4th International Conference on Holistic Health and Medicine

The International Society for Holistic Health in conjunction with the Division of Adolescent Medicine, Department of Pediatrics at the University of Kentucky presents

**Bridging the Gaps:**
Biomedicine and Complementary and Alternative Medicine in a Holistic Approach

September 24-26, 2008
Lexington, Kentucky
United States of America
Program Committee

Chairs
Hatim Omar, MD, FAAP
Joav Merrick, MD, MMedSci, DMSci

Members
Amit Deokar, MD, MPH
Michael de Vibe, MbBCh
Marlene Huff, PhD, LCSW
Leanne Mallory, MSW
Daniel Shek, PhD, FHKPS, BBS, JP
Shawn Smith, MD
Søren Ventegodt, MD, MMedSci, EU-MSc

Objective
To provide a forum for diverse health care providers interested in the holistic approach to healthcare.

Venue
Within a day's drive of two-thirds of the population of the United States, Lexington is strategically located at the intersection of interstates 64 and 75. Lexington is accessible by air with approximately 100 direct and nonstop flights. Fayette County consists of 283 square miles of gently rolling plateau in the center of the inner Bluegrass Region. The area is noted for its beauty, fertile soil, excellent pastureland and horse and stock farms. Poa Pratensis (bluegrass) thrives on the limestone beneath the soil's surface, playing a major role in the area's scenic beauty and in the development of champion horses. Numerous small creeks rise and flow into the Kentucky River. More than 3,000 acres in Fayette County are designated as park facilities. The four largest are Jacobson Park, Masterson Station Park, Shillito Park and Woodland Park. The area also offers 15 public and semi-private golf courses, including the Pete Dye designed, championship-caliber Kearney Hill Links. Inspired to go riding in the Horse Capital of the World? Horseback riding is available at the Kentucky Horse Park and a number of area stables.

For additional information about attractions, dining, nightlife, shopping, maps and local weather please visit: http://www.visitlex.com/

The Four Points by Sheraton is located at 1938 Stanton Way. Rooms feature a large work desk, complimentary high-speed internet with both wired and wireless connection, cable television, iron and ironing board, and coffeemaker with complimentary coffee and tea. It also boasts a large indoor/outdoor heated swimming pool with sundeck and fitness center. The Four Points has recently announced its property is now 100% smoke-free. For those who did not make their hotel reservation through the
program committee, please contact the Four Points directly by phone at (859) 259-1311 or on the web at www.fourpoints/lexington.com.

Transportation

For those who have reservations with the Four Points by Sheraton hotel, please use the courtesy phone at the Blue Grass International Airport to call for the free shuttle from the airport to the hotel. For those who have reservations elsewhere, please check with your hotel for transportation arrangements or use a taxi cab, which are available outside of the baggage claim area.

Registration

Advanced registration submission has closed, however, the program committee welcomes those who have not yet registered to do so prior to the conference or on site. Please note: All of these participants will need to make their own hotel reservations.

We offer two methods of registration. Participants can either:

- register online and pay with a credit card using the following website: http://ukyce.cecentral.com/event/1016 or
- submit a request for a paper registration form from Leanne.Mallory@uky.edu. Simply complete the form and mail a check or money order (payable in US funds) to the address indicated on the form.

A breakfast as well as a lunch buffet will be provided at no additional cost to you. If you so choose, a dinner buffet is available at the cost of $40.00 per night. This will include a delicious variety of American favorites and Kentucky specialties along with one bottle of wine per table.

All participants will receive a registration packet containing copies of the presenting authors abstracts, miscellaneous conference information, and vouchers for lunch as well as dinner (if applicable). Please remember to bring these vouchers with you as hotel staff will collect them before entering.

Schedule of Events

Please Note: This schedule is subject to change without notice due to circumstances beyond the control of the program committee.

Tuesday, September 23, 2008
5:00 pm-7:00 pm Registration held outside Salon D; Poster placement in Salon D
7:00 pm Dinner (optional, to be paid at registration) in Salon A. Cost: $40.00; bring your meal voucher with you
Wednesday, September 24, 2008

All day  Poster presentations in Salon D; Presenters please have your posters placed before 7:30 am.

