

**Chapter 1 : Connection Medicine – Promotion of Human Connection**

*The Connecting Medicine clinic offer, combines a unique blend of western biomedical research knowledge with Chinese Medicine Practice(CMP). The treatment is tailored specially to restore your body's natural balance and vital energy.*

Connection Medicine Home Connection Medicine is the science of promoting meaningful social and personal connection through awareness of the workings of the human experience. Connection is one of the greatest motivational drives humans experience, but learned conditioning can create major barriers in achieving genuine connection. The major premise of connection medicine is that all action is driven by motivations and expectations. Expectations are a result of learned conditioning, while motivations can be either biological drives or learned desires. Increasing the levels of perspective over the interaction of motivation, expectation, and action allows for increase in awareness, which allows for the possibility of deconditioning. Different emotional states are created depending on the interaction of these three. For example, disappointment is felt when an action is not met with an expected outcome. Excitement is felt when an action is met with an unexpectedly favorable outcome. Remorse might be felt if negative motivations lead to an action. Confusion is felt when too many outcomes are considered at once. Cultivating mindfulness over the interplay of motivation, action, expectation, and emotion can allow the cycle of negative conditioning to cease. Happiness that is conditional on outcome is unstable and vulnerable to collapse and change. Fostering happiness that is unconditional increases strength. This process entails eliminating the focus on outcomes and being able to understand where motivation comes from. As actions get driven by more and more positive motivations, internal happiness is cultivated. Dropping expectations allows people to connect on a deeper level, one that is not possible when being distracted by outcome based thinking. When action is driven by these motivations and there is no expectation of a certain outcome, the mind can relax into its peaceful state and a feeling of true happiness is cultivated. Mindful human touch therapy is used to generate the greatest impact and benefits that come with human touch and connection. In our ever evolving world that is quickly being dominated by technology, there is an epidemic of lack of actual human contact and touch. Loneliness has now been named a leading cause of death in our society. There are significant physical and mental health benefits that come with human touch and interaction. Connection Medicine establishes therapies with set guidelines intended to eliminate the negative feelings associated with human touch to create a safe physical and emotional environment which allows maximal benefit to be obtained during the therapy session. Doing so will assure mutual benefit and safety. Each game is designed with specific physical and psychological benefits in mind. What is the Benefit of Structured Touch? The point of structured touch is to minimize uncertainties and anxieties that can be associated with unstructured human contact. While as humans it is vital to feel the connection that comes with human contact, many of us have potential anxieties and uncertainties when it comes to human contact. The same type of interaction might trigger varying feelings in each of us. These feelings that can range from anxiety, fear, uncertainly, future projection, past memories, can all lead to us being less able to be in the present moment. Being less in the present moment makes us feel less connected and less of the benefits of human interaction. By having rules and guidelines, we are able to minimize all the feelings that make it hard to be in the present moment. This enhances feelings of safety in letting our minds relax and be able to enjoy all the benefits that come with being present. Structured touch is not only beneficial when with another person. Being mindful of any form of sensory stimulation has great benefits as well. What is the Importance of Being Present? The downside of having evolved a larger prefrontal cortex is that we are way more capable of thinking about the future and past than other animals. While this can be a huge advantage in many situations, sometimes doing so distracts us from getting the most out of the present moment. Likewise, being distracted during any other human contact will also prevent us from obtaining maximal benefits from that contact. Mindful touch is just one aspect of mindfulness. There are hormonal releases associated with touch, but those hormonal releases are also affected by our attention at the moment of touch. The same level of hormonal release would not happen if there is no conscious awareness of the sensory input.

