



UNIVERSITY OF MARYLAND SCHOOL OF MEDICINE

- ❑ *Has qigong/Taiji made a difference to your health?*
- ❑ *Have you wondered how qigong/Taiji healing works?*
- ❑ *Are you considering making a tax-deductible contribution by year-end?*
- ❑ *Would you like more people to benefit from qigong/Taiji therapy?*

We Need Your Support for Scientific Study of Qigong/Taiji Healing

The University of Maryland Center for Integrative Medicine (CIM) is an internationally recognized leader in the field of integrative medicine. As a National Institutes of Health (NIH) Center of Excellence for over 13 years and the first US academic medical center program for integrative medicine, CIM has teamed up with some renowned qigong and Taiji healers to conduct a series of scientific studies of qigong/Taiji therapy for health problems such as arthritis, asthma, fibromyalgia, addiction and infertility, in randomized controlled trials. You can get more information on CIM and our qigong program from the web site <http://www.compmed.umm.edu>

Although qigong and Taiji practice from traditional Chinese medicine have been gaining increased popularity in the U.S., there is a general lack of scientific documentation of its effectiveness, and a lack of federal research support of the study of qigong healing and Taiji practice, which has seriously demoted its credibility. The scientific community and National Institutes of Health need to see preliminary data in order to give more support to conduct research in this area. Dr. Kevin Chen and the Center for Integrative Medicine at University of Maryland have made a commitment to scientific examination of qigong /Taiji healing. We will employ the most rigorous scientific methodologies of Western medicine, including randomized controlled trials, to examine this Eastern tradition and to determine its efficacy.

As the first step of documentation, we plan to carry out two studies in 2008: one randomized pilot trial of qigong therapy (conducted by Master Faxiang Hou) for children with asthma, and a randomized controlled study of qigong/Taiji self-practice to control symptoms of osteoarthritis of the knees and hips.

The clinical trial of external qigong therapy will study the effect of qigong on resolving children's asthma, a serious issue for which there exist few medical solutions. Children suffering with asthma who have been treated by Master Hou have reported significant symptom reductions after qigong treatment, and some reported complete recovery. A placebo-controlled clinical study under the close examination of physicians will be able to verify such a therapeutic effect of qigong, and may increase the credibility and acceptance of qigong therapy in general. A preliminary budget for a small-scale trial (about 40 patients) would need about US\$140,000 (brief budget available upon request).



Arthritis is the leading cause of disability in the U.S., with about half of the population aged 65 or older suffering from some form of arthritis. There are reports of success in applying qigong and Taiji practice in reducing arthritis symptoms, without side effects. To verify the benefits of qigong and Taiji practice for arthritis, we plan to conduct a pilot randomized study with both a best-practice control and waiting list control, to examine the feasibility and efficacy of adding qigong/Taiji practice to current treatment of arthritis. A preliminary budget for a small-scale clinical study (about 90 patients) would need about US\$120,000 (brief budget available upon request)

As someone whose own life has been touched by the benefits of qigong and Taiji, we are turning to you for assistance and asking if you would consider a financial contribution to this endeavor. Without a thorough and well-conducted pilot study of qigong/Taiji benefits, further definitive and expanded research may not be possible. If it does proceed, however, the benefits of qigong/Taiji therapy eventually could be brought to patients all over the country. Furthermore, if rigorous scientific study proves its health effects, it may be possible for health insurance to cover the qigong therapy and qigong/Taiji lessons. The entire process begins with the one small study, and your generous support and donation of any amount could make this first significant step possible. Can we count on your support?

All your contributions will be tax deductible.

We will keep you informed on the results of this fund-raising and the pilot study, as well as future qigong studies if you so wish.

Please make your check payable to: “University of Maryland Baltimore Foundation” (with memo “Gift for CIM Qigong Program”). Please mail your contribution to:

Dr. Kevin W Chen
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University of Maryland School of Medicine
Kernan Hospital Mansion
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We will send you an official receipt as soon as we receive your contribution. Thank you very much for your support!

If you have any questions please email Dr. Chen at kchen@compmed.umm.edu

Best wishes to you and your family for a happy holiday season!!