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Summer 2009 ABORM Newsletter

**Congratulations
to all the New Fellows!**

- Samantha Allen
- Alexander Berks
- Neil Bernardi-Wright
- Rikke Blessing
- Rachel Blunk
- Angela Boatright
- Larisa Boyd
- Anne Cabrinha
- Jaqueline Calef
- Jessica Chen
- Stephanie Curran
- Shilpa Dias
- Lien Diep
- Trevor Erikson
- James Evans
- Sara Hua-Nien Fan Jeffrey
- Faudem



President's Message:

Dear ABORM Fellows and Colleagues -

A great deal has transpired since the last ABORM Newsletter. On the larger front, the United States elected its first African American President, and our economy spiraled in to one of the worst recessions in a generation. This economic slowdown has affected all of us. Thankfully, as practitioners of TCM, we can take some comfort in remembering the laws of Yin and Yang and that life is governed by the principles of change. This too shall pass! Already, we see the signs of the recession receding, and hopefully we can begin to see sound economic growth resume again soon.

On a more personal front, we are very proud of the most recent group of ABORM Examinees who successfully passed the ABORM examination for board certification in Oriental reproductive medicine.

Erin Flynn
 Susan Fox
 Erika Foy
 Michelle Graves
 Peter Harvey
 Lynette Hirabayashi
 Dixie Hornby
 Michelle Hughes
 Yenching Hung
 Alison Hunter
 Candace Jania
 Njemile Carol Jones Mark
 Lewinter
 Tao Ma
 Christina Mahoney
 Christina Martin
 Marnie McCurdy
 Janene Mitchell
 Heather Moore
 Teresa Nguyen
 John Nieters
 Maureen Rozenn
 Rachel Schneyer Deborah
 Snyder
 Sara Stieg
 Jeffrey Szilagyi
 Laurie Terzo
 Andrea Thorpe
 Judith Tognetti
 Nicole Withrow
 Elizabeth Yamamoto
 Sofija Zekovic-Roth
 Pei Li Zhong-Fong

Jane Lyttleon

You should all be very proud of yourselves. We on the ABORM Board of Directors, Advisors and larger ABORM community are honored to have you.

To locate new and existing ABORM fellows and stay connected through our ABORM Google group, please visit www.aborm.org, and bookmark this website for future reference. You will be able to locate and chat with other ABORM Fellows in your area and from across the USA and Canada via this list.

Your Board Certification demonstrates a standard of competency in Oriental & Western Reproductive Medicine that is important both to your patients and to the Reproductive Endocrinologists with whom you work. However, remember that this is just the beginning of your learning and training.

Now that you are a board certified practitioner in Oriental reproductive medicine, we encourage you to reach out and interface with your western colleagues and their reproductive medicine societies. If you haven't already done so, you can join both the American Society for Reproductive Medicine (www.asrm.org), and the Pacific Society for Reproductive Medicine (www.pcrsonline.org) as allied health professionals and attend their annual meetings. There is no better way to grow comfortable with western reproductive medicine, and to speak with confidence to REs, than to be a member of these professional societies and attend the Post Grad courses, scientific sessions, research presentations, and roundtables. As an added bonus, any courses you take at either the ASRM or PCRS qualifies towards your required 20 hours of ABORM CEU/CMEs.

In addition to advancing your comprehension and dexterity in western reproductive medicine, we encourage you to invest yourselves in the riches of Chinese medicine as it relates to reproductive disorders. To that end, there are three very exciting and rewarding avenues for further training and growth in the specialty of Oriental reproductive medicine and infertility:

1) Pro D Seminars (www.prodseminars.net) has the worlds largest collection of online and distance-learning coursework related to Oriental reproductive medicine. Pro D has managed to bring the world's

PCOS Lecture

Free on-line course

Compliments of
Pro D Seminars

expires June 30, 2009



[Link to Course](#)

Events & Groups

[ABORM](#)

[ABORM Google Group](#)

[Yo San REI Doctorate](#)

[ASRM](#)

[PCRS](#)

[ProD Seminars](#)

foremost experts in our area of specialty to us via this incredible online library of teachers and courses.

2) Randine Lewis (an ABORM member and Fellow, and author of *The Infertility Cure* and *The Fertile Soul*) has established a Fertility training program called the Certified Excellence in Fertility Practitioner (CEFP) program. This program utilizes practitioner retreats, patient retreats, monthly conference-call trainings, copious support materials, and a thriving community of Infertility Practitioners to encourage Infertility Specialists to be grounded in clinical reproductive medicine, and rooted in spirit (www.thefertilesoul.com).

