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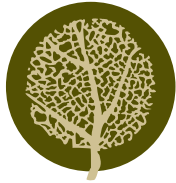
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As the end-of-summer heat beckons us to beaches, cottages and other vacation spots, it's time to reflect on CCNM's successes of the first half of 2013. So far, this year has proven to be one in which we have seen the results of our commitment to excellence in naturopathic medicine come to fruition. Through persistence and hard work, CCNM has achieved several significant milestones and is poised to continue its growth and success as the year moves forward.

First, it's been eight months since we opened the Brampton Naturopathic Teaching Clinic at the Brampton Civic Hospital, the first of its kind offered at any Canadian public hospital. The clinic is seeing hundreds of patients and has doubled its shifts this summer.

This spring, CCNM became the first, and to-date, the only naturopathic college to receive a seven year-reaccreditation from the Council for Naturopathic Medical Education (CNME). This means that the CNME is confident that the College satisfies or exceeds the requirements for institutional accreditation.

CCNM also submitted a 2,000-page update of our application for degree granting to the Postsecondary Education Quality Assessment Board, the arm's-length agency responsible for making recommendations to the Minister of Training, Colleges and Universities. The organizational and programmatic reviews conducted by the agency took place in May and June, and results were generally favorable. Work continues on this front.

In May CCNM successfully launched its bridge delivery for international medical graduates (IMGs). The program garnered attention as far afield as *The Wall Street Journal*. To read more about the inaugural cohort, see page 16.

And the results of our Canada Post cardiovascular risk study were published in the *Canadian Medical Association Journal*—an achievement hailed as one of the most significant for the profession over the last 15 years.

Finally, we hit another milestone at this year's convocation ceremonies — our 2,000th graduate received her diploma on May 23! Congratulations to Kelly Hogan, ND, and the Class of 2013!

Catherine Kenwell
Editor

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CMAJ PEQAB AND CNME

ACRONYMS REPRESENT PROGRESS AND SUCCESS

Most post-secondary education institutions juggle an overabundance of acronyms used to quickly describe their programs, policies, publications and people — and CCNM is no exception. On any given day, the ADNSA might meet with the ACC in the MPR, or the NSU might ask a question about the use of MYMOPs in the RSNC.* So when Body Mind Spirit tackles a success story featuring CMAJ, PEQAB and CNME, it might appear to be a tale of just another bunch of upper-case letters. Not so!

CCNM study published in the Canadian Medical Association Journal – a first!

This spring, the results of CCNM's Canada Post cardiovascular risk study were published in the *Canadian Medical Association Journal (CMAJ)* — an achievement hailed as one of the most significant for the profession over the last 15 years.

Adding naturopathic care to enhanced usual care may reduce cardiovascular disease among those at high risk,

suggests the study, conducted by CCNM in conjunction with Canada Post Corporation (CPC) and the Canadian Union of Postal Workers (CUPW).

Cardiovascular disease is the second leading cause of death in Canada. While lifestyle intervention is widely recognized as beneficial to its prevention, few individuals with, or at risk of cardiovascular disease receive intensive dietary and lifestyle counselling.

The results of the randomized controlled trial, published in the *CMAJ*, is the first to rigorously examine the effectiveness of diet, health promotion advice, and strategic use of natural health products as delivered by naturopathic doctors to patients at risk of cardiovascular disease.

The report demonstrates that naturopathic doctors may be an effective addition to health-care teams or to individuals struggling to make effective gains relating to cardiovascular health.



“The support, knowledge and expertise of a naturopathic doctor to create an individualized approach to health and wellness achieves real, positive dietary and lifestyle changes, ultimately saving lives, improving quality of life, and preventing harmful diseases from manifesting,” says Kieran Cooley, BSc., ND, associate director of research at CCNM.

This study was part of an innovative research and evaluation project on workplace health linking CUPW, CPC and CCNM. “It was an exciting partnership, creating a unique opportunity to work with a respected national employer and union, committed to examining what sort of impacts naturopathic medicine can have. The partnership helped create healthy employees and developed a work environment that fosters health,” adds Cooley.

Participants in the naturopathic group experienced a reduced 10-year cardiovascular risk profile and a lower frequency of metabolic syndrome compared to the control group who received only enhanced usual care.

Researchers screened 1125 workers at Canada Post across three sites - Toronto, Vancouver and Edmonton. Of those screened, 246 consenting participants aged 25-65 with highest relative risk of cardiovascular disease were randomized to the pragmatic clinical trial. Of the 246 active participants, 207 completed the year-long study. Participants in both groups received care from their family physicians; those in the naturopathic group also received health promotion counselling, nutritional medicine and/or dietary supplementation from regulated naturopathic doctors seven times during the year.

Primary outcomes included the prevalence of metabolic syndrome (a risk factor for heart disease) and the Framingham 10-year cardiovascular risk score, (used to estimate risk of heart disease).

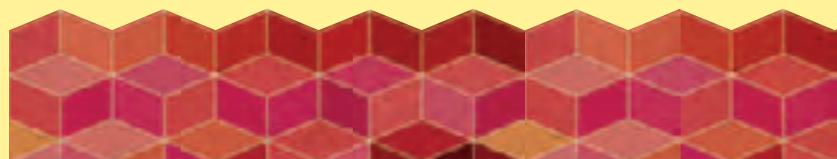
For those who received naturopathic care, the 10-year cardiovascular risk as measured by the Framingham score decreased by 3.1 per cent—which translates into about three fewer people out of 100 with intermediate risk experiencing a serious cardiovascular event (e.g., heart attack, stroke or death) during the next 10 years.

