

UNC Fellowship in Research in Integrative Medicine

Faculty

The Core Faculty are members of UNC's health professional schools and related departments representing diverse disciplines including medicine, nursing, public health, psychology, anthropology, and health services research, as well as CAM community practitioners – all with research interests and/or clinical expertise in complementary, alternative and integrative medicine. Faculty include:

Program Directors:

J. Douglas Mann, MD, (PI) Professor, Department of Neurology is Director of the CAM Research Training Program. He is a board certified Professor of Neurology at UNC with extensive experience in clinical research in CAM and conventional medicine. He is PI on an NCCAM R-21 grant for the study of Craniosacral Therapy in Migraine and is completing a project on the efficacy of alpha-lipoic acid in painful HIV-related neuropathy. He is Director of Clinical Services for the UNC Program on Integrative Medicine (PIM), Director of the UNC Integrative Medicine Consult Service and was Medical Director of the UNC Pain Program. He co-lead the development of the UNC Mindfulness Program and is its Co-Director. His major research interests include the treatment of chronic daily headache, migraine, painful peripheral neuropathy and other chronic pain syndromes using acupuncture, mind-body therapies and supplements. CAM education is also a major interest. He has received NCCAM funding for clinical research and educational projects relating to CAM for the past 7 years.

Susan A. Gaylord, PhD, (Co-PI) Assistant Professor, Department of Physical Medicine and Rehabilitation, is Director of the UNC Program on Integrative Medicine and Co-Director of the CAM Research Training Program. She is trained in experimental psychology, is experienced in all aspects of clinical research, and is PI of an NIH R-21 study of Mindfulness for IBS, as well as Co-PI on an NIH R-21 study of Craniosacral Therapy for Migraine (Doug Mann, MD, PI). She was the PI of a five-year NIH R-25 CAM Education grant, directs a medical school elective on CAM, and founded and directs the UNC Mindfulness Program as well as the Integrative Diabetes Prevention and Self-Management program. Her major CAM/IM related research interests include health beliefs and care pathways, mechanisms of action of mindfulness and other mind-body therapies, homeopathic treatment for chronic illnesses and conditions, and access to CAM/IM services for underserved populations. She is the Editor of a peer-reviewed journal, *Complementary Health Practice Review*.

Program Faculty

UNC faculty who have agreed to serve in a mentoring role for the CAM Research Training Fellowship Program, in addition to Drs. Mann and Gaylord, are presented below including their academic appointments and special areas of research interest. Fellows may work closely with one or more of these primary mentors on research projects of mutual interest in CAM/IM.

An additional 19 Supporting UNC Faculty have agreed to make available their special skills and provide educational support. Moreover, 15 CAM practitioners, representing a broad spectrum of CAM approaches, who provide health care in the surrounding Research Triangle,

have expressed willingness to work with fellows in their specialty areas. Finally, the Advisory Board members listed at the end of the announcement have agreed to provide guidance and oversight for the Fellowship Program.

Mentoring Faculty (CAM relevant information underlined) represent a variety of disciplines from the five UNC health-professions schools. The faculty mentors described in this section have been designated mentors. They have expressed willingness to mentor fellows in hands-on research projects of mutual interest. They will work closely with the fellow in all aspects of the research from choice of project to presentation. They have been chosen because of their connection to CAM and their research expertise.

J. Douglas Mann, MD (see above)

Susan A. Gaylord, PhD (see above)

Aysenil Belger, PhD, Professor of Psychiatry, has extensive expertise in functional MRI scanning in patients with schizophrenia, autism, Parkinson's disease, stress and chronic pain, as well as the use of scalp electrophysiological recording to explore brain electrical activity associated with sensory and higher cognitive functions. She also studies the effects of stress and anxiety on brain activity. She will mentor CAM fellows in the techniques and use of fMRI and ERP (event-related potentials).

