

INTEGRATIVE WOMEN'S HEALTH



VICTORIA MAIZES, MD AND
TIERAONA LOW DOG, MD

Integrative Women's Health

EDITED BY

Victoria Maizes, MD

Executive Director

Arizona Center for Integrative Medicine

Associate Professor of Medicine, Family Medicine and Public Health

University of Arizona Health Sciences

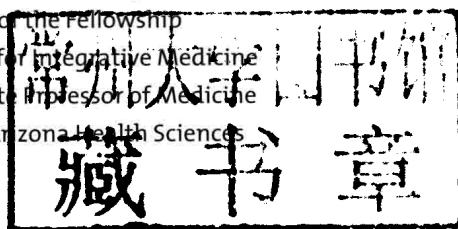
Tieraona Low Dog, MD

Director of the Fellowship

Arizona Center for Integrative Medicine

Clinical Associate Professor of Medicine

University of Arizona Health Sciences



OXFORD
UNIVERSITY PRESS

2010

OXFORD
UNIVERSITY PRESS

Oxford University Press, Inc., publishes works that further
Oxford University's objective of excellence
in research, scholarship, and education.

Oxford New York
Auckland Cape Town Dar es Salaam Hong Kong Karachi
Kuala Lumpur Madrid Melbourne Mexico City Nairobi
New Delhi Shanghai Taipei Toronto

With offices in
Argentina Austria Brazil Chile Czech Republic France Greece
Guatemala Hungary Italy Japan Poland Portugal Singapore
South Korea Switzerland Thailand Turkey Ukraine Vietnam

Copyright © 2010 by Oxford University Press, Inc.

Published by Oxford University Press, Inc.
198 Madison Avenue, New York, New York 10016
www.oup.com

Oxford is a registered trademark of Oxford University Press

All rights reserved. No part of this publication may be reproduced,
stored in a retrieval system, or transmitted, in any form or by any means,
electronic, mechanical, photocopying, recording, or otherwise,
without the prior permission of Oxford University Press.

Library of Congress Cataloging-in-Publication Data
Women's integrative health / [edited by] Victoria Maizes, Tieraona Low Dog.
p. ; cm. — (Weil integrative medicine library)
Includes bibliographical references and index.

ISBN 978-0-19-537881-8

1. Women—Health and hygiene. 2. Integrative Medicine. I. Maizes, Victoria.
II. Low Dog, Tieraona. III. Series.

[DNLM: 1. Women's Health. 2. Integrative Medicine. WA 309.1 W8728 2010]
RA778.W773 2010
613'.04244—dc22
2009020487

3 5 7 9 8 6 4
Printed in the United States of America
on acid-free paper

In honor of my mother Hannah Maizes (of blessed memory) and father Isaac Maizes whose love and support are the foundation for this work and everything else I do.

—Victoria

I dedicate this work to the women who have shaped my life, my grandmothers Jessie and Josephine, my mother Vivian, and Kiara my daughter. From you I have learned the magic, mystery and wonder of being female. I feel your strength and love flow through me, inspiring all that I do. Yours is the sweetest of debts and one that I will never be able to repay.

—Tieraona

FOREWORD

ANDREW WEIL, MD

Series Editor

As the only male contributor to this excellent volume on *Integrative Women's Health*, I feel both honored and intimidated. Throughout history, medicine was a fraternal guild that excluded women. As recently as 1964, when I entered my first year at Harvard Medical School, my class of 125 included only 12 women. Even into the 20th century, women were considered unfit for the profession, and very few were allowed to become doctors. Of course, times have greatly changed, with female students now often outnumbering males in colleges of medicine. But the influence of centuries of tradition lingers in medical thinking and practice.

Ancient Greek physicians, the godfathers of Western medicine, thought female patients were peculiarly prone to disorders that simulated genuine dysfunction of internal organs. They called this class of ailments “hysteria,” from their word for uterus (*hystera*), believing that the womb could detach from its moorings and travel elsewhere in the body, pressing on the diaphragm, throat, or other structures to cause symptoms. In their view, the probable cause of uterine wandering was that the organ became light and dry as a result of lack of sexual intercourse.

It is now 2,000 years later, and here is the definition of *hysteria* in a contemporary edition of Webster's Revised Unabridged Dictionary:

Hys*te"ri*a\, n. [NL.: cf. F. hyst[*é*]rie. See Hysteric.] (Med.) A nervous affection, occurring almost exclusively in women, in which the emotional and reflex excitability is exaggerated, and the will power correspondingly diminished, so that the patient loses control over the emotions, becomes the victim of imaginary sensations, and often falls into paroxysm or fits.