Researchers also found the prevalence of metabolic syndrome was reduced by 17 per cent over a year as compared with the control group, implying that one in six individuals receiving naturopathic care benefit by not developing metabolic syndrome over the course of a year.

“I am delighted to have the results of this important study published in *CMAJ*,” says Bob Bernhardt, PhD, CCNM president and CEO. “This study demonstrates that personal health-care counselling, involving targeted dietary and lifestyle interventions as provided by naturopathic doctors, can be effective in reducing the risk of strokes and heart attacks. My hope is that this information will contribute to treatment changes that will leave fewer Canadians suffering from the loss associated with sudden cardiac events.”



“The partnership helped create healthy employees and developed a work environment that fosters health.”



CCNM receives first-ever 7-year accreditation from the Council on Naturopathic Medical Education

This May, CCNM became the first, and to-date, the only naturopathic college to receive a seven year-reaccreditation from the Council on Naturopathic Medical Education (CNME). There are no requirements for interim visits, and areas identified for improvement need only be reported on the annual report we are already required to submit. This means that the CNME is confident that the College satisfies or exceeds the requirements for institutional accreditation.

“The visiting CNME team spoke very positively about the commitment of the faculty and academic administration to the continuous improvement of our academic program and this was reflected in the comments of the CNME board as they announced our reaccreditation period of seven years,” commented Dr. Bernhardt, CCNM president. “I am delighted and we are very proud to be the first institution to achieve a seven year accreditation. This is a wonderful outcome and I want to pass on my sincere thanks and congratulations to all of the wonderful individuals within the CCNM team who made this a reality.”

CCNM is also working to obtain approval for degree granting for its ND program to improve the acceptance of naturopathic medicine, boost enrolment to the program, remove an impediment for establishing articulation agreements with other institutions, and make the program more attractive for individuals outside of Ontario.

Earlier this year, CCNM submitted a 2,000-page update of its application for degree granting to the Postsecondary Education Quality Assessment Board, the arm’s-length agency responsible for making recommendations to the



Minister of Training, Colleges and Universities. The organizational and programmatic reviews conducted by the agency took place in May and June, and results were generally favorable. Work continues on this front.

“The PEQAB team had clearly done its homework and asked many penetrating questions,” reported Dr. Bernhardt. “At the end they were very positive in their comments and it was clear they would recommend approval. One concern they raised was with the terminology used on the current diploma. They do not believe the word “doctor” should be used. This concern would, of course, be moot if we are granted degree granting approval as the name of the degree would reflect the doctor title once we have transitioned to the new regulatory structure.”

That these three acronym-laden events have happened within a year is indicative of the growth and success that CCNM has experienced recently. In addition to CMAJ, CNME and PEQAB successes, CCNM has also opened the Brampton Naturopathic Teaching Clinic (BNTC) in the Brampton Civic Hospital, and launched its program delivery for international medical graduates (IMGs).

And in a final toast to acronyms, CCNM hosted the NMSA Conference and the ZRT Cup competition this summer. The Naturopathic Medical Student Association held its first-ever school-hosted conference and competition, and the first-ever in Canada no less!

*ADNSA > associate deans and naturopathic students' association committee

ACC > academic coordinating council • MPR > multipurpose room • NSU > naturopathic students' union

MYMOPs > measure yourself medical outcome profiles • RSNC > Robert Schad Naturopathic Clinic

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CONVOCAATION

2013



CCNM's 33rd convocation ceremony took place on May 23, 2013 at Convocation Hall, University of Toronto

College celebrates 2000th graduating ND



In his convocation address, Class of 2013 valedictorian Tim Searle, ND, reflected on changes to the world outside and within CCNM during the years spent in the ND program.

I don't know about you, but I've had my head buried in books, reading for four years (and by my head buried in books, I mean buried in my hands, and by reading, I mean crying), so I didn't even notice the world outside was continuing on without me. Did you know that the iPad, the iPad 2 and the iPad mini were all invented? Other things have happened too – Tiger Woods went from golf star to porn star and back again, and do you remember that two-year-old smoking kid from Indonesia? That story broke while we were here. And who can forget the underground anthem of exam time at CCNM – CeeLo Green's song "F-you"? Some Prince got married in England, some activists occupied a bunch of cities all over North America, a giant Lego-man washed up on a beach, and then there was gangnam style.

Not only has the outside changed, but our own lives have too. We've lost some classmates along the way to other endeavours, relationships have ended, new ones have formed, there have been marriages and even a handful of kids (and there are more on the way – you'll be able to spot them tomorrow night – they'll be the ones not drinking). But through all of this change, the one constant has been the Class of 2013. CCNM has been our home away from home, our classmates have been our family, and in many cases we've spent more time here with each other than with our loved ones. We've laughed together, studied together, cried together and endured together. We've also pretty much been naked together, and I think at this point none of us care! Remember first year in functional anatomy and massage when we were terrified to move the gown or drape in the wrong way?

So what will the Class of 2013 be remembered for? Will it be the inaugural class at the Brampton Clinic? Or on the Fibromyalgia shift? Or will it be how quiet we were? That may be how others remember us, but I choose to remember how we are an incredibly hard-working, creative, supportive and fun group – and I think that anyone that has seen this year's Christmas play, the men's health week videos, our grad banner, and all the extra-curricular groups and talks would agree. We are a different and special group.

