Monday Memo – January 9, 2017

Publications

- Barry Saver is first author and Roger Luckmann a co-author of “Persuasive Interventions for Controversial Cancer Screening Recommendations: Testing a Novel Approach to Help Patients Make Evidence-Based Decisions”, published in today’s January 9 Annals of Family Medicine. Funded by PCORI, the research tested novel video decision aids designed to help patients trust and accept the controversial U.S. Preventive Services Task Force recommendations against screening for prostate cancers with the prostate specific antigen test (from 2012) and that women in their 40s should make an informed choice about mammography (from 2009). They found that while a more traditional, print (control) decision aid had no effect on the screening intentions of participants, recorded video vignettes of physician-patient discussions about the screening recommendations significantly changed the screening intentions of a substantial proportion of participants.

Presentations

- Hugh Silk gave grand rounds at Tufts Pediatric Department “Floating Hospital” in Boston on January 4 on the topic: “How Does Oral Health Really Affect Pediatric Overall Health?”

- Suzanne Cashman was invited to be part of a AAMC sponsored presentation entitled, “Developing an Institutional Dashboard to Advance Health Equity” at the Association's recent meeting in Seattle. Suzanne’s comments were entitled, “Weaving Social Determinants of Health into a Revised and FULL Curriculum.”
**Media**


**WELLNESS MOMENTS**

**Yoga**

“Yoga teaches us to cure what need not be endured and endure what cannot be cured.”

– B.K. Iyengar

Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques, and *meditation* or relaxation.

Yoga in its full form combines physical postures, breathing exercises, meditation, and a distinct philosophy. There are numerous styles of yoga. Hatha yoga, commonly practiced in the United States and Europe, emphasizes postures, breathing exercises, and meditation. Hatha yoga styles include Ananda, Anusara, Ashtanga, Bikram, Iyengar, Kripalu, Kundalini, Viniyoga, and others.

Source: https://nccih.nih.gov/health/yoga/introduction.htm

Additional info: Yoga for Anxiety and Depression http://www.health.harvard.edu/mind-and-mood/yoga-for-anxiety-and-depression

Yoga research: http://yogafordepression.com/latest-research/

You Tube resource for beginners: http://yogawithadriene.com/yoga-for-beginners-the-basics/