7:30 am  Registration held outside Salon D

7:30 am  Breakfast

8:30 am  Welcoming Remarks with Dean Jay Perman and Program Chair Hatim Omar in Salon D

8:45 am  Michael de Vibe: Mindfulness based health care interventions: The basis for truly holistic medicine in Salon D

9:30 am  Kathi Kemper: The future of integrative medicine in Salon D

10:15 am-10:30 am  Break; please use this time to review posters & exhibits and get refreshments

10:30 am-11:30 am  Workshops-Session One:
 a.) Cora Breuner: Heavy Petal A to Z: Herbs from Arnica to Zingiber in the Adolescent Patient in Salon E
 b.) Søren Ventegodt: Holistic medicine for beginners: Getting started! A quick course in clinical holistic medicine in Salon F

11:30 am-12:45 pm  Lunch buffet in the hotel café; bring your meal voucher with you

1:00 pm-2:40 pm  Oral Presentations:
 a.) Track I in Salon E
 b.) Track II in Salon F

2:40 pm-3:00 pm  Break; please use this time to review posters & exhibits and get refreshments

3:00 pm-5:00 pm  Oral Presentations:
 a.) Track I in Salon E
 b.) Track II in Salon F

7:00 pm  Dinner (optional, to be paid at morning registration) in Salon A.
 Cost: $40.00; bring your meal voucher with you

Oral Presentations  (15 minutes speaking, 5 minutes of questions)

a.) Track I in Salon E

Session Chairpersons: Michael de Vibe, Marlene Huff and Amit Deokar

• 1:00-1:20: Geza Bruckner; Integrating CAM into a health sciences curriculum
• 1:20-1:40: Galal Elkilany; Dilated cardiomyopathy in children and young adults: What is new?
• 1:40-2:00: Chibuike Chigbu; The consequences of wrong ultrasound determination of fetal sex in a setting with high preference for the male child
• 2:00-2:20: Leonora Panlasigui; Effects of Del Monte Fit n Right drink supplemented with L-carnitine on weight loss among young Filipinos
• 2:20-2:40: Mary Pritchard; Gender differences in the knowledge and usage of complementary and alternative medicine in undergraduates
• 2:40-3:00: Break
• 3:00-3:20: Joel Alcantara; The presenting complaints of pediatric patients to chiropractors: results from a practice-based research program
• 3:20-3:40: Nilesh Kumar Dolatrai Nai; Study of the efficacy of canova as an adjuvant in the management of tuberculosis
• 3:40-4:00: Jeanine Condo; Condom use after voluntary counseling and testing among youth in Rwanda
• 4:00-4:20: Kamilla Bargiel-Matusiewicz; Youth health promotion
• 4:20-4:40: Rasmus Revsbech; Psycho-phenomenological Holistic Competence in Complex PTSD Patients
• 4:40-5:00: Ram Singh; Pranayama, the Power of Breath

Oral Presentations (15 minutes speaking, 5 minutes of questions)
  b.) Track II in Salon F
  Session Chairpersons: Joaav Merrick, William Elder, Jr and Shawn Smith
• 1:00-1:20: Rachel Chui Fun Sun; Developing and evaluating a model of suicidal ideation for Hong Kong Chinese adolescents
• 1:20-1:40: Daniel Shek; Subjective outcome evaluation findings based on P.A.T.H.S.: Profiles and correlates
• 1:40-2:00: Rachel Chui Fun Sun; Tier I program of the project P.A.T.H.S. in Hong Kong; Evaluation findings based on interim evaluations and students’ diaries
• 2:00-2:20: Tak Yan Lee; Process evaluation of Tier I Program of the program P.A.T.H.S.: Findings based on three cohort studies
• 2:20-2:40: Tak Yan Lee; Positive youth development programs targeting students with greater psychosocial needs: Findings based on three subjective outcome evaluations studies
• 2:40-3:00: Break
• 3:00-3:20: Vera Tang; Beating the odds: A qualitative study of Chinese female university students growing up in economically disadvantaged families
• 3:20-3:40: Teodor Postolache; Seasonality of mood and suicide
• 3:40-4:00: Nancy Bloemer; A study of the impact of Yoga on adolescent girls
• 4:00-4:20: Katie Moriarty; Acupressure used as a pre-birth treatment at full term gestation
• 4:20-4:40: Thomas Miller; Holistic health applications through telehealth for persons with developmental disabilities
• 4:40-5:00: Lilian Thompson; Flaxseed and phytoestrogen lignans for holistic health and medicine