It's been a tough four years, and I know that none of us could have done it alone. The faculty at CCNM including our teachers, supervisors, and mentors have been an incredible support throughout our time here. They've been open, forthcoming, and always willing to give us advice to help us through our time here – whether it was about assignments, questions about treatment plans, or how to get our feet back under us after NPLEX shatters our confidence. Please thank them with me. And a shout out to Dr. Solomonian and Dr. Malone for receiving the best teacher and supervisor awards as voted by our class.

I know our class hasn't always been the most understanding when it comes to the delivery of our program – I'm pretty sure we've expressed far more bad things than good – but now that the stress of the program is behind us, I think we appreciate the difficulties inherent in constantly trying to better the content and its delivery for the next classes, and so we want to thank Drs De Groot, Zeifman, El-hashemy, Carino, and Prousky for putting up with us and continuing to provide the best naturopathic program available in North America. And to Bob, how could we ask for a better leader for our school? He's



always approachable, talks to every class at every opportunity to keep us informed with the progress of our school and our profession (because we certainly didn't have the time to keep up with it!). And he looks great with or without a moustache. We also want to thank Dave Hall, Patti Scott and the team in student services, and Ornella and the administrative staff in the clinic for helping ease our time through CCNM and RSNC.

Next, to all of our loved ones, especially the ones that have taken the time to be with us today, we thank you. We know we've been cranky, miserable, hungry, sleepy, and generally a pain to hang around for the last while. You've put up with our preaching about naturopathic medicine and our telling you that you are living unhealthily — even though you've done a pretty good job so far without us and we've probably been sicker than you due to the stress we've been under. But know this, all of the investment of your time, your love, your money and your support will be paid back in full, and then some. Just give us the rest of our lives to do it.

I personally want to thank my family — mom, dad, Nick — I know I can be a pain. I'm pushy, righteous, and a know it all. That was the stress and lack of sleep talking — thanks for putting up with me. To my son, Rowan, you're too young to understand this, but all those days that Daddy was at his wits end, you somehow knew how to make him feel better. Or you decided to not sleep for a week and make things worse. But I think all parents choose to remember the good. And to my wife, Courtney. You're always the rock I need when my head is in the clouds. Remember four years ago? "Hey babe, what do you think about me going back to school? — it will only cost us four years of our life, I'll lose even more hair, it will put us at least \$80K in debt, we'll probably have to wait to start a family, and I won't be making money any more. Thoughts?" You didn't even hesitate — except for the part about starting a family. You've borne the brunt of my lows and yet you've always pulled me back up. I know I've promised all the families here that they'll get repaid for their sacrifices, but I won't come close to repaying yours — but that doesn't mean I won't try.

Lastly, I want to thank my classmates — I can't believe how selfless and supportive every one of you have all been. Especially for me, I want to thank the January girls, and the 2013 guys, I really don't think I'd have survived here without you. We all have our groups that have helped us through, but we all share the same bond for having survived this storm together. I think for all of us, this isn't as much a goodbye as it is a celebration for making it this far (because I don't know how many of us will remember the celebration tomorrow night) — this is the eye of the storm if you will, as we'll need each other again this summer and most certainly as we're starting out in our new careers. So let's celebrate, Class of 2013, before we have to go back to our beloved books — and give yourselves a hand, for being selfless, generous, hardworking, ferociously intelligent, creative and compassionate — all of which will make you the most incredible doctors and help affect great change in the lives of more than just those that are here.

Thank you.

Tim Searle, Class of 2013

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Demand for integrative health care reflected at BNTC

Since it opened its doors in January, the Brampton Naturopathic Teaching Clinic (BNTC) has experienced a steady growth in patient numbers, interest from other health-care practitioners, and a positive reception from the wider community.

By Sana Abdullah

Lead Supervisor Jonathan Tokiwa, ND, (Class of 2005) has been witness to these impressive developments. "It has been a great experience with regards to how we're changing the perception of naturopathic medicine concerning what we do," he says.

Situated on the third floor of Brampton Civic Hospital, BNTC currently operates four days a week with eight supervisors (two per day). Over a seven-month period, the total number of new and returning patients has increased continuously per month (from 123 in January to 379 in July), and as of August the clinic is scheduling patients into September and October. And it's not just hospital patients making appointments.

"The great thing about having the clinic inside Brampton Civic is the recognition that we're building. Of course we've been getting referrals from the MDs in the hospital, so there has been an increased number of in-patients," Jonathan explains. "But staff are coming to see us as well, such as nurses and administrators, and they've been referring their family members."

CCNM's student interns are also benefitting from this diversity. While the process of running a naturopathic clinic is virtually the same, the health concerns affecting the hospital patients are quite different than what the interns typically see at the RSNC. Patients are often in the later stages of diabetes and cardiovascular disease, and may also have serious consequences from other conditions such as hypertension and high blood pressure.

Jonathan's role, aside from seeing patients, involves coordinating the other supervisors and support team, acting as a liaison between the hospital and CCNM, and meeting regularly with Brampton Civic personnel.

Jonathan explains that initially there was resistance from the medical doctors regarding naturopathic medicine and what it can offer. But after they saw the results their patients were getting from regular visits and collaborative care, much of their earlier misgivings faded. Jonathan credits that change to creating an open communication policy between the NDs and the MDs.

"The key is to provide correspondence – they appreciate the written feedback with detailed rationale about why the patient was being treated a certain way, why it's working, and what the outcomes are," says Jonathan.

He has also seen a greater interest and interaction between other primary care practitioners and the naturopathic community. In May, Jonathan attended the Primary Care Today conference in Toronto and reports a positive increase in the number of questions regarding naturopathic medicine and establishing regulation.

