

# ***ANNUAL* REPORT**

FY25 | JULY 2024-JUNE 2025

*MED.UC.EDU/INTEGRATIVE*





University of  
**CINCINNATI**

OSHER CENTER FOR  
INTEGRATIVE HEALTH

*One of only 11 Osher Centers  
in the world leading the  
transformation of healthcare  
from a disease-care system  
to a well-care system through  
integrative and lifestyle  
medicine.*



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**HILARY & AMY DEBELAK’S STORY**

*Thanks to the generosity and commitment of people like Hilary and Amy, many services, like yoga therapy and tai chi, are no cost to patients through Strikeout MS*





# Letter from the Director

At the Osher Center for Integrative Health at the University of Cincinnati, we are proud to be at the forefront of transforming health care from a primarily disease-care system to a well-care system focused on prevention and self-care. As one of only 11 Osher Centers across the globe, our mission is rooted in a commitment to whole-person care, combining the best of conventional medicine with tried-and-true integrative therapies and lifestyle medicine approaches.

Our center's impact would simply not be possible without the transformative investment from our visionary partners. This includes The Bernard Osher Foundation, inviting us to join the esteemed Osher Collaborative; John and Carrie Hayden, whose investments have established key programs such as the Carrie K. Hayden Endowed Chair of Integrative Oncology Research and the John and Carrie Hayden Community Learning Kitchen; the Turner Farm Foundation; and others.

Together with key stakeholders, clinicians, faculty, staff, and our friends of the center, we are catalyzing a health care revolution to achieve our mission of improved health for all.

Thank you for being our partner in this journey to a healthier life.

*Be Well,*



## **Sian Cotton, PhD**

Center Director and Professor

Turner Farm Foundation Chair

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# ABOUT

## VALUES



Relationship  
Centered



Evidence  
Based



Empowered



Integrity



Humility



Equitable

## VISION

To transform a disease-care system to a well-care system.

## MISSION

To achieve improved health for all through clinical practice, advanced education, innovative research, and community engagement focused on integrative health and wellness.

## APPROACH

To empower people to take charge of their health and well-being by actively practicing whole health within their communities.

## INTEGRATIVE HEALTH

A whole-person approach that combines conventional medicine with evidence-based integrative therapies that focus on healthy lifestyle, addressing stress, nutrition, movement, sleep, and environment to reduce suffering and enhance overall wellness.



# WHOLE PERSON CLINICAL *care*

## BRAD PIKE'S STORY

*UC Athletics leader Brad Pike reversed chronic heart issues through expert cardiology care and guidance from the Osher Center for Integrative Health at UC, a national expert in lifestyle medicine*





## INNOVATIVE NATURE PRESCRIPTION PROGRAM



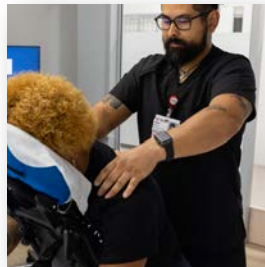
Spearheaded by Barbara Walker, PhD, Director, Nature as Medicine Program, UC Health has become the first and only health system in the region to integrate Nature Prescriptions into their EPIC electronic health record system. Providers can prescribe time in nature and patients receive personalized recommendations to incorporate nature into their daily routines.

## SUPPORTING CANCER PATIENTS THROUGH ACCESSIBLE YOGA THERAPY



Produced and debuted the *Guided Yoga Therapy and Mindfulness Meditation Series* for anyone touched by cancer in collaboration with UCSF's Osher Center. Supported by the Osher Collaborative, cancer patients, survivors, and caregivers are empowered to manage treatment side effects—such as fatigue, pain, and anxiety—through accessible, evidence-based mind-body practices.

## INTEGRATING WHOLE-PERSON CARE AT THE UC BLOOD CANCER HEALING CENTER



Clinical care was expanded at the UC Blood Cancer Healing Center with the hiring of a dedicated acupuncturist. Two half-time massage therapists specializing in oncology massage provided over a thousand customized massage sessions, designed to safely meet the unique and changing needs of individuals in active cancer treatment, as well as caregivers and staff.