Note: The chief symptoms are convulsive, tossing movements of the limbs and head, uncontrollable crying and laughing, and a choking sensation as if a

ball were lodged in the throat. The affection presents the most varied symptoms, often simulating those of the gravest diseases, but generally curable by mental treatment alone.

In fact, even into our times, male physicians have tended to dismiss the somatic complaints of female patients as hysterical, especially when symptoms are generalized, vague, and difficult to diagnose.

When the first anti-anxiety drugs came on the market in the middle of the past century, they seemed just right for managing the disordered emotionality of women that was believed to be the cause of their headaches, listlessness, and various aches and pains. I have one pharmaceutical advertisement from the period in my files that shows a clearly hysterical woman—just the sort of patient you would not want to have to deal with—under the banner, “Emotional Crisis? Calm her immediately with injectable Valium (diazepam)!” In the 1960s, the manufacturer of Ritalin (methylphenidate) targeted women in a noteworthy series of ads in leading journals. On the left-hand page of each two-page spread was a black-and-white photograph of a depressed housewife contemplating a sink full of dirty dishes, a messy living room, or some other household disaster. “What can you do for this patient?” the physician–reader was asked. “Write ‘Ritalin’ on your prescription pad!” was the answer on the adjoining page—this over a full-color photograph of the same woman, now cheerful and energetic, standing proudly by spotlessly clean dishes or an ordered living room. The unwritten subtext was clear: Here is an easy way to get rid of complaining female patients, who take up your time, probably have nothing really wrong with them, and are so emotionally unbalanced that they are likely not even doing their housework.

The first oral contraceptive pills were becoming popular when I did my clinical rotations as a medical student. I remember a preceptor I had—a cocky, young internist—who urged us to prescribe them not just for contraception. “You know these women who just never feel right?” he told us. “You just put them on the pill, and they feel like a million bucks.” In my OB/GYN rotation, I assisted in a lot of hysterectomies, many of them not necessary by today’s standards. Hysterectomy was the “final solution” to female complaints.

How much have things changed? Today we experience a booming antidepressant industry; when we look back will we see it as any different from the Valium or Ritalin chapters? At the same time, there is growing acknowledgment that men and women are different and that the differences extend beyond reproduction to physiology and virtually every organ system. While female reproductive physiology is undeniably complex, it does not sufficiently explain why women are at greater risk for autoimmune disorders, process information differently in the brain, or react differently to pharmaceutical drugs than men. As the caregivers in our society, women experience particular forms of

stress. Yet women throughout the world live longer than men; why they do is unknown. Gender-based medicine is a nascent field and it is growing.

Women have been vocal about their desire to be seen as more than just physical bodies. They have pushed for a broader view of health and wellness. Women are the major consumers of health care consumers and are also much more health conscious than men in our society. They take better care of themselves and are more likely to seek professional help for symptoms that demand attention. Women are the chief buyers of books about health and self-care, and women's magazines have been major outlets for information on these subjects. Over the past few decades, women have led the consumer movement for holistic and alternative medicine, because they are more open than men to natural therapies, mind/body interventions, and the healing traditions of other cultures. That consumer movement, which is still gaining strength, laid the foundation for acceptance of integrative medicine.

Integrative medicine, as this series of volumes from Oxford University Press demonstrates, has much broader goals than simply bringing alternative and complementary therapies into the mainstream. It aims to restore the focus of medicine on health and healing, especially on the human organism's innate capacity for maintaining and repairing itself; to foster whole-person medicine that includes the mental/emotional and spiritual dimensions of human life; to train physicians to attend to all aspects of lifestyle in working with patients; and to protect the practitioner/patient relationship as a key contributor to the healing process. Because integrative medicine stresses the individuality of patients and encourages real partnerships between doctors and patients, it is able to recognize and discard the limiting, paternalistic attitudes, and concepts that have dominated medicine for centuries and give women's health issues the attention and care they demand.

