



Integrative News

Staff Highlight:

Discussions with Kathy Taromina, MS, LAc

Kathy Taromina joined The Integrative Therapies team in March 2005. Bringing acupuncture to the pediatric oncology clinic, together with Diane Rooney, Kathy has been an influential figure in the acceptance of the practice by both patients and families as well as physicians and other health care providers. Kathy obtained her Master's in Traditional Oriental Medicine from Pacific College, NY, and has completed post-graduate work at Nanchang University of Traditional Chinese Medicine, China. Kathy has also been part of the organizing committee that provided acupuncture to the search and rescue teams at the Jacob Javits Center in the immediate aftermath of 9/11.

Currently, as Program Director of the Graduate Program in Oriental Medicine at Touro College, where she is also an Assistant Professor, Kathy leads one of the only Oriental medicine programs in the country that operates within an already existing health science school. At Touro College, students are trained under a health science education model, alongside nurses, physician assistants and physical therapists. When asked how working in The Integrative Therapies Program has impacted the way she directs the Oriental Medicine program at Touro College, Kathy explains: "I have the opportunity to see and be a part of where integrative medicine is going. Being in the trenches of integrative medicine, I can understand the issues graduates will face." Kathy also facilitates Touro college students in learning about research in the field of integrative medicine and pediatric oncology by having them collaborate on projects with the program.

Kathy describes her experience at The Integrative Therapies Program as "one of the most important parts of her career. Bringing relief to these kids is amazing. It is incredible to walk into a room when a child is nauseous and by the end of their treatment they no longer are. There are really no words for what that feels like. And it is not me, it is the medicine." When

asked about her future goals, Kathy hopes to play a role in developing other centers like this one and believes that the research we do will open more doors for patients to use Chinese Medicine in biomedical settings.

Research Brief

The Integrative Therapies Program is launching three new research studies this summer. As a follow up to our retrospective review investigating acupuncture as a supportive care agent in pediatric oncology last year, we are planning to conduct a prospective study to determine the feasibility and acceptance of acupuncture among children undergoing treatment for cancer. This study will collect descriptive information at each acupuncture treatment, including patient's progress, chief complaint, and platelet and absolute neutrophil count. The relationship between TCM diagnosis and conventional medicine and treatment will also be investigated.

In addition to our acupuncture prospective study, because of the paucity of information looking at the relationship between lifestyle behaviors and the incidence of late effects for survivors of childhood cancers, the Integrative Therapies team is planning to retrospectively examine the baseline dietary habits and physical fitness levels for survivors enrolled in the Center for Survivor Wellness in the Division of Pediatric Oncology at Columbia University .

The third study we are planning to launch this summer is a cross-sectional survey to determine traditional and complementary/alternative medicine use in children diagnosed with cancer in Guatemala. This study is a collaborative effort with the Division of Pediatric Oncology, Universidad Francisco Marroquin, Guatemala and St. Jude Children's Hospital. This is the program's first international study.

Staff

Kara Kelly, MD

Medical Director

Elena J. Ladas, MS, RD

Director

Deborah Hughes, BA

Program Manager

Christine Grimaldi, PhD

Exercise Physiologist/

Yoga & Movement Therapist

Kathy Taromina, MS, LAc

Licensed Acupuncturist/

Reiki Practitioner

Diane Rooney, MS, LAc,

LMT

Licensed Acupuncturist/

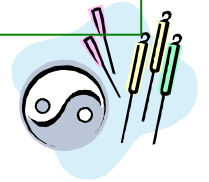
Licensed Massage Therapist



Acupuncture at the clinic



Columbia University
Pediatric Oncology
Herbert Irving Cancer Center, 7th Floor
New York, NY 10032
Phone: 212-305-7829
Email: dh493@columbia.edu
Website: <http://carolann.hs.columbia.edu>



Suggested Readings

The following readings will guide you in understanding the practice and principles of Chinese Medicine and Acupressure:
Kaptchuk, Ted J. The Web That Has No Weaver: Understanding Chinese Medicine. New York: McGraw-Hill, 2000.
Teeguarden, Iona M. Acupressure Way of Health: Jin Shin Do. Tokyo: Japan Publications, Inc., 1978.

TCM Summer Tip

Chinese medicine nutrition includes avoiding iced drinks and ice cream during the hot summer months – just when you want them the most. Consuming cold drinks puts an added burden on the digestion (it has to warm it up to process it) and may injure the qi of the spleen. Consuming warm beverages during the hottest months can actually help us cool off by promoting a light sweat. Some food alternatives to help us cool down are watermelon, cucumber, tofu plus mint and chamomile teas.

Integrative Therapies in the News

On March 5th, 2007 WCBS News featured Christine Grimaldi helping cancer patients through yoga and pilates. On March 12th, 2007 Fox News explored Diane Rooney's reflexology and acupuncture practice for patients receiving treatment.

These program highlights can be viewed at:

<http://wcbstv.com/video/?id=97314@wcbstv.dayport.com> and

<http://www.myfoxny.com/myfox/pages/News/Detail?contentId=2659843&version=1&locale=EN-US&layoutCode=VSTY&pageId=3.2.1>

Stay tuned for clips from the debut of the Cancer Dancers, our dance and exercise survivorship group led by Christine Grimaldi, featured live on The View, June 6th, and Dr. Kelly who will also be featured on the Today Show this June.