**Chapter 2 : Connecting Medicine:Combining Chinese Medicine with Western Medicine to bring you optima**

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First of all, the beauty that he sees is available to other people and to me, too, I believe, although I might not be quite as refined aesthetically as he is. But I can appreciate the beauty of a flower. At the same time, I see much more about the flower that he sees. I could imagine the cells in there, the complicated actions inside which also have a beauty. The fact that the colors in the flower are evolved in order to attract insects to pollinate it is interesting – it means that insects can see the color. It adds a question – does this aesthetic sense also exist in the lower forms that are – why is it aesthetic, all kinds of interesting questions which a science knowledge only adds to the excitement and mystery and the awe of a flower. Taken from Richard Feynman: One of the primary influences in my outlook on life, besides the movie Duck Soup, was the TV show Connections by James Burke from I was 21 when it was broadcast; I remember the impact of that series more than any science related book or show. The show took various scientific advances and demonstrated how seemingly unrelated events were actually interconnected and how these unexpected connections led to the wonders of modern society. Burke took the usual linearity of events that is taught as history and went on what seemed like endless tangents to get to an end result. For example, the program traces the invention of plastics from the development of the fluyt, a type of Dutch cargo ship Wikipedia. Connections resulted in one of the few epiphanies in my life 5 , and have informed my approach to medicine and science. Understanding and looking for connections, both obvious and hidden, leads to understanding in medicine and often to finding unusual etiologies for diseases. An example from my practice: Cultures of the stool grew Aeromonas hydrophilia, a fresh water organism. Chatting with her led to the discovery that each day she drank a tittle of holy water. She had brought home a jug of the water from a shrine, which was in Mexico. We cultured the water and it grew Aeromonas. Turns out that holy water is a common source for Aeromonas 6. There are many connections in medicine: Anyone who has spent any time listening to me pontificate at the hospital knows that not only do I think Infectious Disease is the coolest specialty in medicine, it is the only specialty in medicine that encompasses not only all of medicine but all of human experience 2. A patient presents with what looks like a boil on the leg. It has been an interesting change. Are there connections that lead to another diagnosis? A hot tub associated infection? Or a mycobacterium or fungus from the environment? A few quick questions can exclude these possibilities. No environmental or other exposures to lead to other etiologies. But it will take 48 hours to get the culture back. Again, connections at the level of the patient: Is he a wrestler? Any connections to the local environment that leads to an exposure to Staph? Step up to the city, the US, the world. What is the MRSA rate about 1. Rates are increasing for uncertain reasons. It has always been thought that antibiotic resistant strains are less fit in an antibiotic free environment. Why is the MRSA increasing? It should be less fit unless there are compensatory mutations that make up for the decreased fitness of being antibiotic resistant. Certainly some diseases are increasing from global warming such as dengue and malaria, while others are decreasing, such as RSV. Back to the patient. Nothing in the environment or the US to worry about with a connection to this patient. Is there a reason this patient has an MRSA infection? Nothing by history to suggest there is a reason to suspect an immune defect I can diagnose. That being said, there is increasing data to suggest a wide variety of polymorphisms in a variety of systems are associated with increased or decreased susceptibility to infections. Polymorphisms are the natural variations in the genes that code for proteins. Your DNA codes for a tyrosine where I code for a glycine. As a result of a simple amino acid substitution in protein, you may have a increased likelihood of dying or getting an infection. There is a wing of the immune system that in humans is called the toll like receptors. While the toll like receptors cannot be boosted, they can certainly have mutations, and these mutations, these variations, are polymorphisms. If you have one variant in your DNA, then there may be an increased risk for infection. There are many toll mutations that lead to increased risks for a variety of infections. And there are other mutations that are connected with Staph infections. Perhaps the patient is colonized with Staph and get boils due to other variations in the immune system. Variations in interleukin, C reactive protein and complement factor H are all