For more information about the BNTC, please visit www.ccnm.edu/bntc.



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The Classes of 1988 and 1989 Celebrate Their Reunion at CCNM

On Saturday, May 11, the Classes of 1988 and 1989 held a reunion at CCNM. The former classmates shared their memories about each other, the College, and the changes in the profession since they graduated 25 years ago.



Members of the Class of 2008, L-R: Lidia Dobosz (international medical program), Chris Sowton, Nada Beserminji (international medical program), Bob Posen, Tony Manolis (former dean, CCNM)

"It was wonderful to see some of the old faces and see what people are up to. A highlight of the evening for me was listening to Dr. Tony Manolis reminiscing about the early days at OCNM— the financial difficulties, the dedication of certain key staff members, the dramatic struggle to keep the fledgling College going through a very challenging time. Hats off to Dr. Manolis for all his dedication and his excellent teaching (I still remember learning biochemistry from him). He is truly one of the guardian angels of our College!"

- CHRIS SOWTON, ND



CCNM's location at Berl Avenue Public School meant campus life was on a smaller scale.

In 1988 and 1989:

CCNM was still known as the Ontario College of Naturopathic Medicine (OCNM) and was located at 60 Berl Avenue in Toronto.

The president of OCNM was Steve Hamby.

The chair of INER was held by two individuals: Alexander Wood, ND, (1984-1988) and Robert Farquharson, ND (1988-1990).

According to The History of Naturopathic Medicine by Iva Lloyd, ND, (Class of 2002) annual tuition was somewhere between \$7,000 (in 1986) and \$7,900 (in 1990)!



Chris Sowton, ND, poses with the reunion banner



Nada Beserminji, ND, and Bob Posen, ND, greet each other at the reunion



Bridge delivery at CCNM

offers new opportunities for IMGs

By Sana Abdullah

Of the exciting new initiatives that CCNM has implemented within the past two years, the bridge delivery for international medical graduates (IMGs) promises to be the most intriguing. IMGs, having already practiced medicine for a number of years after obtaining post-graduate degrees and completing residencies, bring a wealth of knowledge and skill to the College.

Although the bridge delivery was only launched this past spring, the preliminary results are promising – both for the IMGs and the College. This bodes well for the future; the blueprint that CCNM has developed could very well be the foundation for naturopathic programs of this nature.

In early May, the College welcomed 21 IMGs to the inaugural intake of the bridge delivery. According to Patti Scott, associate director of student services, the IMGs have had an immediate impact on the

ND program because of their background as medical professionals.

“When they are integrated into our existing classes beginning this fall, the IMGs will bring their

experience working with real patients to both the classroom and the clinic from which our current ND students will benefit,” says Patti.

Interest in the ND program from internationally trained medical professionals has always been present. Patti explains that the barriers that IMGs face when they attempt to navigate the medical regulatory

requirements in Canada has led many of them to CCNM – the naturopathic program more closely aligns with the manner in which they had been practicing in their home country.

Patti says that the current four-year ND program at CCNM wasn't suitable for the IMGs given their comprehensive knowledge and personal and family commitments. Over a period of two years, Patti worked closely with Dean Nick De Groot, ND, President Bob Bernhardt, Associate Dean of Academic Delivery Shehab El-Hashemy, ND, Registrar Dave Hall, and others to create a program that took into account their previous educational history and desire to complete the program at an accelerated rate.

The outcome is a two-year program consisting of six consecutive terms, which includes a 12-month internship. “A bridge delivery of the ND program is much more manageable for IMGs that way,” notes Patti.

And as word spreads due to CCNM's extensive efforts to boost awareness through promotion, utilizing social media, attending recruitment events and partnering with immigrant support agencies – even the *Wall Street Journal* reprinted CCNM's news release of the launch – IMG interest in the bridge delivery has been steadily increasing.

In the last 18 months, Patti's department has fielded inquiries from over 175 international medical professionals. Other naturopathic colleges have received calls and emails from IMGs inquiring about bridge delivery, too.

“I believe the IMG bridge delivery helps to position CCNM as a leader in medical education in Canada,” says Patti. “It supports our ends to graduate high quality naturopathic doctors, provides positive outcomes for patients, increases the awareness and respect of the College and fosters positive change in our health-care system.”

For more information about the bridge delivery at CCNM, please visit http://www.ccnm.edu/prospective_students/bridge.





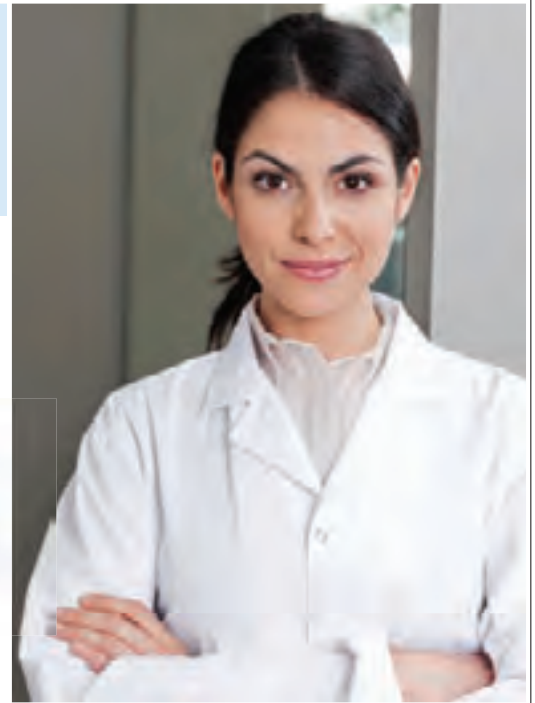
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I ♥ CCNM

In March, CCNM launched its inaugural I Love CCNM video competition! Students from all years were encouraged to don their director's cap and film a short segment explaining why people should study naturopathic medicine at CCNM. The prizes were \$500 for the second runner-up, \$1,500 for the first runner-up, and \$3,000 for first place.

