

# THE INIM



· SUMMER 2021 ·

NOVA SOUTHEASTERN  
UNIVERSITY



## INIM COVID-19 Update

It is imperative that NSU remain vigilant in its efforts to ensure we provide appropriate care and a safer environment for our students and employees while in the COVID-19 pandemic.

Please utilize self-assessment criteria prior to arriving at any NSU facility as outlined by the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Visitors are not permitted at any NSU location if experiencing any cold or flu-like symptoms, including fever or chills, coughing, shortness of breath or difficulty breathing, fatigue, sore throat, muscle or body aches, headache, new loss of taste or smell, congestion or runny nose, nausea or vomiting or diarrhea.



The Clinic  
will now offer traditional  
Chinese medicine services!

Services include:

- Acupuncture
- Cupping
- Moxibustion
- Sound/Vibrational Therapy
- Chinese Herbs & Vitamin/Supplement Advice
- Breathing & Mindfulness Exercises
- Meditation Techniques
- Nutritional Medicine

If you are interested in these services or would like to learn more, please contact our clinic at: 954-262-2850

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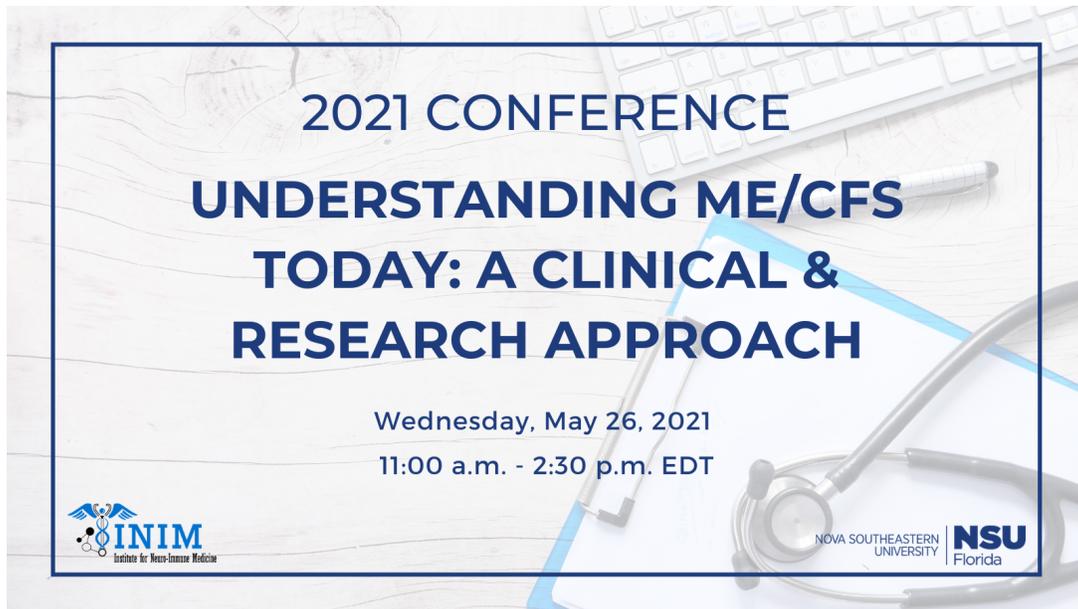
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# - EVENT RECAP -

## 2021 Conference

### Understanding ME/CFS Today: A Clinical & Research Approach

On Wednesday, May 26th, from 11:00 a.m. to 2:30 p.m., we hosted the 2021 Conference - Understanding ME/CFS Today: A Clinical & Research Approach. This free virtual event featured the institute's clinicians and researchers as they discussed research and the various clinical approaches to ME/CFS.



#### Speakers:

- **Nancy Klimas, M.D.**  
*Introduction and Research Update*
- **Irina Rozenfeld, DNP, MSHS, APRN, ANP-BC**  
*The Role of Sleep in the Control of ME/CFS Symptoms*
- **Alison Bested, M.D., FRCPC**  
*Mind-Body Connection with Pacing for Symptom Improvement*
- **Jackie Junco, M.D., MPH, AP**  
*Acupuncture and ME/CFS*
- **Violetta Renesca, DNP, APRN, NP-C, IFMCP**  
*The Role of Nutrition in ME/CFS*
- **Annette Fornos, M.D., IFMCP**  
*The Application of Yoga, Meditation, and Mantra in ME/CS*
- **Jeffry Cournoyer, ATC**  
*Exercise, Energy, and the Autonomic Nervous System*



# Recent Publications

## **Gulf War Illness Clinical Trials and Interventions Consortium (GWICTIC): A collaborative research infrastructure for intervention and implementation**

- Amanpreet K. Cheema, Rebecca B. McNeil, Travis Craddock, Gordon Broderick, Maria M. Abreu, Kristina Aenlle, Drew A. Helmer, J. Wesson Ashford, Kimberly Sullivan, Alison Bested, Devra E. Cohen, Dikoma Shungu, Helena Chandler, Mary Ann Fletcher, Maxine Krengel, Nancy Klimas

<https://doi.org/10.1016/j.lfs.2021.119636>

## **Neurotoxicant exposures and rates of Chronic Multisymptom Illness and Kansas Gulf War illness criteria in gulf war deployed women veterans**

- Maxine Krengel, Kimberly Sullivan, Vahé Heboyan, Clara G. Zundel, Col Candy Wilson, Nancy Klimas, Steven S. Coughlin.