3) Yo San University of Oriental Medicine in Los Angeles will be offering the nation's first DAOM/Doctorate specialty in reproductive medicine and Infertility (REI) beginning in the spring of 2010. Unlike the other DAOM programs that offer specialties in women's health with a weekend or two in REI, this DAOM program will focus in-depth completely on both male and female infertility. Graduates of this program will have participated in and published research related to infertility. You will interface didactically and clinically with REI's and TCM infertility experts, and will have passed the ABORM Examination for Board Certification upon graduation. This last part, everyone reading this has already completed. So, you are already on your way to having a DAOM in REI! The program will be offered on 3-day weekends once per month over a two-year period, and participants will have the opportunity to do rotations in REI clinics and to study with infertility specialists in China as part of their training. (Contact Ray Rubio, DAOM, L. Ac. FABORM at rt00@earthlink.net for more information).

Congratulations on your successful Board Certification, and welcome to the American Board of Oriental Reproductive Medicine (ABORM).

Warmly,

Ray Rubio, D.A.O.M. L. Ac. (FABORM)

Randine Lewis CFP



Featured Fellows

Can ABORM accreditation help your clinic?

For Acubalance Wellness Centre in Vancouver Canada, having ABORM accredited practitioners has been an important way of differentiating their clinic from the growing number of TCM clinics offering fertility treatment. It assures both the general public and physicians that Acubalance practitioners have advanced training in reproductive Chinese Medicine and a working knowledge of western fertility treatment.

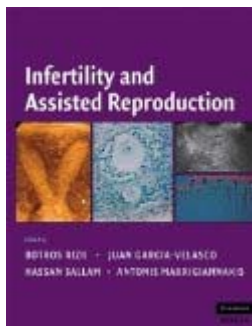
According to Dr. Lorne Brown, founder and clinical director of Acubalance, "The investment the clinic has made in supporting our practitioners to become Fellows of the American Board of Oriental Reproductive Medicine (FABORM) has paid significant dividends. The professional reputation that the clinic has developed has led to a unique partnership with Genesis Fertility Centre, one of Canada's busiest and most highly regarded fertility clinics."

Acubalance and Genesis are working together to develop a new model of integrative care that includes open communication between clinics, on-site acupuncture at the Genesis clinic for before and after transfer, and collaborative public talks on integrated fertility treatment.

This kind of collaboration would have been unheard of a few years ago when many fertility clinics actively discouraged patients from using acupuncture and Chinese medicine in conjunction with ART. However, the growing patient demand, combined with the increasing number of studies being published in recognized medical journals on the benefits of acupuncture for IVF has enhanced the reputation of reproductive Chinese Medicine. It is still difficult, however, for both the consumer and the physicians to identify qualified reproductive Chinese Medicine practitioners.

**ABORM
BOOK CLUB**

All of this month's books are written by or include chapters by ABORM fellows:



**Infertility
and
Assisted**

Reproduction

(Paul Magarelli & Diane Cridennda)



List Price: \$195.00

Our Price: \$83.98

[Buy Now](#)

The unique and groundbreaking aspect of this textbook is the inclusion of a chapter on Traditional Chinese Medicine. Drs. Cridennda, Magarelli and Cohen have compiled over 7 years of research they have done and presented it in a simple, yet

comprehensive way that allows practitioners, both allopathic and complementary, a tool to point patients and practitioners towards the evidence-based data that supports the use of Acupuncture in IVF treatments.

This chapter also provides a step-by-step method for demonstrating how western and eastern infertility practitioners can integrate their respective specialties to provide patients with the best infertility care available.

**Botanical
Medicine**
in Clinical Practice



Edited by Ronald H. Wasson MD/PhD & Steven S. Pineda

**Botanical Medicine in
Clinical Practice**

(Caylie See)



List Price: \$390.00

Our Price: \$210.00

[Buy Now](#)

This comprehensive reference work contains contributions from more than 150 clinical and academic experts covering

"In British Columbia there is no designation for specialities for acupuncturist and Doctors of TCM," says Brown. "So anyone can say they treat fertility. This is where the ABORM is invaluable in letting consumers and physicians know which acupuncturists have made the extra effort to have advanced training in and knowledge of fertility treatment."

"Our partnership with Acubalance would not be possible if they did not have this specialized knowledge and experience. We have complete confidence that we can discuss any issues or concerns we have about shared care treatment." says Dr Jason Hitkari, director and reproductive endocrinologist at Genesis. "Patients love the open communication we have with Acubalance and the fact that they can have an acupuncture treatment and spa-like experience right in the clinic before their transfer. It makes the whole procedure seem so much less medical."

As the number of Fellows of the American Board of Oriental Reproductive Medicine grows across Canada and the US, so the reputation of our profession will grow." says Brown. "For the moment I am proud that Acubalance has the highest concentration of Fellows of the ABORM of any clinic in the world."