## EXPANDING NON-PHARMACOLOGICAL SOLUTIONS IN THE EMERGENCY DEPARTMENT



With a \$1.4 million federal grant, partnered with the Emergency Department to expand nonpharmacological pain management. Efforts included mindfulness training for staff, the successful integration of acupuncture by Osher Center clinicians, and the rollout of referral pathways and educational videos promoting integrative and lifestyle medicine as alternatives to opioids.

## THE ARTS AS MEDICINE



Expanding Art and Music as Medicine to support whole-person healing through creative expression and group connection. These evidence-based programs promote emotional well-being, reduce stress, and enhance patient care by integrating the healing power of the arts into whole-person care via art and music therapy.

## By the Numbers

**10,077**  
Total Patient Visits

**3,944**  
Acupuncture Visits

**3,797**  
Group Class Participants

**1,765**  
Integrative & Lifestyle Medicine Consultations

**27**  
Clinicians

**6**  
Clinical Locations





# Review of Integrative Therapies for Managing Symptoms of Hematological Malignancies

Christen Lescallett, MS2; Adam Beucier, MS2; Katie MacVittie, MS2; Harini Pallerla, MS; Mladen Golubic, MD, PhD (Co-PI); Sian Chen, MD (Co-PI)

## INTRODUCTION

Blood cancers were 9.4% of new cancer diagnoses in 2023 and 16-70% of patients with these cancers utilize integrative and lifestyle therapies. This review examines the latest evidence base.

## METHODS

A literature search of PubMed, Scopus, and Cochrane was conducted and 16 RCTs were identified. The review included studies that reported on the effectiveness of integrative and lifestyle therapies.

## RESULTS

Although the evidence base is limited, 3 RCTs (RCTs) were identified that reported on the effectiveness of integrative and lifestyle therapies. Our secondary outcomes were modest benefits for the following:

**Qigong** for quality of life (QOL), sleep quality, depression, anxiety, and fatigue

- 21 days of 25-minute at-home Qigong practice improved QOL ( $p<0.001$ ), sleep quality ( $p<0.001$ ), and fatigue intensity for patients with non-Hodgkin's lymphoma (NHL) undergoing chemotherapy compared to usual care ( $n=96$ )<sup>4</sup>
- 16 hours of Qigong sessions over 2 months decreased depression ( $p<0.05$ ) and anxiety ( $p<0.005$ ) in patients with NHL compared to usual care ( $n=39$ )<sup>5</sup>
- 21 days of 20 minute-Qigong sessions twice daily reduced average fatigue ( $p<0.001$ ) for patients with NHL undergoing chemotherapy compared to usual care ( $n=108$ )<sup>6</sup>

## Massage for pain

- A meta-analysis of 10 RCTs found that massage significantly reduced pain for patients with cancer-related pain.
- 30 minutes of massage significantly reduced pain for patients with cancer-related pain.

## Aerobic exercise for fatigue, depression, and anxiety

- 12 weeks of aerobic exercise significantly improved overall health ( $p<0.001$ ), reduced fatigue ( $p=0.013$ ), and improved mood ( $p=0.001$ ) in patients with cancer.

## 12 weeks of aerobic exercise and resistance training

- 12 weeks of aerobic exercise and resistance training significantly improved overall health ( $p<0.001$ ) and reduced fatigue ( $p=0.001$ ) in patients with cancer.

## Music therapy for fatigue

- A meta-analysis (5 RCTs,  $n=279$ ) found reduced fatigue ( $p<0.001$ ) for blood cancer patients after 1-8 music therapy sessions.<sup>12</sup>

## LIMITATIONS

A low number of trials were identified for each modality and most treatment conditions could not feasibly be concealed from the patient, leading to a risk of bias in patient-reported scores. Therefore, the conclusions of this review are limited to directions for further research.