associated with Staphylococcus colonization and boils: So even without classic risks for S. Or it may be in the genes. It may be that the fault, dear Brutus, lies not in our stars, but in ourselves. Staphylococcus aureus makes dozens of proteins whose sole purpose, apparently, is to kill us. It liquifies the local tissues, dissolving the immune system and surrounding tissues into the bloody pus so commonly found in the boils when they are lanced. PVL is but one of many toxins, many of which enhance the virulence of S. I have often wondered what the real function of some bacterial toxins is. What good is botulism toxin? Many virulence factors are probably epiphenomena of their real function, whatever that may be. What is the connection to bacterial evolution of these toxins? Then there is the level of antibiotic resistance. Is the infection located where I can deliver an antibiotic? Is it resistant to what I am going to choose? I have knowledge of current resistance patterns in my community, but it is a moving target. Doxycycline is effective, as is trimethoprim-sulfamethoxazole. The problem with both agents is the development of resistance is easy, and the pus environment is potentially antagonistic for tmp-sulfa. The only other oral agent is linazolid, but it costs 50 dollars a pill, so a 10 day course often runs dollars or more. I could use intravenous vancomycin, but the use of vancomycin not only drives vancomycin resistance in Staph, but leads to increased incidence of vancomycin resistant enterococcus. In the few cases of vancomycin resistant S. If I go with vancomycin, I be will be contributing, in my own small way, to local and world wide resistance to vancomycin There are also the multitudinous ways organisms become resistant to antibiotics and how those resistance genes can jump, again by a variety of means, from organism to organism and then world wide. The local ecology can increase the development of resistance in one bacteria; that resistance can jump to other species, and then spread. The penicillin resistance of S. Think globally, act locally. It is ID in action. ID is applied evolution of people and pathogens. I wonder if there has been enough genetic change in the MRSA of today to say it is a different species as the S. A rough estimation makes 30 years of bacterial replication the same as 6 million years of human replication. Humans have had a reasonable number of changes in 6 million years. I wonder what has occurred to S. If the patient is unlucky enough to require IV antibiotics, I have to wonder what the best therapy is, and I know that the MIC to vancomycin, the mean inhibitory concentration, the amount of antibiotic it takes to stop growth, is increasing for Staph. While it used to be 0. As the MIC increases, due to simple amino acid substitutions in the cell wall, the efficacy of vancomycin decreases. Even susceptible organisms may not be, and if I push the vancomycin, I may be increasing the toxicity, No good deed ever goes unpunished. And I will not wander into the swamp of drug drug interactions. Is he sick enough for IV, but not hospitalization? Payment and coordination of care and the lack of a health care system again enter into the picture. And should I treat his fever? The evolution of fever is topic for another time. In the end, the boil is lanced, the patient is sent home on doxycycline and he and his family are decolonized. If he is lucky, that will be the end of it. So many connections, and I only covered a few of them: The biology, anatomy, physiology of the infection. The chemistry and epidemiology of the infection.

### Chapter 3 : The Medicine Shoppe Pharmacy Connect

*Connecting Reiki with Medicine Being diagnosed with a life limiting condition can be a frightening and upsetting experience. Research suggests the value of integrating touch therapies such as Reiki into acute hospital settings.*

Penny with equine friend at dusk in CO Ha, yes, well sitting on my couch, I am actually getting pretty darn decent at connection. In one breath I can be somewhat tuned in, and in a few more I can deepen to the point of never wanting to leave. I slowed and deepened my breath to match his. Soon I was adrift in a beautiful world without thought. It was that feeling like just before you drop off to sleep where you are so tired you completely surrender. Only I did not fall asleep. Such a deep love was bathing me that it seemed unnecessary to ever sleep again. Bookmark the state between deep restful being and bringing it into living. Sink into where your body touches the bed and the wonderful coziness of that. Or let that separation dissolve and simply feel the beautiful gentle buzz of being an energy ball. Flip flop on that edge. Feel the sheets on your skin and then go a bit deeper back to where you do not. You meet a rare and sacred gem that can be disguised as a silent old rack of bones. Animals can be easier to cultivate still awareness with than people. But with a few skills and a little practice thank you TejSteiner. Once you are tuned into still awareness together, eventually ripples start to form and a game of heart tennis begins. I love the exquisite amplification on the circling up, mutual ascension that can occur when more than one heart is engaged. A new version of completeness, differently yummy than what is possible alone, arises. Then you see the twinkle in their eye and realize who it is. It is the essence of your animal partner dancing with you, through you, giggling you from the inside out. You have never had the spaciousness to feel this delicious way before. Eyes deep with reciprocated warmth surround and bathe you. Trust, fascination and reverence bounce back and forth. Ok, next is connection medicine in movement. The chickens, cats, dogs, wild ones, all like to be with her. Kind of like the pied piper. One day she invited me along to show me some things. Keen to learn and excited to join her, I leapt to my feet. As I did, I saw her eye twitch and realized all her other friends had begun to scramble and scatter. But glimpses of the real deal will blow your socks off now and then. The movement was so beautiful. My fingers had become the individual leaves, my hands and arms the stems. Soon my body was the trunk. For the rest of the evening, I watched myself move in perfect flow and harmony with trees, wind, ocean and music. Penny, Hanalei, Kauai Then there is creating your own little ditty along with another point of creation. Yup, like the surfer dude doing tricks. Not trying to fix the ocean, simply enjoying the ride. Where you end up and what will be created when the dance comes full circle and re-enters still point, you will never know unless you dance the dance. Tune in energetically to what is already playing before you join in. Otherwise the conductor may shake the stick at you. But if you pause for a moment to savor, you can sense it, the miraculous beauty rippling out, and you realize you may have done your very best days work ever. How do you know? By how good you feel. Add Connection Medicine to everything you love to do with animals and the land. Develop your own win-wins with a variety of creatures. Join us in growing what is possible for you, with all. Practice regularly with animal pals. Invent your own games. Connection Medicine is the study of wellness, and practice of growing it, with others. It is an ongoing exploration into all we can be and do in harmony. Games are designed to heighten awareness and awaken win-win ways between the species. Most of her veterinary experience is equine, but Dr. Penny provides connection mentoring for all species. Book her for a private session. Or join weekly group practice.