Poster Presentations
1. Janice Kuperstein; The role of faith community nurses in assisting older adults with healthcare navigation
2. Pia Struck; Breaking the orgasm-barrier by re-parenting, genital acceptance and clitoral stimulation
3. Susan Gray; Family Centered Integrative Holistic Health Care within a Pediatric Hospital Setting
4. Søren Ventegodt; Clinical holistic medicine: Factors influencing the therapeutic decision-making. From academic knowledge to emotional intelligence and spiritual “crazy” wisdom.
5. Søren Ventegodt; Clinical holistic medicine (mindful short term psychodynamic psychotherapy complimented with bodywork) in the treatment of health problems
6. Kate Jobe; An experiential, process-oriented approach to resolving “no name” diseases among Chernobyl liquidators

**Thursday, September 25, 2008**

All day  Poster presentations in Salon D; Presenters please have your poster placed by 7:30 am
7:30 am  Breakfast
8:00 am  Registration held outside Salon D
8:45 am  Welcoming Remarks in Salon D
9:00 am-10:00 am  Daniel Shek: Development, implementation and evaluation of a holistic positive youth development program in Hong Kong in Salon D
10:00 am-10:30 am  Break; please use this time to review posters & exhibits and get refreshments
10:30 am-11:30 am  Workshops-Session Two:
   a.) Janice Kuperstein: Engaging the faith community as partners in health in Salon E
   b.) Jim Roach: Integrative Solutions to Prostate Cancer in Salon F
11:30 am-12:45 pm  Lunch buffet in hotel café; bring your meal voucher with you
1:00 pm-2:40 pm  Oral Presentations:
   c.) Track I in Salon E
   d.) Track II in Salon F
2:40 pm-3:00 pm  Break; please use this time to review posters & exhibits and get refreshments
3:00 pm-5:00 pm  Oral Presentations:
   c.) Track I in Salon E
   d.) Track II in Salon F
7:00 pm  Dinner (optional, to be paid at registration) in Salon A. Cost: $40.00; bring your meal voucher with you

**Oral Presentations** (15 minutes speaking, 5 minutes of questions)
   a.) Track I in Salon E
      Session Chairpersons: Michael de Vibe, Kim McClanahan and Fabien de Meester
   • 1:00-1:20: Sandra Grace; Doctor-patient relationships in integrative medicine: Contemporary social trends
   • 1:20-1:40: Mary Pritchard; What do College Instructors and Counselors know about the Effectiveness of CAM to Treat Trauma?
• 1:40-2:00: Christopher Lis; A phase I study of high-dose IV vitamin C treatment in patients with solid tumors
• 2:00-2:20: Teresa M. Sgaramella; Self-determination, social skills and quality of life
• 2:20-2:40: Cheryl Bourguignon; Pulsed magnetic field effects on pain and other symptoms in rheumatoid arthritis
• 2:40-3:00: Break
• 3:00-3:20: Helieh Oz; Nutrition intervention: A strategy against septic shock syndrome
• 3:40-4:00: Helieh Oz; Green tea polyphenols attenuate acetaminophen hepatotoxicity
• 4:00-4:20: Rozina Mustafa; Severe acute maternal morbidity. Dilemma of rural women
• 4:20-4:40: Chibuike Chigbu; Women’s experiences following failed vaginal birth after Cesarean
• 4:40-5:00: William Elder, Jr; Towards Interprofessional Understanding: Perceptions of Allopathic and Holistic Practitioners about Medicine and Teaching

Oral Presentations (15 minutes speaking, 5 minutes of questions)  
b.) Track II in Salon F  
Session Chairpersons: Daniel Shek and Ram Singh
• 1:00-1:20: Søren Ventegodt; Body reshaping and adult human metamorphosis
• 1:20-1:40: Judith Molique; Family Centered Integrative Holistic Health Care within a Pediatric Hospital Setting
• 1:40-2:00: Trine Flensborg-Madsen; Alcohol and prevention from a holistic perspective
• 2:00-2:20: Shawn Smith; Family centered approach to treatment of anorexia nervosa offers promising outlook
• 2:20-2:40: Dawson Church; The genie in your genes
• 2:40-3:00: Break
• 3:00-3:20: Wendy Chapkis; Psychoactive drugs and healing
• 3:20-3:40: Vinod Deshmukh; The multistream self: Biophysical, mental, social and existential
• 3:40-4:00: Paulin Basinga; Assessment of the role of forum theatre in HIV/AIDS behavioral change process among secondary school adolescents in Butare province, Rwanda
• 4:00-4:20: Agnieszka Wilczynska-Kwiatek; Outcast youngsters. Psycho-social conditions of social exclusion risk.
• 4:20-4:40: Zahra Yekta; Patterns of complementary and alternative medicine use in an urban population
• 4:40-5:00: Sunil Pia; Efficacy of a homeopathic association for the prevention of common respiratory infections in highly susceptible children

