



Acupuncture at Brown Medicine

Brown Medicine is excited to announce the addition of acupuncture to our comprehensive patient care offerings. Under the expertise of **Dr. Mariah Stump**, we are now providing this time-tested treatment to help manage pain, improve well-being, and support overall health.

Acupuncture is an ancient healing practice that has been used for over 2,000 years. The technique involves inserting extremely thin needles into specific points on the body to stimulate the release of endorphins and neuropeptides, promoting natural pain relief and overall wellness. These points align with muscles, connective tissues, and trigger points, helping to manage pain and encourage healing.

“We insert very, very small filiform needles...they’re about 16 to 20 times thinner and smaller than immunization needles and they don’t make a puncture wound through your skin. They actually spread the skin.”

Scientific research supports acupuncture for managing a variety of conditions, including:

- Chronic Low Back Pain
- Neck & Muscular Pain
- Migraine & Tension Headaches
- Osteoarthritis of the Knee & Hip
- Rotator Cuff Tendonitis & Frozen Shoulder
- Hyperemesis Gravidarum (Severe Morning Sickness)
- Chemotherapy-Induced Nausea
- Depression & Anxiety
- Irritable Bowel Syndrome (IBS)
- Fibromyalgia

Acupuncture offers additional benefits, including reducing the reliance on pain medication, particularly opioids. It helps alleviate the side effects of chemotherapy and can decrease the need for medications used to manage anxiety and depression. Additionally, acupuncture is effective in relieving severe nausea during pregnancy, providing a natural and holistic option for symptom relief.

“As an integrative practitioner, I really see this as the future of primary care...integrating these modalities into a regular, traditional practice setting.”

During an acupuncture treatment, the first visit typically lasts between 45 minutes to an hour. It includes a comprehensive review of your medical history followed by the initial treatment. Follow-up visits are shorter, around 30 minutes, with at least 20 minutes dedicated to needle therapy. The timeline for relief varies depending on the condition being treated—recent injuries may show improvement after just one session, while chronic pain often requires a series of 8 to 12 treatments to achieve significant relief.



Meet Mariah Stump, MD

Dr. Mariah Stump is an assistant professor of medicine, clinician educator at The Warren Alpert Medical School of Brown University. She completed the International Structural Acupuncture course for physicians at Harvard University through Brigham and Women’s Hospital, Department of Medicine and has been a member of the American Academy of Medical Acupuncture since 2017. Dr. Stump is board certified in lifestyle medicine, integrative medicine and internal medicine. She is dedicated to helping patients achieve optimal health including pain management with an integrated approach focusing on prevention of chronic disease through lifestyle change.

Discover more by watching this video, where Dr. Mariah Stump provides an overview of Acupuncture at Brown Medicine.



Colon Cancer Awareness: Early Detection Saves Lives

March is **Colorectal Cancer Awareness Month**, a time dedicated to educating the public about one of the most common and deadly cancers. While colon cancer is a leading cause of cancer-related deaths globally, **it is also highly treatable and beatable—especially when detected early.**



Colon cancer can develop with few or no symptoms until it reaches an advanced stage, making early detection critical. The most effective method for detecting colon cancer is a colonoscopy. This procedure involves the use of a flexible tube with a camera to examine the colon for abnormalities such as polyps. Polyps are small clumps of cells that have the potential to develop into cancer over time. They can be removed during a colonoscopy, preventing them from turning into cancer.

Due to a concerning increase in colon cancer cases among younger adults, national health guidelines lowered the recommended screening age for average-risk adults from 50 to 45. However, if you are under 45 and experiencing symptoms such as persistent changes in bowel habits, blood in stool, cramping or abdominal pain, or unexplained weight loss, it is essential to talk to your doctor about getting screened.

Recognizing symptoms, understanding risk factors, and prioritizing regular screenings are vital in reducing the impact of this disease. By staying informed and proactive, individuals can take charge of their health and help prevent colon cancer before it starts.

