



INTEGRATIVE MEDICINE

What is Integrative Medicine?
 It is bringing evidence-based medicine that takes account of the whole person including all aspects of health, incorporating the traditional, complementary and alternative medicine, and brings conventional and complementary approaches together in a coordinated way.

THE SCOPE OF INTEGRATIVE MEDICINE

Integrative medicine is a patient-centered approach to health care that combines the best of conventional medicine with complementary and alternative medicine (CAM) to provide a more holistic, personalized approach to care. Integrative medicine is a patient-centered approach to health care that combines the best of conventional medicine with complementary and alternative medicine (CAM) to provide a more holistic, personalized approach to care.

Why Integrative Medicine?

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Center of Excellence for Integrative Health

To provide research-related educational opportunities to medical students, residents, and faculty.

To serve as a platform to develop interdepartmental support to facilitate grant applications for basic, translational, and clinical science interdisciplinary research.

To encourage research collaborations among center members for submission of grant proposals for internal and external funding.

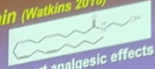
To recruit participation from faculty members across diverse disciplines.

UNIVERSITY OF
 HONOLULU
 COLLEGE OF PROFESSIONAL EDUCATION

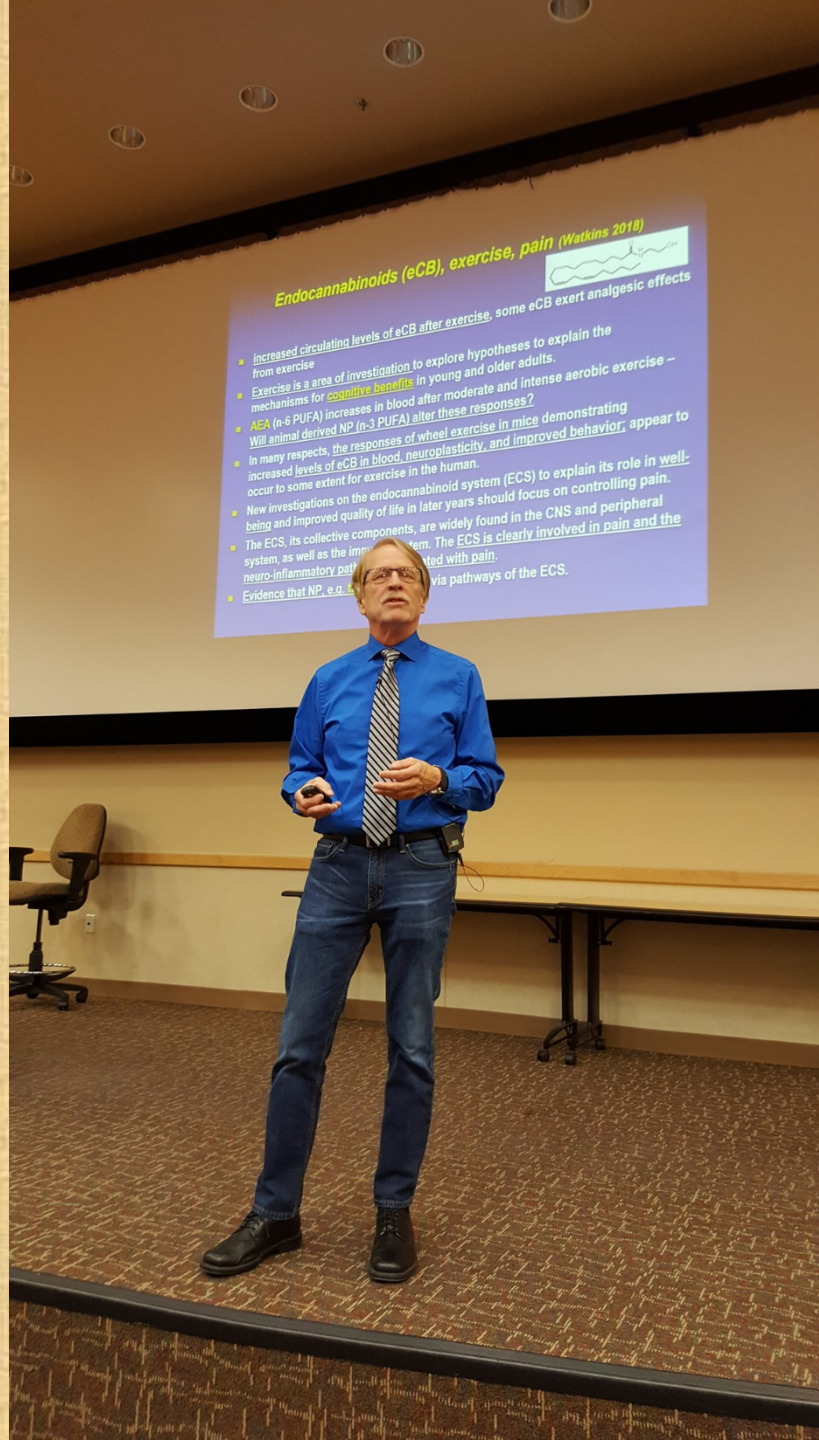
- Board certified in Anesthesiology
- Nakia Duncan, PharmD
 - Assistant Professor, Pharmacy Practice, School of Pharmacy – Dallas
 - Clinical Pharmacy Coordinator for Palliative Care Team, UT Southwestern – Pain management
- Jean-Michel Brismee, PT, ScD
 - Professor, Physical Therapy Program, School of Health Professions
 - Board certified Orthopedic Clinical Specialist
 - Certification in Orthopedic Medicine and Manual Therapy
 - Outpatient Physical Therapy, University Medical Center
- Josee Guindon, PhD, DVM
 - Assistant Professor, Dept. of Pharmacology and Neuroscience, School of Medicine
 - Member, Center of Excellence for Translational Neuroscience and Therapeutics
 - Principal Investigator (MPI), NIH R01 grant from National Institute on Drug Abuse (NIDA)