Poster Presentations
1. Annelie Yliherva; Vocabulary and mean length of utterance of 2-year-old preterm children measured by MacArthur Communicative Development Inventory (MCDI) in ACG- and HC-groups
2. Isack Kandel; Is there a holistic approach around the issue of persons with intellectual disability at home, in community setting or in residential care?
3. Judith Kandel; Aging in Israel. A program for home care
4. Kamilla Bargiel-Matusiewicz; The ontological concept of the person: Does bioethics need it?
5. Helena Törölä; The relationship between motor and oral-motor development in full-term and preterm infants
6. William Elder, Jr; Integrative Medicine Training Activities and Learner Self-Awareness

Friday, September 26, 2008
8:00 am  Breakfast
8:30 am-8:45 am Welcoming Remarks in Salon D
8:50 am-9:35 am Cora Breuner: Eating disorders & CAM therapies in Salon D
9:35 am-10:20 am Donald Greydanus: Nutritional supplements as a form of sports doping in the adolescent athlete in Salon D
10:20 am-11:05 am Ram Singh; The evolution of holistic foods and risk of cardiovascular disease; and Blood lipid composition as a marker for holistic health. The Columbus concept in Salon D
11:05 am-11:15 am Presenters please remove your posters and collect your materials
11:15   Adjourn

Program Chairs and Invited Faculty

Cora Breuner, MD, MPH
University of Washington Department of Pediatrics, Division of Adolescent Medicine, and Children's Hospital and Regional Medical, Seattle, Washington, USA.

Michael de Vibe, MbBCh
Senior Advisor, Norwegian Knowledge Centre for the Health Services, Oslo, Norway.

Donald Greydanus, MD
Professor, Pediatrics & Human Development, Michigan State University College of Human Medicine, MSU/Kalamazoo Center for Medical Studies, Kalamazoo, Michigan, USA.
Kathi Kemper, MD, MPH  
Professor, Departments of Pediatrics, Social Sciences and Health Policy, Family and Community Medicine, Regenerative Medicine and Bioethics, Wake Forest University School of Medicine Winston-Salem, North Carolina, USA; Caryl J Guth Chair for Complementary and Integrative Medicine, Department of Pediatrics, Brenner Children’s Hospital; and Chair, American Academy of Pediatrics Section for Complementary and Integrative Medicine Member, Steering Committee, Consortium of Academic Health Centers for Integrative Medicine Author, The Holistic Pediatrician, 2nd edition, HarperQuill, 2002.

Janice Kuperstein, PT, PhD  
Professor, Department of Rehabilitation Sciences, College of Health Sciences, University of Kentucky Lexington, Kentucky, USA.

Joav Merrick, MD, MMedSci, DMSci  
Medical Director, Division for Mental Retardation at the Ministry of Social Affairs and Social Services, Jerusalem, Israel; Chairman, National Institute of Child Health and Human Development; and Professor, Division of Adolescent Medicine, Department of Pediatrics at the University of Kentucky, Lexington, Kentucky, USA.

Hatim Omar, MD, FAAP  
Professor, Pediatrics and Obstetrics & Gynecology; Chief, Division of Adolescent Medicine, Department of Pediatrics at the University of Kentucky, Lexington, Kentucky, USA.

Jay Perman, MD  
Dean and Vice President for clinical affairs of the University of Kentucky College of Medicine, and Professor of Pediatrics at the University of Kentucky, Lexington, Kentucky, USA.

Jim Roach, MD  
Midway Center for Integrative Medicine, Midway, Kentucky, USA.

Daniel Shek, PhD, FHKPS, BBS, JP  
Professor, Department of Social Work, Chinese University of Hong Kong; Advisory Professor, East China Normal University, Shanghai, P.R.C.; and Honorary Professor, Kiang Wu Nursing College of Macau, Macau, P.R.C.

Ram Singh, MD  
Halberg Hospital and Research Institute, Civil Lines, Moradabad, India.

Søren Ventegodt, MD, MMedSci, EU-MSc  
Quality-of-Life Research Center, Nordic School of Holistic Medicine; Research Clinic for Holistic Medicine, Copenhagen, Denmark; and National Institute of Child Health and Human development, Jerusalem, Israel.
Contact Information

For questions regarding the conference or items listed in this program, please contact Leanne Mallory at Leanne.Mallory@uky.edu or call (859) 323-6228.

The International Society for Holistic Health

For questions regarding the International Society for Holistic Health and its activities, publications and more, please visit: http://www.internationalsocietyforholistichealth.org.