Bruce A. Cairns, MD, Assistant Professor of Surgery and Associate Director of the North Carolina Jaycee Burn Center (Director of Research and Burn Intensive Care), UNC School of Medicine, is a specialist in burns, trauma, and critical care, with focus on challenges in caring for severely injured burn patients, including CAM-related issues such as chronic pain and itching, body image, and prolonged rehabilitation. Dr. Cairns has used breathing techniques derived from yoga to assist in ventilator weaning, acupuncture for pain and itching music therapy for relaxation and biofeedback. One of few verified burn centers in the Southeast, the NC Jaycees Burn Center maintains a patient registry, available for research purposes.

Leigh Callahan, PhD, Associate Professor of Orthopedics, Medicine, and Social Medicine at UNC, has expertise in arthritis outcomes research. She is a former CDC epidemiologist with epidemiological and health services research skills in arthritis. She has explored CAM use among persons diagnosed with arthritis from multiple settings, and has authored numerous manuscripts on the use of CAM among arthritis patients.

Bob De Vellis, PhD, Research Professor of Health Behavior and Health Education, UNC School of Public Health, is a social psychologist with interests in how social variables and individual differences influence health behavior and adaptation to illness, including the role of interpersonal skills in social support, and cognitive/emotional factors in adjustment to chronic illness. He is an expert on measurement of health-related variables, and will be available to mentor CAM fellows on measurement issues.

Douglas Drossman MD, Professor of Gastroenterology and Hepatology is Director of the UNC Center for Functional GI and Motility Disorders and co-PI (with Dr. Whitehead) on a 5-year infrastructure grant on NIH NIDDK-funded Center for Gastrointestinal Biopsychosocial (mind-

body) Research to foster interdisciplinary research on interactions between mind and body in functional GI disorders. He is an international authority on functional GI disorders, and was responsible for organizing the Functional Brain Gut Research Group as a special interest section within the American Gastroenterological Association. He has developed quality of life instruments for functional GI disorders and has received NIH funding for a clinical trial evaluating cognitive/behavioral treatments vs. desipramine in functional bowel disease.

Kaja Finkler, PhD, Professor of Anthropology at UNC, has done extensive research and writing on alternative medical systems, including spiritual healing; doctor-patient, and healer-patient relationships; efficacy and outcomes of alternative healing systems; and healing-seeking decisions and behaviors of Western and alternative medicine from a cross-cultural perspective. She has an extensive data set of audiotapes and transcripts of spiritualist healing practices, techniques and beliefs. She is director of a popular course in cross-cultural medical anthropology. Currently, she is studying bioethics from a cross-cultural perspective.

Michael Fried, MD, Professor of Medicine and Director of Hepatology, is also Associate Director of the UNC General Clinical Research Center. Dr. Fried is an expert in liver disorders, including antiviral therapies for chronic hepatitis C. He is interested in exploring the use of herbal and supplement therapies in liver disorders. He has received funding for a collaborative research project for a phase I pharmacokinetic study that will characterize relationships between high silymarin doses and subject exposure to the four isomers of silymarin.

Brad Gaynes, MD, MPH, an Associate Professor of Psychiatry, is recipient of an NIH K23 Award and is regional director for the NIMH sponsored Star*D Project for the study of the treatment of depression in primary care settings. He has taken an active role as a mentor to trainees interested in applying epidemiologic and health services research tools to clinically relevant mental health questions. One of his primary research interests is treatment resistant depression and the cost-effectiveness of cognitive-behavioral therapy in primary care. He is interested in the clinical management of depression using dietary approaches and has collaborated with Dr Mann (PI) in developing research on the effects of omega-3 fatty acids in depression.

Thomas R. Konrad, PhD, a medical sociologist and co-director of the Sheps Center's Program on Health Professions and Primary Care, serves on the core faculties of the NRSA Health Services Research Pre- and Post-Doctoral Training Program and the Center for Health and Aging Research Pre- and Post-Doctoral Training Program. His primary interest is in health care workforce issues and he has examined the collaboration between chiropractic and medical physicians. He is interested in examining similar issues using several nationally and locally available datasets describing various health professions.