## Chapter 4 : The Center for Connected Medicine

*Welcome to UAB Medicine. We'd love to keep in touch! Sign up below to get news, events and info straight to your inbox.*

Connect to Veterinary Medicine: March March Welcome to Connect to Veterinary Medicine, the latest news and information for alumni and friends of the College of Veterinary Medicine! Every day our faculty, staff and students are making a difference in the health and well-being of animals. And now you can read about it in Connect to Veterinary Medicine, our new way of keeping alumni and friends connected to the college. Connect will be sent to you once a month, and replaces the Speculum, our alumni magazine. We hope you enjoy it! Ticks and genomics Rikihisa research reveals emerging pathogens Ehrlichiosis is no star of science. This emerging disease has an awkward name, vague flu-like symptoms, and a nasty habit of being caused by bacteria that live inside ticks and flatworms. It sickens not only humans, but also dogs, cattle, sheep, and other animals. A recent study by Dr. Yasuko Rikihisa, OSU professor of Veterinary Biosciences, and researchers from the Institute for Genomic Research, reports the complete genomes of three emerging pathogens that cause ehrlichiosis and compares the genomes with those of 16 other bacteria with similar lifestyles. Their research has uncovered clues as to how the bacteria infect such diverse animals in different parts of the world. Teaching, research, service Greyhound wellness care and rescue at the Veterinary Hospital Over the past decade, The Ohio State University Veterinary Medical Center has become a respected resource for Greyhound wellness care and rescue operations. Most recently, under the coordination of Dr. Guillermo Couto, professor of Veterinary Clinical Sciences, the hospital has expanded its service effort with the Greyhound Adoption of Ohio organization to perform spays and neuters for rescued racing dogs in need of homes. The program is part of the Junior Surgery Operative practice rotation where third-year veterinary students perform spays and neuters under faculty supervision. After the dogs are spayed or neutered, they are available for adoption; in fact, many of them have already found adoptive "parents" even before arriving to OSU. Currently investigators are exploring a number of issues including why Greyhounds commonly bleed after surgery, why they have low blood serum protein, and why some of them spill protein through the kidneys. Hamlin, one of only university two faculty chosen each year for this award, spoke on the amazing physical and physiological abilities of animals. If humans had these attributes, said Dr. Hamlin, no one would suffer from heart failure, and fighter pilots could tolerate enormous rates of acceleration without fainting during flight. For more information on Dr. This year, it was the dean of the college, Dr. The Distinguished Scholar Award recognizes exceptional scholarly accomplishments by senior professors who have compiled a substantial body of research, and are chosen by a committee of senior faculty at the university. Rosol has maintained an extramurally funded research laboratory for more than 20 years, and has conducted a broad and successful range of investigations in cancer research benefiting both animals and humans. He has remained productive in his research program even with his administrative duties. Last year he was elected as a fellow of the American Association for the Advancement of Science. Dean Rosol supports research at all levels at the university and encourages young people to pursue a research career. A national issue OSU offers MPH degree in veterinary public health The veterinary sciences are relevant to more than just animal health; they also play an important role in protecting public health. More than infectious diseases can be transmitted from animals to humans, including West Nile virus, rabies, and emerging diseases in the news such as SARS and avian influenza. Food or waterborne diseases caused by pathogens such as Salmonella and E coli are transmitted through animals as well. Applications are being accepted for the program; see the web site for more details. We truly are striving to be the biggest and the best and had more than dues paying members in Our web site has more information on the veterinary alumni society.

