

# News from ORCCAMIND

Spring/Summer Issue • 2002

## NCCAM Center Directors' Meeting

The National Center for Complementary and Alternative Medicine (NCCAM) directors' meeting will be held on March 18 and 19, 2002, in Portland, Ore. The meeting will be hosted by the two NCCAM funded centers: Oregon Center for Complementary and Alternative Medicine (OCCAM) and Oregon Center for Complementary and Alternative Medicine in Neurological Disorders (ORCCAMIND).

A town meeting will be held on the afternoon of Tuesday,

March 19, at the Arlene Schnitzer Concert Hall in downtown Portland. The event is open to the public and there is no charge for attendance. Speakers will include Stephen Strauss, M.D., director of NCCAM, Barry Oken, M.D., director of ORCCAMIND, and Alex White, D.D.S., Dr.P.H. director of OCCAM. The program will include a question and answer session. Free tickets will be available in advance and at the box office the day of the event.

## Botanicals in Neurological Disease Conference

ORCCAMIND's second annual education conference was held on October 26-27, 2001 at Oregon Health & Science University (OHSU). The course was divided into research and clinical sessions. Multidisciplinary presenters discussed topics such as the clinical use and standardization of herbals, drug-herbal interactions, the toxicity of herbals and an overview of Ayurvedic medicine. Also included was a panel discussion of clinical approaches to headache presented by a naturopath, chiropractor, acupuncturist, nurse practitioner and physician respectively.

Next year's conference will be held October 25-26, with the theme yet to be determined. More information will be available on the ORCCAMIND Web site.



### Web site Highlights

The center has posted many of the presentations from the *Botanicals in Neurological Disease* conference on its Web site. The site includes the speakers' slides plus audio of the lecture. The *RealPlayer* plug-in, available at [www.real.com](http://www.real.com), is required to view the presentations. The lectures can be accessed at: [www.ohsu.edu/orccamind/conf\\_sched.html](http://www.ohsu.edu/orccamind/conf_sched.html)

The center also will be putting together an online *Botanicals in Neurological Disease* continuing education course for those who were interested in, but could not attend the conference. Education credits will  
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## Botanicals Conference

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be available for all licensed health care practitioners. Details about this course will be posted on the Web site in March, 2002.

The center also will be expanding the Web site's resource list. The center will post articles and links related to complementary and alternative therapies of various neurological disorders that may be of interest to medical professionals.

## ORCCAMIND Project Updates

### Project 1: Natural Anti-Oxidants in the Treatment of Multiple Sclerosis

The purpose of this project is to assess three natural anti-oxidant regimens, ginkgo biloba, alpha-lipoic acid/essential fatty acids and vitamin E/selenium, for their potential as treatments for MS. The results of this study will serve as the basis for a Phase III trial to assess the long-term effectiveness of natural anti-oxidant therapy in MS.

Project 1 has made substantial progress within its first two years of funding. A series of experiments were performed to test the effects of the first antioxidant, alpha lipoic acid (ALA), on experimental autoimmune encephalomyelitis (EAE) in SJL mice. These initial studies have revealed that ALA has significant effects on EAE in terms of decreasing neurological impairment in the animals as well as altering the pathology. In order to pursue this finding in more detail, new federal grant funding was obtained from the Department of Veteran Affairs. Human trials of ALA will begin in 2002.

### Project 2: Preventing Cognitive Decline with Alternative Therapies

The purpose of this project is to study the effect of standardized ginkgo biloba extract (GBE) on cognitive decline in people age 85 years or older (the oldest old).

The project has recruited and enrolled 133 subjects and is closed to further enrollment. Subjects are receiving either GBE extract or placebo and will continue for 3 years or until they develop cognitive impairment. The

project has obtained MRI scans and cognitive and serum/blood samples for oxidative injury markers.

### Project 3: Yoga: Effect on Attention in Aging and Multiple Sclerosis

The purpose of this study is to compare the effects of a six-month exercise program or six-month yoga class to a waiting list control group in 150 healthy seniors as well as a group of subjects with MS.