## DISCUSSION

Modest evidence supports the use of exercise, meditation, yoga, acupuncture, massage, and music therapy for managing symptoms of patients with some blood cancers. Research should assess the interactions between these modalities, cancer type, and various integrative and lifestyle modalities. Low-level evidence-based research might be considered for symptom management with hematologic malignancies.

## MEET OUR MEDICAL STUDENT SCHOLARS PROGRAM STUDENTS

Thanks to a generous investment from alumnus Stephen T. Turner, MD, COM'75, the Medical Student Scholars Program (MSSP) in Integrative & Lifestyle Medicine expanded with three additional students



## EMPOWERING STUDENTS TO BE MINDFUL COMMUNITY LEADERS



With funding from the Unlikely Collaborators Foundation, Meera Murthi, PhD, and Trymaine Gaither, CMT-P, launched an innovative Mindful and Compassionate Transformative Leadership Program—a healing-centered leadership program that trains emerging student leaders in mindfulness, compassion, and value-aligned leadership ethics to bring about personal and social transformation.

## INTEGRATING WELLNESS INTO MEDICAL SCHOOL CURRICULUM



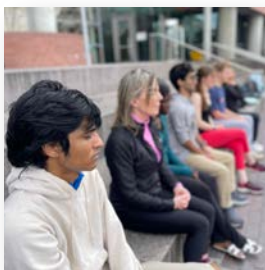
The Lifestyle & Integrative Medicine for Everyone (LIME) curriculum integration project, led by Aaron Marshall, PhD, associate professor, and Mladen Golubic, MD, PhD, FACLM, medical director, continued to integrate a longitudinal wellness thread into the medical school curriculum with the implementation of first year student LIME curriculum, with positive responses and feedback from learners which will be used to inform the next academic year, along with the inaugural rollout of the second year curriculum.

## BRINGING EXPERT MINDS TO CINCINNATI



Annie Fenn, MD, founder of Brain Health Kitchen, joined the Osher Center faculty to teach a new course titled “Healthy Lifestyle Brain Health,” exploring the science of neuroprotective foods and how lifestyle habits work together to support memory, thinking, and long-term brain health.

## SUPPORTING MEDICAL STUDENT INTERVIEWS



In collaboration with the UC College of Medicine, Barbara Walker, PhD, created a guided meditation as a resource to support prospective medical students during the high-stakes interview process. 90% of interviewees viewed the mindfulness video, demonstrating the reach and impact.

## RESIDENCY EDUCATION



Supported by the Weil Foundation, a micro-learning pilot will launch in 2025–2026 within UC’s Department of Neurology and Rehabilitation Medicine to integrate whole person care into resident education. Led by Jennifer Molano, MD, this innovative curriculum will equip future physicians with practical tools to deliver integrative, patient-centered care and help position UC as a leader in transforming resident education.

## By the Numbers

759

Undergraduate Students

93

Graduate Students

23

Courses Offered Spring/Fall Semesters

5

Certificates & Minors

11

Teaching Faculty

37

Affiliated Faculty







# INNOVATIVE *research*

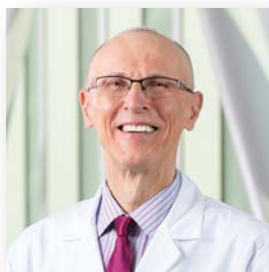
## FRANK FOWLER'S STORY

*How a Fiber-rich, Plant-based Diet  
Helped Fight Stage 4 Melanoma*





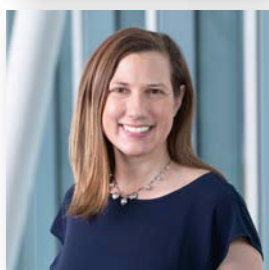
## LEADERS IN THE FIELD



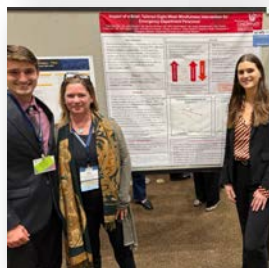
Medical Director Mladen Golubic, MD, PhD, FACLM, published in the Journal of Transplantation and Cellular Therapy: Zhao AT, Holtzman NG, Golubic M, Pavletic SZ. *Improving Outcomes in Allogeneic Transplantation and Chronic Graft-versus-Host Disease Patients through Lifestyle Medicine: Current Landscape and Future Directions*. Transplant Cell Ther. 2024 Sep;30(9S):S597-S609. doi: 10.1016/j.jtct.2024.05.023. PMID: 39370239.