### Chapter 5 : MomMD - Connecting Women in Medicine

*Connecting Medicine. 17 likes. A mixture of chinese medicine and western medicine using acupuncture, massage and the 5 element theory.*

Blog Post October 26, Connecting the dots in precision medicine Mark Wanner As has been well documented here and elsewhere, research into the biological side of genomics is exciting and proceeding at dizzying speed. The process of translating the research to the clinic, however, can be dizzying for other reasons. Biological complexity is the primary rate limiter, of course, as we learn over and over again that simple cause-and-effect mechanisms are seldom found in our genetic networks. But another rate limiter in the U. Many things must change if research progress is to translate more efficiently to the delivery side. But who will drive the innovation needed to implement precision medicine? And how will it be paid for? What makes the forum of particular note is that the agenda is largely developed by the payers, who identified the innovations they most need moving forward and provided a framework for the other attendees. Innovative products and diagnostics based on research findings may find payer reimbursement lagging. Doctors are not well educated in genetics and genomics and most are not prepared to employ them in their medical practices. Patient data are stored in proprietary databases within electronic medical records EMRs that are unable to accommodate genomic data and are not designed to share the data for patient benefit even if they did. Pharmaceutical companies are struggling to make the transition from drugs based on population averages”and sold to huge patient populations”to drugs more precisely targeted to more stratified patient subgroups. How will the new drugs and other therapies”based on research and technologies that are moving at a rapid pace and change each year”be approved and regulated? Where do mobile health technologies and telemedicine fit in? The list goes on, and to make matters worse, all of the parties involved are struggling with economic models that no longer work but will be very difficult to change. But gather they did at The Jackson Laboratory, with an eye on identifying solutions to current challenges and bringing them to patients sooner and more efficiently. With the parties gathered under one roof, it was clear that the payer input enhanced the focus on what is sometimes lost in such discussions: The forum provided a unique opportunity to move beyond identifying challenges to forge innovative solutions. The forum began with individual talks on related topics, focusing on personalized and precision medicine, chronic disease prevention and management, behavioral health management and connectivity and interoperability in healthcare. As good as the individual presentations were, however, the panel discussions that followed were even better, dynamic and involving the kind of back-and-forth that gave the topics added dimension. Panels on emerging technology and new business models in healthcare delivery provided terrific cross-platform perspectives on the disruptive technologies that are emerging and, separately, how the economics of these changes might work moving forward. Again, my interests had me particularly attuned to the discussion that emerged in the panel on changing roles in healthcare, which included a co-founder of Patients Like Me with payers, hospital administrators and technology innovators. The panel addressed hard questions on how the fee-for-service paradigm can effectively transition to value- and outcome-based metrics while improving patient experience. As an industry, that encourages us to apply talent across the system to accelerate progress. And while talk can be cheap”agreements to agree that are later ignored are not uncommon at conferences”the presence of those at the forum and the obvious commitment to effect change across industry lines was highly encouraging. The research at JAX is all about creating potential and the ability to deliver better medical care. Involving all parties in deciding how that will actually happen is an important way to increase the impact of research in the years ahead. His work at The Jackson Laboratory focuses on making complex genetic, genomic and technical information accessible to a variety of audiences.

### Chapter 6 : Connect to Veterinary Medicine | College of Veterinary Medicine

*Connection Medicine is the study of wellness, and practice of growing it, with others. It is an ongoing exploration into all*

*we can be and do in harmony. Games are designed to heighten awareness and awaken win-win ways between the species.*

### Chapter 7 : Connecting the dots in precision medicine

*One way to connect these groups in their surveys of Big Data is through data management solutions by SAP. Through proper database management and data warehousing, each player in the personalized medicine field will be successful in managing patient and medical data.*

### Chapter 8 : Connecting Medicine:

*Stay informed about WVU Medicine services, news, and events. WVU Medicine is committed to protecting your privacy. All information you share is used internally and is not sold or distributed to any other party.*

### Chapter 9 : connect - UAB Medicine

*Connections resulted in one of the few epiphanies in my life (5), and have informed my approach to medicine and science. Understanding and looking for connections, both obvious and hidden, leads to understanding in medicine and often to finding unusual etiologies for diseases.*