Endocannabinoids (eCB), exercise, pain (Watkins 2018)



- Increased circulating levels of eCB after exercise, some eCB exert analgesic effects from exercise
- Exercise is a area of investigation to explore hypotheses to explain the mechanisms for **coognitive benefits** in young and older adults.
- AEA (n-6 PUFA) increases in blood after moderate and intense aerobic exercise – Will animal derived NP (n-3 PUFA) alter these responses?
- In many respects, the responses of wheel exercise in mice demonstrating increased levels of eCB in blood, neuroplasticity, and improved behavior, appear to occur to some extent for exercise in the human.
- New investigations on the endocannabinoid system (ECS) to explain its role in well-being and improved quality of life in later years should focus on controlling pain.
- The ECS, its collective components, are widely found in the CNS and peripheral system, as well as the immune system. The ECS is clearly involved in pain and the neuro-inflammatory pathway associated with pain.
- Evidence that NP, e.g., ... via pathways of the ECS.



1998 – NCCAM / NCCIH
What was the impetus for NCCAM?

- Natural Products, Diets
 - Dietary supplements
 - Special diets
- Mind and Body
 - Deep Breathing
 - Relaxation/Meditation
 - Yoga/Tai Chi
 - Therapeutic Massage
 - Acupuncture

NCCAM created in response to:
✓ Congressional &
✓ Public Interest











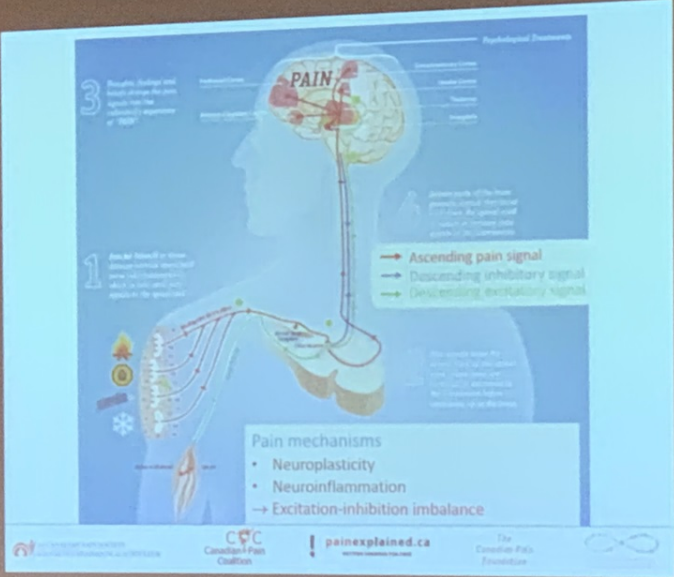


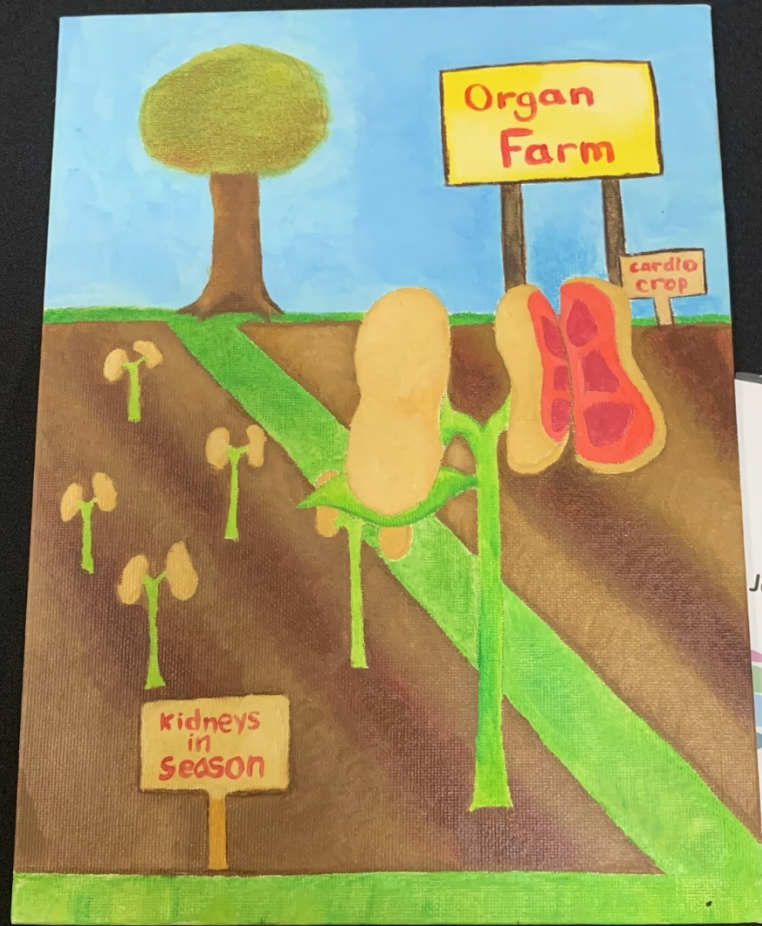
OURHSC
Multidisciplinary Program

Essential Oil
Station

Take the stars.
Hand Sanitizer

Gaurita
Essential Pack





Organ Farm
2019
Oil on Canvas

Johanna Villarreal

INTEGRATIVE
MEDICINE
SYMPOSIUM

Squamish View
2019
Oil Painting

Anthony Betteridge









MINDFULNESS AND PAIN: USING ACCEPTANCE
AND COMMITMENT THERAPY AS A TOOL TO COPE
WITH PHYSIOLOGICAL AND PSYCHOLOGICAL PAIN

David RM. Trotter, PhD



