



Longwood
SEMINARS

Bridging East and West: New Frontiers in Medicine

April 24, 2018

Mind-body medicine is providing new models for wellness and therapy by combining conventional and complementary approaches to treatment. At this seminar, a panel of Harvard Medical School faculty will discuss this quickly developing approach that may help shape the future of medicine.

#HMSMiniMed



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About the Speakers

Dr. Helene Langevin, MD

Dr. Langevin is a Professor in Residence of Medicine and Director of the Osher Center for Integrative Medicine at Harvard Medical School and Brigham and Women's Hospital. Dr. Langevin has been the principal investigator of several NIH-funded studies investigating the role of connective tissue in low back pain and the mechanisms of acupuncture, manual and movement-based therapies. Her previous studies in humans and animal models have shown that mechanical tissue stimulation during both tissue stretch and acupuncture causes dynamic cellular responses in connective tissue. Her current work focuses on the effects of stretching on inflammation resolution mechanisms within connective tissue and their relevance to chronic musculoskeletal pain and cancer.

Dr. Timothy Mitchison, PhD

Dr. Mitchison is the Hasib Sabbagh Professor of Systems Biology at Harvard Medical School. He joined Harvard Medical School in 1997 to establish the Institute of Chemistry and Cell Biology, one of the first drug screening platforms in academia. Dr. Mitchison's research is best characterized as basic cell biology, with a strong side interest in pharmacology and drug discovery. He has long been interested in the physical organization of cells and the mechanism of cell division, and in cancer drugs that attack cell division. He has recently been helping HMS Dean George Q. Daley establish a major new research initiative in therapeutics.

Dr. Peter Wayne, PhD

Dr. Wayne is an associate professor of medicine at Harvard Medical School, the founder and director of the Tree of Life Tai Chi Center and research director of the Osher Center for Integrative Medicine at Harvard Medical School and Brigham and Women's Hospital. An internationally recognized practitioner and teacher for more than 40 years, Dr. Wayne enjoys sharing his knowledge of the internal arts and drawing on the principles of western science to help elucidate the ancient principles of traditional Asian healing arts. Dr. Wayne's current research includes evaluating the effectiveness of tai chi and related complementary and integrative medical therapies for numerous medical conditions including balance disorders, Parkinson's disease, cardiovascular health, osteoporosis, chronic pain, cancer, depression and pulmonary disease.



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Supplemental Reading

Articles

Bridging East and West

Harvard Medical School

<https://hms.harvard.edu/news/bridging-east-and-west>

Focal Points

Harvard Medicine Magazine

<http://magazine.hms.harvard.edu/five-senses/focal-points>

An Introduction to Tai Chi (excerpt)

Harvard Health Publications

<https://www.health.harvard.edu/exercise-and-fitness/an-introduction-to-tai-chi>

Relax, repeat

Harvard Medical School

<https://hms.harvard.edu/news/relax-repeat>

Videos

Integrative Medicine: The Osher Center approach video

YouTube

<https://www.youtube.com/watch?v=VGCOHQ2A8tE>

Further information can be found at **Harvard Health Publications** (<https://www.health.harvard.edu/>).

Sign up for **Harvard Medicine News** (<https://hms.harvard.edu/news/sign-email-communications>) to receive weekly updates on scientific research, medical education and community news from Harvard Medical School.

Sign up to receive future issues of **Harvard Medicine** (<https://hms.harvard.edu/news/sign-email-communications>). The magazine of Harvard Medical School presents topics ranging from space-based medical research to climate change and human health. The magazine captures the work of the HMS faculty, students, and alumni and illuminates their contributions to human health.