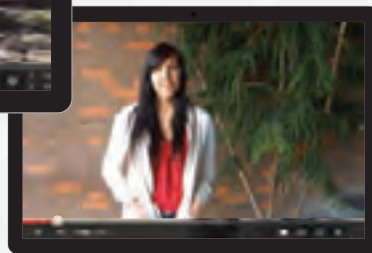
The response from the CCNM community was outstanding! We received over 1,000 votes during the first round of voting to help us narrow down the top five videos. After review from members of the college committee (which includes representation from all CCNM departments including faculty) and the outgoing and incoming NSA presidents, the winners were selected.

The top three videos (in order) are:



1. I love CCNM

Marnie Luck



2. I heart CCNM

Melanie DeCunha



3. Believe in the Path

Vanessa Forstbauer

Watch the videos from our winners (and the top five) on our YouTube page at <http://www.youtube.com/user/myccnm>. Don't forget to like and leave a comment for your favourite ones.

CONGRATULATIONS

to Marnie, Melanie and Vanessa!

And thank you to everyone, including the other entrants and voters, for participating in the competition and making it so successful!



CAND corner

Fall Issue of the Vital Link Journal – Identifying and Treating Addictions

It's been a busy year for our hard working team of Vital Link journal contributors and reviewers. Our winter/spring issue covered environmental exposures while the summer edition focused on the topic of chronic inflammation (the theme of our Ottawa Health Fusion conference). We are pleased to announce the topic for this year's third installment of the journal, the fall 2013 issue: identifying and treating addictions.

Our fall edition will be released near the end of October and will feature the following articles:

- Identifying addiction and giving consideration to health implications, by Dr. Aaron Van Gaver, ND
- Addictions recovery/naturopathic treatment, by Dr. Maureen Horne-Paul, ND
- Examining the psychology of addiction, by Dr. Nicole Daniels, ND
- Food addiction, by Dr. Penny Kendall-Reed, ND
- Electronic media addictions, by CCNM students Kaeli Sweigard, Sara Ip and Marie-Jasmine Parsi

Our ND-members receive the Vital Link via post-mail and all members can also download e-copies of the journal from our secured page at www.cand.ca. Our aim is to continue providing our members with high quality, clinically relevant content through the Vital Link. As always, the CAND welcomes feedback from our readers: please feel free to contact our managing editor, Alex McKenna (amckenna@cand.ca), with your comments.



research news

The research department is

It may be the good ol' summer time, but the research department is swinging in full force. CCNM's research team has been busy presenting their latest work at the Canadian and American naturopathic conferences, as well as launching some exciting new studies.

The bi-annual conference of the Canadian Association of Naturopathic Doctors was held in Ottawa in June. This year's conference continued its focus on naturopathic research, featuring the second ever Research Track presentations. These included contributions from CCNM's Kieran Cooley, Heidi Fritz, and Deborah Kennedy on the topics of: the role of complementary healthcare providers including NDs in rural Ontario; the safety of soy foods and supplements in the context of breast cancer; and the accuracy of common methods of food sensitivity testing in patients with irritable bowel syndrome (IBS). The poster presentations were well attended and - with some assistance from liquid resveratrol - sparked much conversation around naturopathic research. Of note, the Ottawa Integrative Cancer Centre (OICC) hosted an open house during the conference, and is grateful to Neil McKinney for his excellent presentation at the centre on Thursday evening.

This year's annual convention of the American Association of Naturopathic Physicians was held in Keystone, Colorado, in mid-July. At an elevation of over 11,000 feet, NDs demonstrated their outstanding pulmonary function with several attendees venturing hiking, cycling, and running excursions in this locale. Presentation from the Research department included Heidi Fritz discussing findings from a systematic review of intravenous vitamin C for cancer; Elaine Lewis presenting work from her audit of hypertension files at the RSNC; and Maria Shapoval showcased her expertise in Parkinson's disease and exercise therapy. Other CCNM affiliated presentations

swinging in full force

included Paul Saunders providing an update in botanical medicines including ginkgo, castor oil, and vitex; and Jean Jacques Dugoua discussing the use of natural health products in pregnancy.

Another presentation of importance was a joint effort between the CCNM and Bastyr University teams: presentation of a recent systematic review compiling data from all studies to date examining the effectiveness of whole systems naturopathic medicine. A total of 15 studies were included in the review and showed a moderate to large effect size for naturopathic medicine in a variety of conditions, largely chronic diseases. This study is expected to be published in the next few months.

