PREPARED STATEMENT OF HELENE LANGEVIN, M.D.
DIRECTOR, NATIONAL CENTER FOR COMPLEMENTARY AND INTEGRATIVE HEALTH

The mission ofNational Center for Complementary and Integrative Health
(NCCIH) is to define, through rigorous scientific investigation, the safety and
effectiveness of complementary and integrative health approaches, which are a group of
practices and products that originate outside of conventional medicine. This diverse
group of health practices includes natural products such as dietary supplements, plant-
based products, and probiotics, as well as mind-body approaches such as yoga, massage
therapy, meditation, mindfulness-based stress reduction, spinal manipulation, and
acupuncture. According to a 2012 National Health Interview Survey tgaaw 5.986 American8 Tc 8.03_r1 [/ and such tgaa94 0Tc 5.831

into how pain is interpreted, but could lead to the development of new methods to detect,
quantify, or target pain.

NCCIH-supported research is also advancing understanding of the mechanisms of
action of mind and body interventions and determining their effectiveness for treating
pain. One study investigated the effect of acupuncture on carpal tunnel syndrome and
found 618 0 Td]1Tc 2.600 Td (car3.17 Tm (2c 2.600 Td (car3.17 Tm Tdc38ng)Tj 0it402 0 Td (and)0upu car3.17Tj 1 lead 0pain526 0 Td15 Td 2mini9 618 0 Td]1symp]/Bs.003 0 Td (effec4Tj 60106 Tc -34.123 - d i1.5 2.68 0.0152 may600 Td (c75 Td (fo82d 618 0 Td]1provid5526 0 Td115s)Tj 28 0.0129pa

NCCIH is also supporting research on cytisine, a natural product for smoking
cessation. Despite promising results from clinical trials conducted outside the U.S., cytisine has not yet been approved for use in the U.S. NCCIH supported a series of pre-clinical studies on cytisine through a strategic collaboration with Achieve Life Sciences, Inc., OncoGenex Pharmaceutical, Inc., other NIH ICs, and private research organizations. Recently, the FDA accepted an Investigational New Drug application that permits phase 2 clinical studies to further assess cytisine as a smoking cessation treatment. This continuing public-private partnership may lead to the wide availability of a new option to address the major public health issues associated with tobacco use.

CONCLUSION

As a responsible steward of resources, NCCIH supports scientifically meritorious
basic, mechanistic, clinical, and translational research. The Center focuses on areas with the greatest potential impact by prioritizing research topics that show scientific promise and are amenable to rigorous scientific inquiry. We leverage strategic partnerships to build the scientific evidence needed on the safety and efficacy of complementary health approaches and disseminate evidence-based information to the American public.

Helene Langevin, M.D.

Director, National Center for Complementary and Integrative Health

Helene Langevin, M.D., was sworn in as director ofthe National Center for
Complementary and Integrative Health (NCCIH) on November 26, 2018. Prior to her
arrival, she worked at the Osher Center for Integrative Medicine, jointly based at
Brigham and Women's Hospital and Harvard Medical School, Boston. Dr. Langevin
served as director ofthe Osher Center and professor-in-residence of medicine at Harvard
Medical School since 2012. She has also served as a visiting professor of neurological
sciences at the University of Vermont Lamer College of Medicine, Burlington. produc2.5