<https://doi.org/10.1016/j.lfs.2021.119623>

## **Post-traumatic stress impact on health outcomes in Gulf War Illness**

- Mary Jeffrey, Fanny Collado, Jeffrey Kibler, Christian DeLucia, Steven Messer, Nancy Klimas, Travis J. A. Craddock. *BMC Psychol* 9, 57 (2021).

<https://doi.org/10.1186/s40359-021-00561-2>

## **Evaluation of natural killer cell assay performance on shipped blood specimens**

- Querec TD, Abrams J, Stewart JJ, Barnes Z, Balbin E, Klimas N, Fletcher MA, Brown L, Bertolli J, Unger ER. *J Immunol Methods*. 2021 Apr 2:113049.

<https://doi.org/10.1016/j.jim.2021.113049>

# ANNOUNCEMENTS



Dr. Jacqueline Junco has recently joined our clinical team and will be providing traditional Chinese medicine (TCM) services in our Kendall and Davie Clinics. Dr. Junco is a medically trained doctor who is certified in Acupuncture, Chinese Herbology and Oriental Medicine from the National Certification Commission for Acupuncture and Oriental Medicine. Her knowledge of Western medicine and natural alternatives creates a powerful combination of modern technology and ancient therapies that are used to treat a vast majority of health conditions.

During her extensive 20+ year career as a health care professional, she has acquired training and certifications in integrative nutrition, sound healing, meditation & breathwork, epigenetics, auricular acupuncture, anti-aging, cosmetic acupuncture, neuro acupuncture, immunology, sports acupuncture, acupuncture injection therapy, and addiction medicine.

She received her Medical Doctor degree from Universidad Central Del Este in the Dominican Republic, residency in General Surgery at Morristown Memorial in New Jersey, and Allergy and Immunology fellowship at the University of Miami. Dr. Junco completed a Master's in Public Health with a specialty in Preventative Medicine from the University of Miami as well as a Certificate in Integrative Nutrition. She also obtained a Master's Degree in Chinese medicine from Acupuncture Massage College. Dr. Junco was a clinical researcher at the University of Miami and Miami VA medical center for 15 years where she dedicated her time to working with Veterans in various facets of their health spectrum; incorporating the use of auricular acupuncture for mental health issues.



Bass Pro Shops Miami & our friends from Vet Info hosted the 1st Annual Veteran Non-Profit Showcase on May 29th.

The INIM and Gulf War Illness Clinical Trials and Interventions Center (GWICTIC) team had the opportunity to chat with some amazing veterans as well as local nonprofits and resources!

# Recruiting ME/CFS patients for new research study using **COLORED LIGHT THERAPY**

The Institute for Neuro-Immune Medicine and the Department of Integrative Medicine, is sponsoring a research study to evaluate the use of colored light applications for the relief of many of the symptoms that patients with ME/CFS experience. We hope to improve your quality of life with this non-pharmaceutical intervention and possibly reduce your symptoms.

This study will help evaluate the therapeutic effects of colored light applications that can possibly offer relief without interfering with any traditional medical protocols during two in-office sessions. All COVID-19 precautions will be taken including: masks, social distancing, and temperature checks. Dr. Janet Roseman, Principal Researcher, Associate Professor, Department of Integrative Medicine, has been vaccinated and will wear personal protective equipment during the two required sessions.

This research involves the use of a color and light instrument that is non-invasive. This instrument has been used in the U.S. and Europe; but, is not approved by the U.S. FDA. The application of colored light is painless, relaxing, and reported by patients to contribute to their well-being. This study involves minimal risk. There are no reported negative side effects from the application of colored light therapy because it is non-invasive. Any side effects should be reported immediately. Possible benefits include the possibility of relief of symptoms from your diagnosis.



Both sessions are without charge.

You can drop out of this study at any time without consequence. Sessions will be held at the INIM Clinic in Davie as well as the Kendall Clinic, if needed.

## **Why are you asking me to be in this study?**

Individuals with ME/CFS have disabling fatigue, unrefreshing sleep, headaches, and symptoms that negatively affect their quality of life. Because you are a patient with ME/CFS, you are being asked to participate in this study to see if the application of colored light therapy can improve or reduce your symptoms.

## What can I expect?

- You will be asked to sign a consent form.
- Your vital signs will be taken including temperature, blood pressure, pulse, and respiratory rate.
- Participate in only two in-office sessions in a 2-week timeframe. (one session per week.)
- You will be asked to complete online questionnaires using an online platform called Redcap. (1/2 hour to one hour.)
- All sessions will require approximately one hour each.
- Any missed appointments will be rescheduled.

For further information, please contact:  
Dr. Janet Roseman  
Associate Professor, Department of Integrative  
Medicine  
jroseman@nova.edu | 954-262-1661



## Interested in donating to the INIM?

Text "NSUINIM" to 41444

Your gift, no matter the amount, will help advance groundbreaking research and ensure that the INIM will continue to be a vital resource for our community.

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