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## BIOGRAPHICAL SKETCH

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NAME Ramel Ronos	POSITION TITLE Co-investigator and Tai Chi Instructor		
eRA COMMONS USER NAME			
EDUCATION/TRAINING			
INSTITUTION AND LOCATION	DEGREE (if applicable)	YEAR(s)	FIELD OF STUDY
Denmark School Israeli Defense Forces	Diploma	1981 1981-83	

### A. Positions and Honors

#### Positions and Employment

##### Mind-body consultation

Mind-body consultant to Dana-Farber Cancer Institute 1998-

Mind-Body consultant to Tufts University Medical School 1999-

Mind-body health teacher, specializing in cancer and autoimmune disease, 1993-

Mind-body program director, Dedham Council on Aging, 1998-present

##### Tai Chi teaching and consultation (selected)

Tai Chi consultant, "Tai Chi Chuan Exhibit." Secrets of Aging. Boston Science Museum traveling exhibition (Boston, Columbus, Los Angeles, Fort Worth, Philadelphia, Minneapolis). 2000-2004

Senior Tai Chi instructor, Yang's Martial Arts Association, 1994-present

Judge, Internal Arts Competition, Boston 1998-

#### Other experience and professional memberships

Member, Research subcommittee, Complementary Therapies Task Force, Dana-Farber Cancer Institute, 1998-2001

Member-consultant, Tufts University School of Nutrition Institute on mind-body fitness, 1999-

#### Asian mind-body training

Senior disciple, Dr. Yang Jwing Ming, PhD, Boston. Studied with Dr. Yang, a noted author and translator of Tai Chi and Qigong texts, since 1984. Selected topics studied include: Tai Chi, Qigong, Tui Shou (pushing hands), Chin na (art of grasping), External Kung Fu, Chinese Medical Theory. Extensive advanced training undertaken with: B.K. Frantzis (Qigong, Tui Shou [pushing hands]), Wei-lin Huang (Tai Chi, Qigong), Jou-tsung Hwa (Tai Chi, Daoist meditation) Liang Shou-Yu (Tai Chi, Qigong, BaGua), Patricia Walden (Iyengar Yoga),

#### Martial Arts Honors (selected)

Gold Medal, Tai Chi Chuan, Grand National Championship, Shanghai China, 1994

Gold Medal, Tai Chi Chuan, North American Chinese Martial Arts Competition, Florida, 1994

Gold Medal, External Weapons, Grand National Championship, Shanghai, China, 1994

Gold Medal, Internal Weapons, Grand National Championship. Shanghai, China, 1994

## **B. Selected peer-reviewed abstracts and papers**

### **Selected Papers**

Wang C, Roubenoff R, Lau J, Kalish R, Schmiod CH, Tighiouart H, **Rones R**, Hibberd P. The Effect of Tai Chi in adults with Rheumatoid Arthritis. *Rheumatology*. 2005; 44: 685-687.

### **Selected Abstracts**

Kerr CE, Conboy LA, Sephton SE, **Rones R**, Ronghui X, Morey EB, Doherty-Gilman A, Medeiros C, Beaton-Starr M, Matulonis UA, Pilot study in metastatic breast cancer of diurnal cortisol variability, mood and quality of life associated with 12-week qigong exercise program. Abstract presented at the Society for Integrative Oncology Annual Meeting, New York City, 2004

Conboy LA, Junghans L, Ellal R, **Rones R**, Kerr CE. Qualitative Study of Cancer Patients' Experiences with and Reasons for Intensively Pursuing QiGong, A Chinese Meditative Exercise Therapy. Abstract presented at the Annual Meeting of the Society for Acupuncture Research, Cambridge, 2003.

Wang C, Lau J, Roubenoff R, Kalish R, Schmid C, **Rones R**, Hibberd P. Tai Chi Improves Pain and Functional Status in Adults With Rheumatoid Arthritis. Presented at the Annual Meeting of the Society for Acupuncture Research, Cambridge, 2003.

## **C. Research Support.**

Co-investigator, Tai Chi for Knee Osteoarthritis (PI: Chenchen Wang, MD, Tufts-New England Medical Center), NCCAM 1R21AT002161-01A2 September 2005-present

Co-investigator, Pilot study of qigong's effect on mood and cortisol in metastatic breast cancer, (PI: Ursula Matulonis, Dana-Farber Cancer Institute), Zakim Center for Complementary Therapies and the friends of the Dana-Farber 2004-2005

Co-investigator, A study of immunologic activity in connection with two exercise programs (modified exercise and qigong) in patients with cancer, (PI: Pal Richardson, Dana-Farber Cancer Institute) Dana Foundation Brain-Body grant

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