The project began in late 1999. Approximately 80 seniors have completed or are currently enrolled in the six-month intervention program. This portion of the project will continue to enroll subjects over the next two years. Approximately 60 people with MS have either completed the intervention or are currently enrolled. This portion of the project will finish enrollment by spring 2002 and be complete by fall 2002.

### Project 4: Anti-Oxidant Therapy in an Animal Model of Alzheimer's Disease

The purpose of this project is to use antioxidant therapies in control mice and a transgenic mouse model of Alzheimer's disease.

Currently, the transgenic and wild-type mice have been treated with ginkgo biloba extract. During behavioral testing, the ginkgo treated transgenic animals performed the same as the wild-type mice and did better on a test of mouse memory (the Morris water maze) than the untreated transgenic mice.

*OHSU includes the Schools of Dentistry, Medicine, Nursing and Science and Engineering; OHSU Hospital and Doernbecher Children's Hospital; numerous primary care and specialty clinics; multiple research institutes and centers; and several outreach and community service programs. OHSU is an equal opportunity, affirmative action institution. 2/02(17)*

## Mark Your Calendar

### Town Meeting on Complementary and Alternative Medicine

2 to 5 p.m., Tuesday, March 19, 2002

Arlene Schnitzer Concert Hall

S.W. Broadway and Main, Portland, Ore.

Cost is free.

Hear about the latest research into complementary and alternative medicine from experts throughout the Northwest and around the country. Audience members will be encouraged to ask questions about any type of complementary and alternative medicine therapies.

*Sponsored by: National Center for Complementary and Alternative Medicine, NIH*

*Hosted by: the Oregon Center for Complementary and Alternative Medicine in Neurological Disorders at OHSU and the Oregon Center for Complementary and Alternative Medicine in Craniofacial Disorders at the Kaiser Permanente Center for Health Research*

## Publications

Publications associated with research at the Center for the year 2001 include:

Zajdel D, Kishiyama S, Davies V, Oken B. Cognitive Performance and EEG Correlates with Fatigue in Healthy Elders. *Society for Neuroscience*, Abstract, 741.7, 2001.

Blair T, Quinn J, Kaye J, Oken B. Cerebrospinal Fluid Levels of Lactoferrin in Patients with Alzheimer's Disease. *Society for Neuroscience*, Abstract, 652.15, 2001.

Stackman R, Quinn J, Nowlin J, Eckenstein F. Spatial Memory Deficits Exhibited by a Transgenic Mouse Model of Alzheimer's Disease are Blocked by Chronic Ginkgo Biloba. *Society for Neuroscience*, Abstract, 649.14, 2001.

Bourdette D, Matejuk A, MacIntosh A, McKeon G, Jones R. Alpha Lipoic Acid Inhibits T-Cell Trafficking into the Spinal Cord and Suppresses and Treats Experimental Autoimmune Encephalomyelitis. *Neurology*, April 2001, 56: A67.

Montine T, Kaye J, Montine K, McFarland L, Morrow J, Quinn J. Cerebrospinal Fluid Ab<sub>42</sub>, Tau, and F<sub>2</sub>-Isoprostane Concentrations in Patients With Alzheimer Disease, Other Dementias, and in Age-Matched Controls. *Arch Pathol Lab Med*, April 2001, 125: 510-512.

Quinn J, Davis F, Woodward W, Eckenstein F. b-Amyloid Plaques Induce Neuritic Dystrophy of Nitric Oxide-Producing Neurons in a Transgenic Mouse Model of Alzheimer's Disease. *Experimental Neurology*, April 2001, 168: 203-211.

Kishiyama S, Zajdel D, Syms M, Zitzelberger T, Guariglia R, Kaye J, Oken B. Patterns of dietary supplement usage in healthy elder study populations of rural and urban Oregon. *Alternative Therapies* May/June 2001: Vol. 7: S18.

Hammerschlag R, Kaneko R, Bourdette D. Treatment of multiple sclerosis-specific fatigue with Traditional Chinese Medicine: Development of a randomized controlled pilot study. *Altern Ther Health Med* 2001: 7:S14.



## ORCCAMIND

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## Contact Us

We encourage suggestions for future conference topics as well as useful information that we may want to include on our Web site. Please contact us with any questions or comments:

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