Early detection saves lives.

Take the time to spread awareness about colorectal cancer and encourage friends, family, and loved ones to get screened.



Dr. Li Wang shares key symptoms to watch for in early detection of colon cancer.



Dr. Bryce Perler discusses the recent rise of colon cancer among young people and potential contributing factors.



Dr. Harlan Rich recaps a colonoscopy procedure and the process of removing polyps.



Dr. Angela Caliendo Named Career Achiever in PBN's 2025 Health Care Heroes Awards

Brown Medicine proudly congratulates **Dr. Angela Caliendo** on being named the Career Achiever in Providence Business News' (PBN) 2025 Health Care Summit & Health Care Heroes Awards program.

Dr. Caliendo is among 18 distinguished honorees recognized across 17 categories in this year's program. Now in its third year, the awards honor individuals who have made a significant impact in the health care sector across Rhode Island and southeastern Massachusetts.

As President of BPI, Dr. Caliendo plays a vital role in guiding the organization's overall management. She collaborates with leadership to oversee clinical operations, financial strategy, and quality initiatives while also serving as Vice Chair of the Department of Medicine. Additionally, she remains dedicated to patient care and medical education as a practicing clinician and educator in the Division of Infectious Diseases.

Honorees were celebrated at PBN's annual Health Care Summit on April 2 at the Providence Marriott Downtown.

Congratulations, Dr. Caliendo, on this well-earned recognition!



Employee of the Quarter

Congratulations to **Nancy Cordeiro**, our outstanding Patient Liaison, for being named Employee of the Quarter at Brown Medicine for October – December 2024! Your dedication, compassion, and commitment to patient care make a meaningful difference every day.

"Nancy consistently proves that her role as a patient liaison is a perfect match for her skills. Her phone etiquette is exceptional – she remains calm and professional no matter the tone of the caller on the other end. Nancy consistently goes the extra mile to ensure that patients receive the information and support they need for a smooth and successful experience."

Thank you for your hard work and for going above and beyond to support both patients and colleagues.

Manager of the Year



Congratulations to **Stephanie Araujo**, Brown Medicine's Manager of the Year! Since joining the organization in 2019, Stephanie has demonstrated exceptional leadership as the Practice Manager for the Division of Endocrinology and Interim Practice Manager for the Division of Gastroenterology. Her dedication and commitment to patient care and operational excellence have made a lasting impact. **We are grateful for her hard work and well-deserved recognition!**



Congratulations to **Kathleen Paller**, Brown Medicine's Manager of the Year! As a Manager in Medical Informatics since 2011, Kathleen has been instrumental in advancing our healthcare technology and ensuring seamless medical data management. Her expertise, innovation, and dedication to improving patient care have been invaluable. **We appreciate her years of service and commend her on this well-earned achievement!**

Stay Connected with Your Healthcare Team Through Our Patient Portal

Did you know you can securely access your medical records and communicate with your healthcare team anytime, anywhere? Our patient portal provides 24/7 access to your personal health information from any device with an internet connection.



With the portal, you can:

- Send non-urgent messages to your care team.
- View upcoming appointments and visit summaries.
- Access your medication list with detailed instructions.
- Review immunizations, allergies, and medical conditions.
- Check test results and request lab work.
- View your Personal Health Record (PHR) for a comprehensive overview of your care.

All information in your portal comes directly from your electronic health record, ensuring accuracy and up-to-date details. Your privacy is a top priority—portal passwords are encrypted, and only you or an authorized family member can access your account.

For technical assistance, please contact our Patient Portal Help Desk at patientportal@brownphysicians.org.



Brown Medicine has a FREE and SECURE app

To access your **PATIENT PORTAL** account on your smartphone, **scan the QR code:**



- 1) **Download** the free iOS or Android app.
- 2) Search for our practice using unique code **EJFJAA**.
- 3) **Login** with your portal credentials given by our practice.

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