treatment of illness and tries to maintain or re-establish the harmony between the mind, body, and forces of nature. It combines a number of approaches, such as changes in lifestyle, herbal remedies, exercise, and meditation to strengthen and purify the body and mind and increase spiritual awareness. *(American Cancer Society definition)*

**Manual Lymphatic Drainage** (MLD) involves the use of a very light superficial massage technique with gentle, rhythmic stretching of skin. The goal of MLD is to decrease body regions that are congested with lymphatic fluid. MLD begins on the unaffected body region to clear lymph channels. Lymph fluid is then directed from the congested area to the body region that has intact drainage. *(Penn Therapy & Fitness)*

**Massage** involves manipulation, rubbing, and kneading of the body's muscle and soft tissue to enhance function of those tissues and promote relaxation. Studies of massage for cancer patients suggest massage can decrease stress, anxiety, depression, pain, and fatigue in some. *(American Cancer Society definition)*

**Mindfulness Meditation** is a mental technique used to promote relaxation, reduce stress, and improve quality of life. *(National Cancer Institute definition)*

**Music therapy** is an easy, inexpensive way to help cancer patients cope with the emotional upset caused by cancer. Patients who were visited by a trained music therapist reported less anxiety and better overall mood than patients who did not receive music therapy. Such findings were published in the journal *Cancer* (Vol. 98, No. 12: 2723-2729). *(American Cancer Society definition)*

**Nutrition** is an important part of cancer treatment. Eating the right kinds of foods before, during, and after treatment can help the patient feel better and stay stronger. *(National Cancer Institute definition)*

**Pilates** exercises take many forms but they all derive from the principles and theory developed by Joseph Pilates and his wife, Clara, during the first part of the 20th century. Joseph Pilates professed the basic theory of Contrology: "The science and art of coordinated body-mind-spirit development through natural movements under strict control of the will" and applies eight principles: relaxation, concentration, control, centering, fluidity, precision, breathing and stamina. Exercise programs employ mats or specialized equipment, are graded by level of difficulty and have been used as generalized fitness regimes or to address specific clinical problems. *(Jan Bruckner, PT, PhD)*

**Qigong** is a Chinese system designed to enhance the natural flow of vital energy called qi (or ch'i, pronounced "chee" or "kee") in the body. The process of working toward a regulated, smooth flow of qi is called "gong" (pronounced "kung"). *(American Cancer Society definition)*

**Reiki** is a therapy that the practitioner delivers through the hands, with intent to raise the amount of universal life energy (qi or ch'i) in and around the client. Practitioners intend to realign and strengthen the flow of energy, decrease pain, ease muscle tension, speed the healing, improve sleep, and generally enhance the body's natural ability to heal itself. Many practitioners explain that Reiki is not used to diagnose or treat specific illnesses. Rather, Reiki is said to promote relaxation, decrease stress and anxiety, and increase a person's general sense of well being. *(American Cancer Society definition)*

**Yoga** is a form of non-aerobic exercise that involves a program of precise posture, breathing exercises, and meditation. In ancient Sanskrit, the word yoga means "union." *(American Cancer Society definition)*

# **Integrative Medicine & Wellness Program at the Abramson Cancer Center**

## **1-800-789-PENN (7366)**

**The Abramson Cancer Center of the University of Pennsylvania's long-standing program for integrative medicine & wellness is nationally recognized for its treatment capabilities and research efforts.**

### **The Penn Difference**

- Physicians who are experts in cancer and who have helped develop many of the standard treatment approaches used today throughout the country.
- A patient-centered philosophy to make sure patients and their family get the needed care and support.
- A team approach, so that all of the patient's physicians, nurses, and other health care providers work closely to make sure you get the best possible care.
- A clinical trials program that offers new approaches to treatment at all levels of progression.
- A nationally renowned basic science program approved by the National Cancer Institute that immediately brings research advances to the patient care setting.

### **Education and Supportive Care Services at the Abramson Cancer Center**

#### **Patient Support Specialists**

Patient Support Specialists are available to support and assist cancer patients and their families throughout the cancer experience. They provide emotional support to patients and families as well as locate educational and community resources.

#### **Nutrition Counseling**

The Cancer Center's Dietitians assess individual nutritional status, review personal nutrition practices, provide advice on diet and nutrition therapies, and can provide education about herbs, cancer diets, and supplements.

#### **Psychosocial Counseling**

A diagnosis of cancer and its treatment can be stressful for both patients and their families. Cancer Counselors provide support, coping techniques and interventions to address personal and relationship issues during the cancer experience.

#### **Integrative & Wellness Medicine**

Our Cancer Center sponsors a range of services and educational workshops throughout the year that help patients and families cope with the cancer experience and improve their overall sense of well being. Examples include acupuncture and stress management.

#### **Pain and Symptom Management**

Our Penn pain and symptom management experts are experienced in helping people with cancer address problems such as pain, nausea and fatigue.

#### **Rehabilitation**

During the course of your care, Penn's Cancer Rehabilitation team is here to help your recovery if needed. The team is comprised of physiatrists and physical and occupational therapists that specialize in treating people with cancer.

#### **Penn Home Care and Hospice Services**

The University of Pennsylvania Health System has dedicated home care and hospice services available to all cancer patients should the need arise during your course of treatment.

*Video and pictures of this conference will be available on [PennHealth.com/Abramson](http://PennHealth.com/Abramson)*