Jane Leserman, PhD, Professor in the Departments of Psychiatry and Medicine, is a medical sociologist with extensive research experience in the areas of behavioral and psychosomatic medicine, psychoneuroimmunology, women's health, and quantitative research methods. She has published extensively on psychoneuroimmunology, particularly on how stress, depression and social support affect immune change and disease progression in HIV infection. She has examined the long-term physical and mental health effects of sexual and physical abuse among women with gastrointestinal disorders and other painful conditions. She is PI for the UNC portion of the Coping in Health and Illness Project, a 14-year NIMH funded study examining the

effects of psychiatric, psychosocial, and neuroendocrine correlates of immune change and disease progression in HIV-infected men.

William Maixner, DDS, PhD, Professor, UNC School of Dentistry. Dr. Maixner's NIH-funded research focuses on identifying the pathophysiological processes that underlie pain perception, chronic pain and related disorders. His current research focuses on genetic, environmental, biological, and psychological risk factors that contribute to the onset and maintenance of chronic pain. He has recently been awarded a large NIH grant to develop a collaborative, multidisciplinary neurosensory disorders center at UNC.

Virginia J Neelon PhD RN, Associate Professor, UNC-CH School of Nursing and Director, Biobehavioral Laboratory, UNC-CH School of Nursing. She is a physiologist with special interests in cognitive decline in the elderly, managing chronic illness in vulnerable people, end of life care, and qualitative methodology. She will mentor fellows in physiologic and observational measures available in the biobehavioral laboratory.

Olafur Palsson, PsyD, Associate Professor of Gastroenterology and Hepatology, is a clinical psychologist with expertise in hypnosis research and clinical training in hypnosis and biofeedback, particularly for the treatment of irritable bowel syndrome (IBS) and inflammatory bowel disorders. He has conducted extensive research on mind-body connections, including studies of psychosocial influences on autonomic nervous system functioning, brain electrical patterns, endocrine responses, clinical symptoms and the immune system. He developed a validated, standardized and widely used hypnosis treatment protocol for IBS. Other research interests include use of home remedies and CAM therapies for IBS, and the role of somatization in functional GI disorders. He has expertise in computer programming and technologies for large-scale internet-mediated and mail-based data collection.

David Peden, MD, MS, Professor of Pediatrics and Medicine, Associate Chair for Research, Chief, Division of Immunology and Infectious Disease, Director, Center for Environmental Medicine, Asthma & Lung Biology at UNC, is PI of a five-year NIH NCCAM Research Center in Asthma, focused on the study of antioxidants for asthma. Dr. Peden conducts and oversees clinical investigations on the effect of challenge and exposure to environmental agents. He has research interests in pollution in allergic disease and asthma; evaluation of novel therapeutic agents for asthma, allergies and airway disorders; and airway antioxidant and oxidant physiology.

Joe Piven, MD, Professor UNC Department of Psychiatry, has funded research in the pathogenesis of autism and other neurodevelopmental disorders, with specific interests in molecular genetics, behavioral genetics and structural imaging in early development in autism and Fragile X Syndrome. He provides opportunities for gaining experience in cutting-edge basic research methods, which could address mechanisms of action in CAM.

Margarete Sandelowski PhD, RN FAAN, Cary C. Boshamer, Distinguished Professor at the UNC School of Nursing, is nationally renowned for her work in quantitative, qualitative and mixed methodology research. Her expertise in these research methods will be of great value to CAM fellows.

Philip C. Smith, PhD, Associate Professor in the Division of Molecular Pharmaceutics, UNC School of Pharmacy, has ongoing research supported in part by NCCAM to study the absorption, metabolism and elimination of botanicals, and to study botanical-drug interactions. An emphasis

is on the role of glucuronidation, especially in the intestine, on the disposition and efficacy of botanicals. His laboratory is participating in an investigation of the use of silymarin to treat Hepatitis C. Dr. Smith will mentor fellows who wish to develop skills in botanical absorption, metabolism and disposition, and the analysis of botanicals and their metabolites in complex biological matrices.