As women have moved toward equality with men in the medical profession, both in terms of numbers and status, the field of women's health has come into its own. I believe that integrative medicine and women's health are a perfect fit. Therefore, it gives me great pleasure to introduce this outstanding compilation of practical information on *Integrative Women's Health*. The editors are long-time friends and colleagues. Drs. Victoria Maizes and Tieraona Low Dog are leading voices in the emerging field of women's integrative health. Victoria Maizes, a pioneer graduate of the integrative medicine fellowship that I founded at the University of Arizona, has been the executive director of the Arizona Center for Integrative Medicine for the past decade. Dr. Tieraona Low Dog, one of the world's leading authorities on botanical medicine and dietary supplements, is director of the Arizona Center's Fellowship program. I congratulate them for the excellence of their editorial work and thank them for asking me to add my words to theirs.

PREFACE

VICTORIA MAIZES AND TIERAONA LOW DOG

We are delighted to present *Integrative Women's Health*—the first such text created for health professionals. It is our hope that you will find it of great value as you care for your patients. As the largest group of health care consumers, women have made it abundantly clear that they desire a broader, more integrative approach to their care. In response to this need, we have elected to cover both women's reproductive health and those conditions that manifest differently in women. Thus, in the chapters that follow you will find perspectives on aging, spirituality and sexuality, integrative approaches to premenstrual syndrome, pregnancy, menopause, fibroids, and endometriosis as well as specific recommendations for the treatment of cardiovascular disease, rheumatoid arthritis, HIV, depression, and cancer in women.

We honor the clinical experience and heartfelt connection with clinicians and their patients. We have intentionally designed this book to present the latest scientific evidence within a clinically relevant framework. Woven together are conventional treatments, mind–body interventions, nutritional strategies, acupuncture, manual medicine, herbal therapies, and dietary supplements. Careful attention is given to the art of medicine; clinical pearls include language that helps motivate patients, questions that enhance a health history, and the spiritual dimensions of care. Thus, unlike many primers on women's health that emphasize either an alternative or conventional approach—this text is truly integrative.

While gender-specific medicine is growing as a field, it tends to focus on the biological differences between men and women and, at times, turns normal life events such as pregnancy and menopause into medical problems that need to be managed. We have encouraged our authors to convey, in their chapters, care that addresses not only the medical issue at hand but also the woman's body, mind, and spirit; acknowledging the therapeutic relationship that exists between patient and provider, and making use of the best of conventional and complementary medicine. To this end, we have intentionally chosen only

female authors as a tribute to the growing influence of women providers and their unique perspective.

It has been a great joy working together to conceptualize, write, edit, and birth this text. We pass it on to you hoping that you will find a life-affirming perspective that honors the many paths to healing.

ACKNOWLEDGMENTS

We are very grateful to all the women who authored the chapters for this book; your passion for the fields of integrative medicine and women's health is felt in every written word. We would like to thank all of the fellows, faculty, directors, and staff at the Arizona Center for Integrative Medicine who have served as partners in helping to transform our medical system. We are profoundly appreciative of our many wonderful teachers and mentors who have shared their stories, time, teachings, ideas, and wisdom with us throughout the course of our lives. To our families, we owe the deepest gratitude for all their love and support. And finally, we would like to honor Andrew Weil, MD, whose voice and vision initiated this field and inspired us all.

CONTRIBUTORS

**Priscilla Abercrombie, RN, NP, PhD,
AHN-BC**

Assistant Clinical Professor
UCSF School of Nursing
Department of Community Health
Systems
Women's Health Center
San Francisco General Hospital
and
Founder
Women's Health & Healing
San Francisco, CA

Lise Alschuler, ND, FABNO

President
American Association of Naturopathic
Physicians
Naturopathic Specialists, LLC
Scottsdale, AZ

Patricia K. Ammon, MD

Private Practice
Integrative Family Medicine
Ridgway, CO

Iris R. Bell, MD, PhD

Professor of Family and Community
Medicine, Psychiatry, Psychology,
Medicine, and Public Health
Department of Family and Community
Medicine
The University of Arizona College of
Medicine
Tucson, AZ

Rita Benn, PhD

Director Education
Integrative Medicine
Department of Family Medicine
and
Assistant Research Scientist
Institute for Research on Women and
Gender
University of Michigan
Ann Arbor, MI

Sarah L. Berga, MD

James Robert McCord Professor and
Chairman
Department of Gynecology and
Obstetrics
Emory University
Atlanta, GA

Bridget S. Bongaard, MD, FACP
Fellow in Integrative Medicine
Director of the Integrative Medicine
Service Line
CMC-Northeast Medical Center
Concord, NC

Ann Marie Chiasson, MD, MPH, CCFP
Assistant Clinical Professor of
Medicine
Arizona Center for Integrative
Medicine
University of Arizona
and
Medical Director
Valor Hospice and Palliative Care
and
Medical Director
The Haven, Rehabilitation Center for
Women
Tucson, AZ