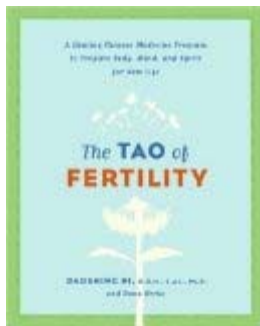


**Stress Responses in Women with
PolyCystic Ovary Syndrome**

Psychoneuroendocrinology. 2009 Jan 14. Benson S, Arck PC, Tan S, Hahn S, Mann K, Rifaie N, Janssen OE, Schedlowski M, Elsenbruch S. Department of Medical Psychology and Behavioral Immunobiology, University Hospital of Essen, University of Duisburg-Essen, Hufelandstr. 55, 45122 Essen, Germany.

Contributed by Spence Pentland

topics such as treatments of cancer and cardiovascular diseases, as well as historical plant use by indigenous people supported by recent scientific studies. Authors review the safety and efficacy of botanical treatments while identifying the sources, historical supportive data and mechanisms of action for emerging treatments.



The Tao of Fertility
(Daoshing Ni)



List Price: \$15.95

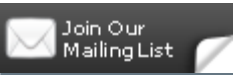
Our Price: \$8.29

[Buy Now](#)

A Healing Chinese Medicine Program to Prepare Body, Mind, and Spirit for New Life

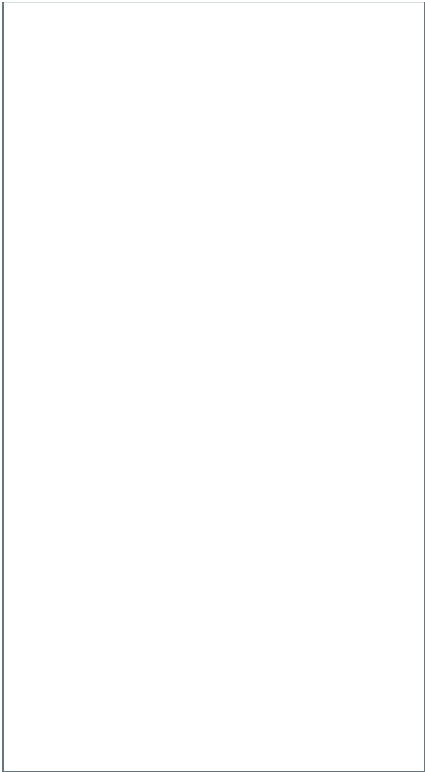
CONCLUSION: PCOS patients showed increased cortisol levels and heart rate reactivity as well as a reduced upregulation of IL-6 in response to stress. The altered stress reactivity in PCOS patients may constitute a link between depression, overweight, ovulatory disturbance, and the cardiovascular and diabetes risks associated with the diagnosis.

BACKGROUND: We analyzed the neuroendocrine and immune cell responses to psychosocial stress in PCOS patients compared to BMI-matched healthy controls. **METHODS:** Responses to public speaking stress were analyzed in 32 PCOS patients and 32 BMI-matched healthy controls. At baseline, during, and 10- and 45-min after stress, state anxiety, cardiovascular responses, cortisol, ACTH, as well as circulating leukocyte subpopulations were analyzed, together with hsCRP and serum IL-6 concentrations. **RESULTS:** In response to public speaking stress, both groups showed significant but comparable increases in state anxiety, and blood pressure (all $p < 0.001$; time effects). The ACTH and cortisol stress responses were significantly enhanced in PCOS (both $p < 0.05$; interaction effect). In addition, heart rate was significantly higher in PCOS ($p < 0.05$; group effect). PCOS patients displayed a reduced upregulation of IL-6 levels in response to stress ($p < 0.05$; interaction effect). Baseline levels of circulating leukocyte subpopulations, IL-6 and hsCRP concentrations did not differ between BMI-matched controls and PCOS patients. PCOS patients were characterized by markedly increased psychological distress. **CONCLUSIONS:** PCOS patients showed enhanced HPA-axis and heart rate reactivity as well as a reduced upregulation of IL-6 in response to stress. The altered stress reactivity in PCOS patients may constitute a link between depression, overweight, and the cardiovascular and diabetes risks associated with the diagnosis.



Many thanks to all of our fellows for their ongoing participation in advancing our medicine. Please contact us with any suggestions on how to continue to enhance and serve our growing community.

Sincerely,



Caylie See
Vice President ABORM

**20%
Discount
for All
ABORM
Fellows**

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<http://www.prodseminars.net/>

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Offer Expires: 7/15/09

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