Also in the area of publications, the department is pleased that the study on flax and breast cancer has been accepted for publication in *Integrative Cancer Therapies*, with Gillian Flower as the lead author. The study, a systematic review, showed that flax may possess anti-tumor effects in breast cancer patients, and

appears to be safe in this population. Stay tuned for information on how to access this paper; the abstract can be found at http://www.ccnm.edu/research_abstracts

The CCNM research department has also been busy conducting clinical research. We are happy to announce that recruitment has opened for a study on probiotics for severe-type irritable bowel syndrome. Study participants are needed for a placebo controlled clinical trial on the effectiveness of a multi-strain probiotic in the reduction of symptoms associated with severe IBS. Participants who complete the study will receive \$200 plus up to \$200 in visits with any naturopathic doctor of their choice. For more details on this study or to register, please visit www.ccnm.edu/ibs or email maucoin@ccnm.edu

Last but not least, CCNM has joined with the OICC in conducting a cohort study on intravenous vitamin C (IVC). Recruitment is open to patients attending the RSNC cancer shift with breast, ovarian, pancreatic, or lung

cancer, and who have not previously been treated with IVC. Two groups of patients, those receiving naturopathic care but not IVC (control group) as well as those receiving naturopathic care including IVC (treatment group) will be compared on several parameters, including severity of cancer or chemotherapy associated symptoms, quality of life, and survival at 5 years. Both these groups will also be compared to controls from a regional database for 5-year survival. We hope that this study will lend more information on the safety and effectiveness of high dose intravenous vitamin C in cancer patients. For more details on this study or to register, please contact Heidi Fritz at hfritz@ccnm.edu (CCNM) or Laura Weeks at lweeks@oicc.ca (OICC).

HEALTHY AGING

Clinical Strategies for Lifelong Wellness



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Isaac Eliaz, MD, MS, LAc



Jerilynn Prior, MD, FRCPC



Susun Weed



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Ontario Association of Naturopathic Doctors
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Registration Now Open!
Early Bird Deadline: September 30, 2013

Visit www.oand.org/convention for information on rates, sessions, and early-bird prizes.

ANNUAL REPORT 2012

More clinics, new program delivery, expanded markets and enhanced community access to naturopathic medical care. It's been a year of growth for CCNM, and this year's initiatives position the College to further improve the health of Canadians.

CCNM's 2012 annual report reflects our year of impressive evolution. CCNM is bringing the story of CCNM to life, through multi-dimensional multimedia. This year's online report at myccnm2012.tumblr.com features video links that augment the stories we tell.

Welcome to our year of growth.



We've built bridges for greater access to naturopathic education and treatment.

Bob Bernhardt, PhD, President

CCNM is providing access to education for international medical graduates (IMGs) who wish to further enhance their knowledge and skills for a successful health-care career in Canada. This year, CCNM developed a bridge delivery of its naturopathic medical program specifically designed for IMGs.

"There are over 10,000 foreign trained medical graduates in Canada, over 7,000 in Ontario alone. Most of these highly trained individuals are currently engaged in lower skilled jobs that make little or no use of their medical expertise. That does not make sense for Canada, and it doesn't make sense to these medical professionals. We see value in ensuring that these highly trained immigrants to Canada can build upon the knowledge and skills that helped them gain entry to the country and use them in gainful employment," says CCNM President Bob Bernhardt, PhD.

The six-term (two-year) bridge delivery allows for reasonable sequencing of all required courses. Students will learn to model and integrate naturopathic medical practice through mentorship and observation at the Robert Schad Naturopathic Clinic (RSNC). Clinic exposure, commencing early in the delivery, provides context for the different modalities that define the practice of naturopathic medicine.



I always felt there was a need for a more integrative approach to cancer care.

Ashley Chauvin, ND, Resident at Marsden Centre of Naturopathic Excellence

This year, CCNM introduced three affiliate site residencies to the CCNM Residency Program: the Marsden Centre of Naturopathic Excellence in Maple, Ontario; the Ottawa Integrative Cancer Centre, and the Carp Ridge EcoWellness Centre in Carp, Ontario. These affiliate residencies complement the six clinic resident and two research resident positions at CCNM.

With an undergrad in Radiation Therapy Technology and her post grad at CCNM spent expanding on her interest in naturopathic oncology, it was only fitting that Ashley Chauvin, B.Sc., ND, apply for a residency position that would cater to her growth in this field. "I chose the residency at the Marsden Centre of Naturopathic Excellence because it is specific to treating patients with cancer using an integrative approach."

I get a great deal out of teaching for the sake of sharing knowledge, but also because it improves me as a clinician.

Chris Roberts, ND, CCNM Resident



The CCNM residency program has continued to grow since its inception in 1996. It is now a Council on Naturopathic Medical Education (CNME) accredited program that boasts a more organized schedule, increased responsibilities and a special curriculum for residents. What has remained constant however is the programs purpose: to provide an opportunity for new graduates to put their newly acquired skills into practice, expand their knowledge base and not only receive mentorship from senior NDs but to give back to future graduates of CCNM.

With a belief in trusting the body's natural ability to heal itself, Chris Roberts, ND, decided to forego a career in medicine for that of teaching. That is until, he discovered CCNM. A 2011 graduate and now in his second and final year of residency, Chris finds himself blending his love of naturopathic medicine with his initial love of teaching. Seeing his students make informed decisions not only helps them to grow, but Chris as well. "I get a great deal out of teaching for the sake of sharing knowledge, but also because it improves me as a clinician. The residency program is the ideal opportunity to do this."



... because I wanted to give back; I wanted to grow as an individual.

Melvia Agbeko, ND, CCNM Resident

CCNM prides itself on fostering an environment where students and faculty alike can learn and continue to learn about naturopathic medicine and advancements made in the profession and practice. Last year our continuing education (CE) department developed and implemented two new initiatives that did just that. The Research in Practice weekend featured a variety of speakers providing the most recent research and relevant naturopathic news from the past year. In addition, The Celebration discussed the history, philosophy and principles of naturopathic medicine, as practiced and interpreted by elders of the profession.