MargEva Morris Cole, MD
Clinical Associate Professor
Division, Durham Obstetrics and
Gynecology
Department of Obstetrics and
Gynecology
Duke University Medical Center
Durham, NC

Beate Ditzen, PhD
Assistant Professor
University of Zurich
Department of Psychology
Zurich, Switzerland

Marlene P. Freeman, MD
Perinatal and Reproductive Psychiatry
Program
Department of Psychiatry
Massachusetts General Hospital
Harvard Medical School
Boston, MA

Louise Gagné, MD
Clinical Assistant Professor
Department of Community Health and
Epidemiology
University of Saskatchewan
Saskatoon, Canada

Mary Hardy, MD
Medical Director
Simms/Mann-UCLA Center for
Integrative Oncology
Jonsson Comprehensive Cancer Center
University of California
Los Angeles, CA

Cheryl Hawk, DC, PhD
Vice President of Research and
Scholarship
Cleveland Chiropractic College
Kansas City, MO and Los Angeles, CA

Bettina Herbert, MD, FAAPMR
Clinical Instructor
Department of Rehabilitation
Medicine
Department of Emergency Medicine
Jefferson-Myrna Brind Center of
Integrative Medicine
Jefferson Medical College
Jefferson University Hospital
Philadelphia, PA

Lana L. Holstein, MD

Founder
Intimacy Growth Associates
Tucson, AZ

Tori Hudson, ND

Clinical Professor
National College of Natural Medicine
Bastyr University
and
Medical Director, A Woman's Time
Portland, OR

Raheleh Khorsan

Research Associate
Military Medical Research and
Integrative Medicine
Samueli Institute
Irvine, CA

Wendy Kohatsu, MD

Assistant Clinical Professor
Department of Family and Community
Medicine
University of California
San Francisco, CA
and
Director
Integrative Medicine Fellowship
Santa Rosa Family Medicine Residency
Santa Rosa, CA

Vivian A. Kominos, MD, FACC

Heart Specialists of Central Jersey, LLP
Assistant Clinical Professor of
Medicine
Robert Wood Johnson Medical School
New Brunswick, NJ

Karen E. Konkel, MD

Private Practice
Towson, MD

Naomi Lam, MD

Integrative Psychiatrist
Osher Center for Integrative Medicine
and
Assistant Clinical Professor
Department of Psychiatry
University of California, San Francisco
San Francisco, CA

Beverly Lanzetta, PhD

Research Scholar
Religious Studies/Feminist Research
Institute
University of New Mexico
Albuquerque, NM

Patricia Lebensohn, MD

Associate Professor of Clinical
Family and Community Medicine
Department of Family and
Community Medicine
University of Arizona
Tucson, AZ

Roberta Lee, MD

Vice Chair
Department of Integrative Medicine
Beth Israel Medical Center
and
Director
Integrative Medicine Fellowship
New York, NY

Tammy L. Loucks, MPH

Director for Research Projects
Department of Gynecology and
Obstetrics
Emory University
Atlanta, GA

Susan Love, MD, MBA

President

Dr. Susan Love Research Foundation
Santa Monica, CA

Tieraona Low Dog, MD

Director of the Fellowship

Arizona Center for Integrative
Medicine

and

Clinical Assistant Professor

Department of Medicine

University of Arizona Health Sciences
Center

Tucson, AZ

Elizabeth R. Mackenzie, PhD

Lecturer

School of Arts and Sciences

and

Fellow

Center for Spirituality and the Mind
and

Associate Fellow

Institute on Aging

University of Pennsylvania

Philadelphia, PA

Victoria Maizes, MD

Executive Director

Arizona Center for Integrative
Medicine

and

Associate Professor

Medicine, Family Medicine, and Public
Health

University of Arizona

Tucson, AZ

Nisha J. Manek, MD, MRCP (UK)

Assistant Professor of Medicine

Division of Rheumatology

Department of Internal Medicine

Mayo Clinic College of Medicine

Rochester, MN

Kelly McCann, MD, MPH & TM

Program Development Director

Integrative Medicine and Wellness

Program

Hoag Memorial Hospital Presbyterian

Newport Beach, CA

Leslie McGee RN, LAc

Diplomate in Acupuncture

Diplomate in Chinese Herbology
(NCCAOM)