Adam Beucler, MSSP student, along with faculty mentor Aaron Marshall, PhD, was recognized for Outstanding Merit in Clinical Medicine research for his poster "Lifestyle and Integrative Medicine for Everyone (LIME), a Longitudinal Medical School Curriculum Thread" at the 2024 University of Cincinnati Research & Service Symposium.



Betsey Zenk Nuseibeh, MM, MEd, MT-BC, won the top research award at the American Psychosocial Oncology Society Conference for her poster presentation on secondary outcome data from her mentor's National Cancer Institute-funded R01 trial comparing Acceptance and Commitment Therapy and Cognitive Behavioral Therapy for breast cancer survivors experiencing clinical levels of fear of cancer recurrence.



MSSP students and Osher faculty were featured at the 2025 International Congress on Integrative Medicine & Health in Seattle, Washington, with their Poster Presentation *Impact of a Brief, Tailored Eight-Week Mindfulness Intervention for Emergency Department Personnel*. Adam Beucler, Sian Cotton, Caroline Freiermuth, Katie MacVittie, Meriden McGraw, Harini Pallerla, Sanjay Shewakramani.

## SUMMER STUDENT RESEARCH PROJECTS



- Evaluating the implementation and reach of the Nature Rx program
- Evaluating the health impact of lifestyle and integrative medicine modalities offered via group medical visits
- Effectiveness and patient utilization of massage therapy services in oncology
- Improvements in mental well-being through a forest immersion experience for higher education faculty and students

## RESEARCH DIRECTOR SEARCH UPDATE



Broadened recruitment efforts for the Osher Center Research Director and Carrie K. Hayden Endowed Chair of Integrative Oncology Research to lead integrative oncology and integrative health research design, protocols, and funding to inform evidence-based practices of integrative therapies for the prevention and treatment of cancer and throughout survivorship.

By the Numbers

9

Affiliated Faculty Publications

13

Professional Presentations & Grand Rounds

4

MSSP Student Research Projects

\$140,000

Grants Received





# BRINGING WHOLE HEALTH TO THE *community*

**CINCINNATI  
PARKS  
REC  
FOR WELLNESS**

POWERED BY

The Center for Integrative Health  
at the University of Cincinnati

**CINCINNATI PARKS &  
REC FOR WELLNESS**  
*A citywide collaboration to  
grow healthier communities*





## CINCINNATI PARKS & REC FOR WELLNESS: MAKING WELLNESS IN NATURE ACCESSIBLE



In partnership with the Cincinnati Parks Foundation, launched Cincinnati Parks and Rec for Wellness with an installation at BLINK Cincinnati 2024 that welcomed over 2 million visitors. The program prescribes nature to patients and leverages one of the nation's top-ranked park systems to introduce no-cost structured wellness programs, such as a guided Hiking Series and Tai Chi at Owl's Nest Park, to communities across the city.

## HELPING WORKPLACES THRIVE THROUGH MINDFULNESS



Our Workplace Mindfulness team, committed to equitably enhancing human potential through evidence-based resiliency and stress-reduction strategies, significantly expanded its impact in FY25, reaching over 1,340 individuals and increasing the number of community presentations and programs by 14%.

## NEW COMMUNITY WELLNESS CLASSES



Introduced new class offerings at no-cost to the community at the UC Blood Cancer Healing Center and welcomed over a thousand participants. Sound Immersion, shown to promote deep relaxation and nervous system regulation, was provided, along with community yoga, tai chi, and mindfulness/meditation.

