



New England Otolaryngological Society
Fall Program: September 30, 2022
Massachusetts Medical Society, 860 Winter St. Waltham, MA. 02451
7:30am-3:30pm

Integrative Medicine for the Otolaryngologist

- 7:30-7:55 Registration
- 7:55-8:00 Welcome – **Rebecca Stone, MD, NEOS President**
- 8:00-8:15 Tufts University – **Bella Onwumbiko, MD**
As the Nose Goes: Integrative Medicine in Rhinology
- 8:15-8:30 Boston University – **Melissa Chavez, MD**
Less is More-The Buteyko Method of Breathing
- 8:30-9:15 *Fostering Resilience in Clinicians Through Mindfulness*
Diane Reibel, Ph.D.
Director, Myrna Brind Center for Mindfulness
Clinical Associate Professor, Department of Integrative Medicine at Sidney Kimmel Medical College
Thomas Jefferson University
- 9:15-9:30 MEEI/Harvard Medical School – **Michael Wu, MD**
From TikTok Jawlines to Trismus: Jaw Exercises for the Otolaryngologist
- 9:30-9:55 Break
- 9:55-10:55 *Lifestyle Medicine for the Otolaryngologist: Prevention and Management of Chronic Disease*
Melinda Thacker, MD
Partner, Associates in Otolaryngology - Head and Neck Surgery, PC
Board Certified in Otolaryngology and Lifestyle Medicine
- Physician Health Thyself: Six Simple Lifestyle Behaviors for Health and Longevity*
Richard M. Rosenfeld, MD, MPH, MBA, DipABLM
Chief Medical Officer, American Board of Lifestyle Medicine
Sr. Liaison for Medical Society Relations, American College of Lifestyle Medicine
Distinguished Professor of Otolaryngology, SUNY Downstate Health Sciences University, Brooklyn, NY
- 10:55–11:10 University of Connecticut – **Khalil Rahman, MD**
Turmeric for Tumors: Curcumin use in Head & Neck Cancer
- 11:10 -11:25 Dartmouth – **Galit Almosnino, MD**
Honey, I shrunk the Nasal Polyps! A Discussion of Alternative Treatments in Rhinology
- 11:25-12:10 *Cannabis and Cancer Patients: Review of the Evidence and A Practical Primer*
Brooke Worster, MD, FACP
Associate Professor of Medicine
Chief, Division of Supportive Oncology
Program Director, MS in Medical Cannabis Science and Business, IEHP
Sidney Kimmel Cancer Center at Jefferson Health
- 12:10 – 1:15 Lunch
- 1:15- 1:20 Announcements
- 1:20– 1:35 Albany Medical College – **Benjamin Epstein, MD**
Evidence-Based Mindfulness for the Chronically Ill Patient
- 1:35-1:50 University of Vermont – **Thomas (Luke) Arnell, MD**
More than just a PPI: Evidence-Based Nutritional Recommendations for Management of LPR



- 1:50 -2:05 Harvard Medical School/ Beth Israel Deaconess Medical Center- **Kevin Tie, MD**
Woes of the Noes - Complementary and Alternative Medicine for Allergic Rhinitis
- 2:05- 2:25 Break
- 2:25-2:40 Yale University – **Sen Ninan, MD**
The Use of Alternative Medicine in Head and Neck Cancer
- 2:40 -3:25 *Can Acupuncture Benefit Ear, Nose, and Throat Symptoms? From Clinical Trials to Practice*
Weidong Lu, MB, MPH, PhD
Lead Oncology Acupuncturist
Leonard P. Zakim Center for Integrative Therapies & Healthy Living
Department of Medical Oncology, Dana-Farber Cancer Institute
Instructor in Medicine, Harvard Medical School
- 3:25-3:30 Concluding Remarks

Program Objectives

- Learn the importance of plant-based nutrition and healthy lifestyle practices to improve common otolaryngologic problems.
- Review current state of the literature on marijuana and its applications in OTOHNS.
- Learn about mindfulness-based stress reduction and an evidence-based approach for patients, care takers, and medical professionals.
- Learn the approach of acupuncture as it relates to the head and neck patient.

Program Overview

Integrative Medicine for the Otolaryngologist is a meeting for the head and neck clinician/surgeon to get up to date on topics of integrative medicine they may not be as familiar with. We will learn the importance of plant-based nutrition and healthy lifestyle practices to improve common otolaryngologic problems. In reviewing the current state of the literature on marijuana and its applications in OTOHNS we may be better aware of areas of need for further study and help our patients understanding what we really know about this now commonly used drug. Our speaker on mindfulness-based stress reduction and an evidence-based approach for patients, caretakers, and medical professionals will review the literature and help demonstrate in real time small steps we might take to incorporate this into our own lives/practices. We will review the approach of acupuncture as it relates to the head and neck patient. These talks and the resident lectures will enhance our ability to connect to and inform our patients about topics they are increasingly interested in.

AMA Credit Designation Statement

The New England Otolaryngological Society designates this live activity for a maximum of 5.5 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Accreditation Statement

The New England Otolaryngological Society is accredited by the Massachusetts Medical Society to provide continuing medical education for physicians.

NEOS Officers

Rebecca Stone, MD, NEOS President
Michal Platt, MD, Secretary/Treasure
Stacey Tutt Gray, MD, President-Elect

For questions, please contact Lina Szymkowski
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