Phil Sloane, MD, MPH, Distinguished Professor of Family Medicine and Co-Director of the Program on Aging, Disability and Long-Term Care in the UNC Sheps Center for Health Services Research. He is an active researcher, medical educator, and clinician in geriatrics and family medicine. Dr. Sloane has had continuous NIH funding since 1986 and holds a Senior Leadership Academic Career Award from the National Institute on Aging. Dr. Sloane has a CDC-funded study of the use of CAM in arthritis and current NCCAM funding for a study of light therapy for dementia. He has mentored geriatric and family medicine fellows and is closely involved in faculty development programs at UNC.

David Threadgill, PhD, Assistant Professor of Genetics, UNC School of Medicine. He is an experienced basic science researcher who uses mouse models to investigate the interaction of genetic and environmental factors in a number of disorders. Examples include the role of dietary components and additives on disease susceptibility and progression, particularly on breast and colon cancers, cardiac hypertrophy and abnormal placentation. He trains both pre- and post-doctoral students. He will mentor fellows with interest in mouse-models for the study of herbal and supplement treatments for cancer.

Bradley Vaughn, MD, Professor, Department of Neurology and Director of the UNC Sleep Studies Laboratory and Sleep Clinic. He has research interests in insomnia, obstructive sleep apnea and periodic limb movement that interrupt sleep as well as in circadian rhythms influenced by melatonin, iron and herbal supplements. His laboratory will provide a study site for fellows with interests in CAM therapies for sleep disorders.

William Whitehead, PhD, Research Mentor for this project, is Professor, Department of Medicine, Division of Gastroenterology and Hepatology; Co-Director of the UNC Center for Functional Gastrointestinal and Motility Disorders; and PI (with co-PI Doug Drossman, MD) of the NIH NIDDK-funded Center for Gastrointestinal Biopsychosocial (mind-body) Research, to foster interdisciplinary research on interactions between mind and body in functional GI disorders. He has held NIH grants for the study of the etiology and treatment of IBS and GI motility disorders for the past 28 years, and is particularly interested in mechanisms for altered pain sensitivity in IBS patients. He is Co-PI (with Susan Gaylord, PI) on the NIH R-21 study of Mindfulness for IBS. He is also co-chair of an international working team on treatment trial design. Dr. Whitehead will mentor fellows who wish to focus on GI motility disorders.

David Wohl, MD, Clinical Assistant Professor of Infectious Disease, Director of the AIDS Clinical Research and Treatment Unit. He has research interests in the use of CAM therapies by patients with HIV/AIDS; the effects of dietary supplements on the progression of HIV-related painful peripheral neuropathy; the effects of relaxation on HIV-associated fatigue; and access to CAM by the indigent with HIV. He recently received a grant from the National Institute of Drug Abuse to conduct a randomized trial of strengths based bridging case management for HIV-infected inmates about to be released from prison.

Steven Zeisel, MD, PhD, AICR/WCRF Distinguished University Professor in Food, Nutrition, and Prevention of Cancer, Chairman of the Department of Nutrition, and Associate Dean for

Research, UNC SPH. He is also Director of the NIH-funded Clinical Nutrition Research Center. His research interests are in choline metabolism, signal transduction, carcinogenesis, and neoplastic vulnerability related to nutrition.

Advisory Committee members include: Stuart Bondurant, MD, Chair, IOM Committee on CAM; Peter Curtis, MD, Emeritus Professor, Family Medicine; Donald Pathman, MD, Director of the Primary Care Research Fellowship; Kathi Kemper, MD, MPH; Timothy Carey, MD, Director, The Cecil G. Sheps Center for Health Services Research; Paul Watkins MD, Director General Clinical Research Center; Ann Gill Taylor, RN, UVA.

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