## ADVANCING FOOD AS MEDICINE THROUGH COMMUNITY AND NATIONAL LEADERSHIP



Director Sian Cotton, PhD, was a featured panelist at the Kroger Health Nourishing Change Conference and presented at the inaugural Teaching Kitchen Symposium, joining 250 leaders from 40 states and 6 countries. The Center collaborated with the Cincinnati Museum Center to launch the Food as Medicine Series, the first adult programming in the Cr(EAT)e Culinary Studio, and provided no-cost teen programs. Expanded community teaching kitchen events at Turner Farm focused on cancer prevention and brain health.

## NEW OSHER WELLNESS SUITE



Opening in 2026, the Osher Wellness Suite will open on the fifth floor of the UC Blood Cancer Healing Center. The suite will include the John and Carrie Hayden Community Learning Kitchen, Mind-Body-Spirit Wellness Studio, rooftop Healing Garden, and community programming such as cooking classes, yoga, sound immersion, nature as medicine programs, and more!

## By the Numbers

**1,340**

Workplace Mindfulness Program Attendees

**65**

Workplace Mindfulness Sessions/Retreats

**737**

Blood Cancer Healing Center Community Class Registrants

**774**

Lifestyle Medicine & Wellness Series Registrants

**155**

Culinary Medicine Teaching Kitchen Attendees





# THE POWER OF *philanthropy*



## **JOHN & CARRIE HAYDEN**

*\$2 million gift establishes John and Carrie Hayden Community Learning Kitchen*



My mother always said  
She raised 3 cookee and I  
CONSUMER... guess which of  
the 4 I am?

John Hayden

Put yourself in the driver's  
seat, take control of your health  
with food as medicine

Carrie Hayden  
Stable



## PREVENT.HEAL.THRIVE. AN EVENING CELEBRATING THE GENEROSITY OF JOHN AND CARRIE HAYDEN



An inspiring evening honored the generosity of John and Carrie Hayden and their visionary gift establishing the John and Carrie Hayden Community Learning Kitchen at the UC Blood Cancer Healing Center opening Spring 2026. Over 125 guests enjoyed a special reception and program showcasing the power of Food as Medicine and a preview of the Osher Wellness Suite—an innovative space dedicated to whole-person care. Attendees toured the future home of the Community Learning Kitchen, Wellness Studio, and Rooftop Garden, all designed to empower all members of our region to take charge of their health and well-being through nutrition, movement, and community.

## ADVANCING MUSIC THERAPY THROUGH INVESTMENT FROM THE MCCLOY FAMILY



A \$250k investment from the McCloy Family Foundation will support a PhD-level Music Therapy Director, enhance clinical services for individuals with chronic and neurological conditions, and fuel innovative research—ensuring music therapy continues to grow as a powerful tool for healing, hope, and whole-person care.

## SANGHVI MEMORIAL LECTURESHIP: HONORING A LEGACY, INSPIRING A NEW GENERATION



Gloria Yeh, MD, MPH, associate professor of medicine at Harvard Medical School, presented *Still the Mind: Mind-body Movement for Whole Person Health in Chronic Disease* to UC medical students and community members as part of the 2024 Dr. Khushman V. Sanghvi Memorial Lecture, an endowed lectureship created through a generous gift from UC cardiologist Vijay Sanghvi, MD, and his daughters.

## BE OUR PARTNER IN HEALING AND HOPE



As the Osher Center continues to grow and positively impact more members of our community, we look forward to engaging those who find true meaning in their philanthropy to advance our important mission of integrative health for all. Your philanthropy creates a ripple effect—helping individuals live fuller, healthier lives, supporting communities to thrive, and positioning the University of Cincinnati as a national leader in integrative, compassionate, whole-person care.

## By the Numbers

**41**

FY25  
Individual  
Donors

**\$2,087,985**

FY25 Total  
Donor  
Revenue &  
Pledges

**8**

MSSP Students  
Supported by  
Philanthropy

**565**

Classes/Events  
Supported by  
Philanthropy





## Contact



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## Support



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