East-West Acupuncture & Chinese
Herbs

Tucson, AZ

Daphne Miller, MD

Associate Clinical Professor Adjunct

Department of Family and Community
Medicine

University of California, San Francisco
and

Private Family Practice

San Francisco, CA

Dixie J. Mills, MD

Medical Director

Dr. Susan Love Research Foundation

Santa Monica, CA

Pamela A. Pappas, MD, MD(H)

Private Practice
Scottsdale, AZ
and
Clinical Faculty
American Medical College of
Homeopathy
Phoenix, AZ

Premal Patel, MD

Integrative Health Consultant
Fort Worth, TX

Jacquelyn M. Paykel, MD, FACOG

Department of Obstetrics and
Gynecology
Riverside Medical Group
Williamsburg, VA

Joanne L. Perron, MD, FACOG, RYT

Postdoctoral Fellow
Program on Reproductive Health and
the Environment
Department of Obstetrics, Gynecology,
and Reproductive Sciences
University of California
San Francisco, CA

Sudha Prathikanti, MD

Integrative Psychiatrist
Osher Center for Integrative Medicine
and
Associate Clinical Professor
Department of Psychiatry
University of California
San Francisco, CA

Birgit Rakel, MD

Assistant Professor
Department of Family and Community
Medicine
Department of Emergency Medicine
Thomas Jefferson University Hospital
Myrna Brind Center of Integrative
Medicine
Philadelphia, PA

Melinda Ring, MD, FACP

Assistant Professor of Clinical
Medicine
Northwestern University Feinberg
School of Medicine
and
Medical Director
Center for Integrative Medicine and
Wellness
Northwestern Memorial Physicians
Group
Chicago, IL

Cynthia A. Robertson, MD, FACP

Voluntary Clinical Instructor
Department of Family and
Preventative Medicine
University of California
San Diego School of Medicine
San Diego, CA

Carolyn Coker Ross, MD, MPH

Clinical Assistant Professor of
Medicine
Arizona Center for Integrative
Medicine
University of Arizona, Tucson, AZ
Eating Disorder
Addiction Medicine and Integrative
Medicine Consultant
Denver, CO

CONTENTS

<i>Contributors</i>	<i>xix</i>
---------------------	------------

I Lifestyle

1. Philosophy of Integrative Women's Health Victoria Maizes and Tieraona Low Dog	3
2. Nutrition Wendy Kohatsu	7
3. Dietary Supplements Mary Hardy	30
4. Physical Activity Patricia Lebensohn	47
5. Mind–Body Therapies Rita Benn	65
6. Women, Soul Wounds, and Integrative Medicine Beverly Lanzetta	84

II Systems and Modalities

7. Traditional Chinese Medicine Leslie McGee	101
8. Ayurveda Premal Patel	110
9. Energy Medicine Ann Marie Chiasson	125
10. Homeopathy Pamela A. Pappas and Iris R. Bell	136
11. Manual Medicine Cheryl Hawk and Raheleh Khorsan	151

III Reproductive Health

- | | | |
|------------|---|-----|
| 12. | Premenstrual Syndrome | 165 |
| | Daphne Miller | |
| 13. | Vaginitis | 188 |
| | Priscilla Abercrombie | |
| 14. | Pregnancy and Lactation | 201 |
| | Jacquelyn M. Paykel | |
| 15. | Perinatal Depression | 233 |
| | Marlene P. Freeman | |
| 16. | The Role of Stress in Infertility | 250 |
| | Beate Ditzen, Tammy L. Loucks, and Sarah L. Berga | |
| 17. | Polycystic Ovary Syndrome | 271 |
| | Bridget S. Bongaard | |
| 18. | Endometriosis | 283 |
| | MargEva Morris Cole | |
| 19. | Chronic Pelvic Pain | 302 |
| | Bettina Herbert | |
| 20. | Uterine Fibroids | 319 |
| | Joanne L. Perron | |
| 21. | Cervical Cancer | 335 |
| | Lise Alschuler | |
| 22. | Breast Cancer | 348 |
| | Susan Love and Dixie J. Mills | |
| 23. | Menopause | 366 |
| | Tori Hudson | |
| 24. | Sexuality | 385 |
| | Lana L. Holstein | |

IV Common Illnesses in Women

- | | | |
|------------|--------------------------|-----|
| 25. | Urinary Tract Infections | 401 |
| | Priscilla Abercrombie | |
| 26. | Irritable Bowel Syndrome | 412 |
| | Cynthia A. Robertson | |
| 27. | Headaches | 427 |
| | Kelly McCann | |