Our residency program also provides a great platform for learning. First-year resident Melvia Agbeko, ND, can attest to that. "I really enjoy stoking my passion for learning new things that I can share with others and I love the ability to continue learning, teaching and applying the knowledge in multiple settings." She's learned to approach cases critically yet holistically, refine her clinical skills, and become more efficient with her time and with her patients – all of which helps her grow as a practitioner.

This past year, our suppliers donated a record \$75,000 worth of products.

Lindsey White, ND



Thank you to all our gift-in-kind supporters:

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What was particularly pleasing about this campaign was that every stakeholder group in the College contributed.

Norman Wiggett, Director of Advancement

“For many patients, the Robert Schad Naturopathic Clinic is their very first encounter with naturopathic medicine, so we want our clinic experience to be the very best we can make it.”

On November 19, 2012, the Robert Schad Naturopathic Clinic (RSNC) celebrated the completion of its ‘Revitalization Campaign.’ The fundraising campaign was designed to generate finances for renovations to help cement the RSNC’s legacy as the premier naturopathic clinic in North America. Over \$300,000 was raised to upgrade patient consult rooms and clinic conference rooms. This ensures the RSNC adhere to its goal of offering high-quality clinical services. Already the largest naturopathic teaching clinic, the money was also vital in leading to an expansion of services by allowing the RSNC to create a sports medicine room that uses the state of the art equipment needed to offer specialized care to the public.

The more than \$300,000 helped to revitalize:

- 43 number of rooms
- 12 number of preview/review rooms
- Construction of a new sports medicine room

The additional acquisition of 69 resources provides students, faculty and alumni with a very competitive breadth of materials.

Michael Reansbury, Circulation Desk Administrator



Through excellence in education, CCNM provides students with the tools they need to prosper as NDs. This year, the Learning Resources Centre grew its collection to such an extent that it now contains more literature concerning naturopathic and complementary medicine than the other naturopathic colleges in North America combined.

In keeping with our mission to provide a strong foundation for learning and growth, CCNM implemented several changes to the curriculum, notably in the health psychology and anatomy courses. The College also launched the Doctor of Naturopathic Medicine Centralized Application Service before the September 2012 intake period, which allows prospective students to apply to the program and view their progress online.

“By identifying key patient issues
... our institution is primed for
delivering excellent care.”

Mitchell Zeifman, ND, Associate Dean, Clinical Education



*Tara Snyder,
Associate Director, Clinic Services*

*Kieran Cooley, ND,
Associate Director, Research*

*Mitchell Zeifman, ND,
Associate Dean, Clinical Education*

The research department continues to be a leader in furthering our understanding of naturopathic medicine. In addition to tracking and analyzing patient data provided by the Robert Schad Naturopathic Clinic, the research team has been involved in a multitude of other projects this year including:

- A phase two expansion of a study being conducted on melatonin for non-small cell lung cancer, supported by funding from the Gateway Foundation
- Completing a study investigating the role of NDs (and other health-care providers) in rural/remote areas
- Studying the OICC and other research on integrative cancer
- Sharing CCNM research with the broader scientific and medical community through publications and presentations
- Beginning a five-year prospective cohort study on patients using IV vitamin C for various cancers, with funding from the Ottawa Regional Cancer Centre

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1-2. Madden J.A.J. et al. Effect of probiotics on preventing disruption of the intestinal microflora following antibiotic therapy: A double-blind, placebo-controlled pilot study. *Int Immunophar* 2005; 5: 1091-1097.
Susan F. Plummer et al. Effects of probiotics on the composition of the intestinal microbiota following antibiotic therapy. *International Journal of Antimicrobial Agents* 2005; 26: 69-74

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By investing in research, scholarships, teaching clinics and other areas at the College, our supporters help CCNM lead the development of primary health care through education in naturopathic medicine and foster positive change in our health, our environment and our health-care system.

CCNM is a charitable educational institution, and receives no direct financial support from federal or provincial governments. Our financial health depends on the generosity and commitment of our supporters, who believe in the work we do and support naturopathic education and research. On behalf of our students, alumni, faculty, staff and clinic patients, we thank you.

The following list recognizes cumulative giving from active supporters who contributed \$50 or more between August 1, 2011 and July 31, 2012.

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(as at July 31, 2012)

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CCNM 2012 FINANCIALS AT A GLANCE

