



## UNIVERSITY OF MARYLAND SCHOOL OF MEDICINE

- ❑ *Has Qigong/Taiji made a difference to your health?*
- ❑ *Have you wondered how Qigong/Taiji healing works?*
- ❑ *Would you like more people to benefit from Qigong/Taiji therapy?*
- ❑ *Are you considering making a tax-deductible contribution by year-end?*

### We Need Your Support for Scientific Study of Qigong/Taiji Healing

The University of Maryland Center for Integrative Medicine (CIM) is an internationally recognized leader in the field of integrative medicine. As a National Institutes of Health (NIH) Center of Excellence for over 14 years and the first US academic medical center program for integrative medicine, CIM has teamed up with some renowned Qigong and Taiji healers to conduct a series of scientific studies of Qigong/Taiji therapy for health problems such as arthritis, asthma, fibromyalgia, addiction and infertility, in randomized controlled trials. You can get more information on CIM and our Qigong program from the web site <http://www.compmed.umm.edu>

Although Qigong and Taiji practice from traditional Chinese medicine have been gaining increased popularity in the U.S. and there is increased documentations on its effectiveness, there is a general lack of scientific support or federal funding for further study of Qigong healing and Taiji practice, which has seriously demoted its credibility and wide promotion. The scientific community and National Institutes of Health need to see more preliminary data in order to give more support to conduct research in this area. Dr. Kevin Chen and the Center for Integrative Medicine at University of Maryland have made a commitment to scientific examination of Qigong /Taiji healing. We will employ the most rigorous scientific methodologies of Western medicine, including randomized controlled trials, to examine this Eastern tradition and to determine its efficacy.

As the first step of documentation, we plan to carry out two studies in 2009: one randomized pilot trial of Qigong therapy for stress management with the state-of-art bio-marker(s) as the objective outcome measures, and a pilot study with both observational and intervention components to add breathing-based qigong meditation into the treatment of opiate addicts who also use or abuse Benzodiazepine (BZN) with elevated anxiety problems. However, we need some financial support to carry out these important studies.

The clinical trial of Qigong therapy for stress management will study the effect of Qigong self practice, as well as exposure to external qi healing, on the human immune system and on reducing anxiety/stress, which is the number one health problem in the U.S. – 80% of visits to the primary-care physicians are related to stress. There are many reported benefits of Qigong/Taiji practice in reducing stress and anxiety. However, there were few well-designed studies with objective measures on stress or hormone/immune indicators that can convincingly verify such an effect. A randomized controlled study under the close examination of changes in biomarkers – such as cortisol level and suction blister wound recovery model -- will help to verify such a therapeutic effect of Qigong, and may increase the credibility and acceptance of Qigong therapy in general. A preliminary budget for a small-scale trial (about 30 subjects) would need about US\$110,000 (brief budget available upon request).

Patient Appointments:

University Physicians Clinic • Kernan Hospital ~ 2200 Kernan Dr. ~ Baltimore, MD 21207 ~ 410-448-6361 ~ 410-448-1873 fax  
Academic Research & Education Office

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Benzodiazepine (BZN) abuse is a very serious problem in our society, especially among those in addiction treatment with high anxiety. Both elevated anxiety and abuse of prescribed drugs are high risk factors for drug addicts to relapse. However, there is simply no effective treatment in dealing with the problem of BZN abuse among drug addicts. The proposed pilot study will try to understand why heroin addicts used BZN when in a methadone program, and introduce a treatment-enhancing therapy (breathing-based qigong meditation) to help reduce anxiety and BZN abuse, as well as prevent opiate relapse. A preliminary budget for a small-scale clinical study (about 20 patients) would need about US\$96,000 (brief budget available upon request)

As someone whose own life has been touched by the benefits of Qigong and Taiji, we are turning to you for assistance and asking if you would consider a financial contribution to this endeavor. Without a thorough and well-conducted pilot study of Qigong/Taiji benefits, further definitive and expanded research may not be possible. If it does proceed, however, the benefits of Qigong/Taiji therapy eventually could be brought to patients all over the country. In addition, if rigorous scientific study proves its health effects, it may be possible for health insurance to cover the Qigong therapy and Qigong/ Taiji lessons. The entire process begins with the one small study, and your generous support and donation of any amount could make this first significant step possible. Can we count on your support?

**All your contributions will be tax deductible.**

We will keep you informed on the results of this fund-raising and the pilot study, as well as future Qigong studies if you so wish.

Please make your check payable to: “University of Maryland Baltimore Foundation” (with memo “Gift for CIM Qigong Program”). Please mail your contribution to:

Dr. Kevin W Chen  
Center for Integrative Medicine  
University of Maryland School of Medicine  
Kernan Hospital Mansion  
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We will send you an official receipt as soon as we receive your contribution. Thank you very much for your support!

If you have any questions please email Dr. Chen at [kchen@compmed.umm.edu](mailto:kchen@compmed.umm.edu)