STATEMENT OF FINANCIAL POSITION

As at July 31

				2012	2011
	Operating Fund	Restricted Fund	Endowment Fund	Total	Total
ASSETS [note 7]					[restated – note 18]
Current					
Cash and cash equivalents	\$ 217,678	\$ 381,808	\$ 68,894	\$ 668,380	\$ 565,895
Accounts receivable					
Student fees	83,469	—	—	83,469	42,465
Other	360,980	5,600	—	366,580	174,454
Due from related parties [note 3]	182,261	—	—	182,261	151,337
Inventory	96,985	—	—	96,985	41,961
Prepaid expenses	301,395	24,286	—	325,681	355,805
Total current assets	1,242,768	411,694	68,894	1,723,356	1,331,917
Long-term prepaid expenses	25,881	—	—	25,881	7,866
Capital assets, net [note 4]	12,884,249	—	—	12,884,249	12,659,948
	14,152,898	411,694	68,894	14,633,486	13,999,731
LIABILITIES AND FUND BALANCES					
Current					
Bank indebtedness [note 7]	1,700,000	—	—	1,700,000	950,000
Accounts payable and accrued liabilities	817,764	—	—	817,764	544,477
Interfund loan [note 6]	(379)	(1,453)	1,832	—	—
Current portion of long-term debt [note 7]	363,302	—	—	363,302	345,905
Deferred revenue	1,059,150	—	—	1,059,150	747,379
Total current liabilities	3,939,837	(1,453)	1,832	3,940,216	2,587,761
Long-term debt [note 7]	36,647	—	—	36,647	399,949
Total liabilities	3,976,484	(1,453)	1,832	3,976,863	2,987,710
Commitments [note 12]					
Fund balances					
Operating Fund	10,176,414	—	—	10,176,414	10,288,463
Restricted Fund [note 8]	—	413,147	—	413,147	397,173
Endowment Fund [note 9]	—	—	67,062	67,062	67,062
Total fund balances	10,176,414	413,147	67,062	10,656,623	10,752,698
	14,152,898	411,694	68,894	14,633,486	13,999,731

See accompanying notes

On behalf of the Board:

GOVERNOR

GOVERNOR

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Number of students enrolled in the inaugural ND program delivery for international medical graduates (May 2013).

Students in the first IMG cohort include:
surgeons • oncologists
pediatricians • medical geneticist

From countries including:
Egypt • Iran • China • Colombia

Delivery timeline:

2 years

(6 terms), including

1032 hours

of primary clinical experience
(as required in the 4-year offering)

STATEMENT OF REVENUES AND EXPENSES AND FUND BALANCES

Year ended July 31	2012	2011	2012	2011	2012	2011	2012	2011
	Operating Fund		Restricted Fund		Endowment Fund		Total	Total
REVENUES								[restated – note 18]
Tuition	\$ 9,810,810	\$ 9,977,208	—	—	—	—	\$ 9,810,810	\$ 9,977,208
Clinic	1,118,783	834,656	—	—	—	—	1,118,783	834,656
Dispensary	132,932	89,423	—	—	—	—	132,932	89,423
Property	1,168,385	1,066,902	—	—	—	—	1,168,385	1,066,902
Membership fees	19,475	13,325	—	—	—	—	19,475	13,325
Student and application fees	3,230	28,800	—	—	—	—	3,230	28,800
General interest and continuing education	151,521	151,601	—	—	—	—	151,521	151,601
Donations and sponsorships [note 10]	214,165	132,948	415,484	205,031	—	—	629,649	337,979
Interest	40,221	26,157	961	588	—	—	41,182	26,745
Research	214,274	376,110	270,976	200,000	—	—	485,250	576,110
Other [note 11]	258,158	275,368	—	24	—	—	258,158	275,392
	13,131,954	12,972,498	687,421	405,643	—	—	13,819,375	13,378,141
EXPENSES								
Salaries and employee benefits	9,167,327	9,102,752	287,973	10,751	—	—	9,455,300	9,113,503
Office and general	93,386	40,646	34,540	3,598	—	—	127,926	44,244
Travel, promotion and advertising	989,650	907,250	84,608	63,503	—	—	1,074,258	970,753
Clinic	526,540	519,825	33,609	1,116	—	—	560,149	520,941
Research	315,308	526,546	96,480	12,284	—	—	411,788	538,830
Books and teaching supplies	454,831	403,334	6,650	11,567	—	—	461,481	414,901
Professional services	100,496	98,407	—	—	—	—	100,496	98,407
Bursaries and awards	45,684	59,078	81,335	87,993	—	—	127,019	147,071
Graduation and student events	27,824	19,492	—	—	—	—	27,824	19,492
General maintenance	661,154	723,757	46,252	20,089	—	—	707,406	743,846
Interest on long-term debt	42,063	48,573	—	—	—	—	42,063	48,573
Amortization	819,740	787,014	—	—	—	—	819,740	787,014
	13,244,003	13,236,674	671,447	210,901	—	—	13,915,450	13,447,575
Excess (deficiency) of revenues over expenses for the year	(112,049)	(264,176)	15,974	194,742	—	—	(96,075)	(69,434)
Fund balances, beginning of year	10,288,463	10,552,639	397,173	202,431	67,062	67,062	10,752,698	10,822,132
Fund balances, end of year	\$ 10,176,414	\$ 10,288,463	\$ 413,147	\$ 397,173	\$ 67,062	\$ 67,062	\$ 10,656,623	\$ 10,752,698

See accompanying notes

4

number of shifts initially offered at the Brampton Naturopathic Teaching Clinic at Brampton Civic Hospital (January 2013).

Before the end of FY2013, that number would increase to

12

hey alumni – we’re looking for you!

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- Have you opened a new practice?
- Received local or national media coverage?
- Are you volunteering in your community, or running for public office?
- Do you have a story to tell that may interest other alumni?
- Written or published a book or article?

Email Catherine Kenwell, editor, MIND | BODY | SPIRIT
at ckenwell@ccnm.edu – we’d like to promote your efforts!

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Chamomile	Passionflower
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Cinnamon	Red Raspberry
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B6	L-Theanine
Biotin	Magnesium Glycinate
Bone Health Advanced	Mood
Borage Oil	Natural Path™ Shake
C	Niacin+Guggulipid
Chromium	Omega-3 Fish Oil
Cold+Flu	Phosphatidylserine
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CoQ10	Prenatal Multi
Cranberry	Probiotic Powder (<i>toddler/teen</i>)
D3	Probiotics (<i>adults</i>)
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E	Psyllium
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