An Integrated U: Healing from Bench to Bedside

UCLA Health Integrative Medicine Collaborative Inaugural Conference

Friday, November 5, 2021

A Live Virtual Education Conference
Course Description
Integrative medicine blends Western medicine with complementary approaches to address the physical, emotional, mental, social, spiritual, and environmental factors that impact overall health. The UCLA Integrative Medicine Collaborative Conference, An Integrated U: Healing from Bench to Bedside, is a one-day virtual conference offering healthcare providers, staff, students and the community the opportunity to review the latest evidence on the benefits of integrative medicine as an adjunct to traditional care. Faculty experts will highlight best clinical practices and review the latest research and scientific developments on the use of integrative medicine.

Target Audience
This course is designed for primary care physicians, specialists, mental health providers, nurses, dietitians and other healthcare providers interested in integrative medicine.

Learning Objectives
At the conclusion of the program participants will be able to:

• Identify the role of integrative medical approaches in healthy aging.
• Describe the endocannabinoid system and the use of cannabis and cannabinoid products in the management of chronic pain.
• Discuss nutrition as it relates to optimizing health, immunity, the gut microbiome and chronic disease management.
• Counsel patients on the benefits of mindfulness based approaches in clinical care.
• Recognize the use of acupuncture and traditional Chinese medicine techniques in the management of patients with complex medical conditions.
• Appraise the use of integrative medical and spiritual approaches as a part of comprehensive cancer care.
• Identify strategies to incorporate integrative medical techniques into personal and clinical practice.

General Information
Friday, November 5, 2021
8:00 am – 4:00 pm

The 2021 UCLA Health Integrative Medicine Virtual Conference will be available through a live virtual meeting web platform.

• Attendees will receive a virtual meeting link and password to access the live virtual conference.
• All virtual registrants will be provided the opportunity to review recorded sessions up to 3 weeks following the conference.
• Attendees will be awarded CME credit commensurate with the extent of their participation in the live virtual activity. The recorded sessions are not certified for CME credit.
Program Schedule

7:45  Sign-in to Virtual Meeting
8:00  Welcome & Opening Remarks
      *Elizabeth Ko, MD & Ellen Wilson, Executive Director of Rehabilitation*
8:15  What’s Preventing Us From Preventing Alzheimer’s Disease?
      *Gary Small, MD*
8:45  Cannabis: Pathway to Health, Placebo, or Peril?
      *Ziva Cooper, PhD*
9:15  Break
9:30  Personalized Nutrition for Chronic Disease Management and Optimal Health
      *Zhaoping Li, MD, PhD*
10:00 Brain-Gut-Microbe Interactions: Who’s In Charge?
      *Kirsten Tillisch, MD*
10:30 Dr. Ka-Kit Hui Legacy Award of Excellence in Integrative Medicine
      *Elizabeth Ko, MD, Katie Hu, MD & Ka-Kit Hui, MD*
10:45 Yoga Therapy: Movement & Breath
      *Julie Rowland, C-IAYT*
11:00 Mindfulness Practice: An Integrative Approach to Promote Sleep Health, Augment Anti-Viral Immunity, and Reverse Inflammation
      *Michael Irwin, MD*
11:30 Complex Solutions for Complex Problems: East-West Medicine for Functional Disorders
      *Andrew Shubov, MD*
12:00 When Cancer Calls Into Question Everything You Thought You Knew
      *Michael Eselun, BCC*
12:30 Lunch
1:30  Mindfulness Experiential Session
      *Diana Winston*
2:00  Primary Care Panel: Bringing IM into Your Practice
      *Moderator: Rashmi Mullur, MD*
      *Panelists: Mihaela Taylor, MD, Edward Hui, MD & Elizabeth Ko, MD*
3:00  Keynote Lecture: The Transformative Power of Lifestyle Medicine
      *Dean Ornish, MD*
4:00  Closing Remarks and Adjourn
      *Rashmi Mullur, MD & Elizabeth Ko, MD*
COURSE DIRECTORS

Elizabeth Ko, MD  
Assistant Clinical Professor of Medicine  
Medical Director, UCLA Health Integrative Medicine Collaborative  
David Geffen School of Medicine at UCLA

Rashmi Mullur, MD  
Associate Clinical Professor of Medicine  
Education Pillar Lead, UCLA Health Integrative Medicine Collaborative  
David Geffen School of Medicine at UCLA

FACULTY

Ziva Cooper, PhD  
Director, UCLA Cannabis Research Initiative  
Jane & Terry Semel Institute for Neuroscience & Human Behavior  
Associate Professor  
Department of Psychiatry and Biobehavioral Sciences  
Department of Anesthesiology and Perioperative Medicine  
David Geffen School of Medicine at UCLA

Michael Eselun, BCC  
Board Certified Chaplain, Simms/Mann-UCLA Center for Integrative Oncology  
Dr. John Glaspy Chaplain in Oncology Care  
David Geffen School of Medicine at UCLA

Michael R. Irwin, MD  
Cousins Distinguished Professor of Psychiatry and Biobehavioral Sciences  
Distinguished Professor of Psychology, UCLA College of Letters and Sciences  
Director, Cousins Center for Psychoneuroimmunology, Director, Mindful Awareness Research Center, Jane and Terry Semel Institute for Neuroscience and Human Behavior  
David Geffen School of Medicine at UCLA

Zhaoping Li, MD, PhD  
Professor of Medicine  
Lynda and Stewart Resnick Endowed Chair in Human Nutrition  
Director, Center for Human Nutrition  
Chief, Division of Clinical Nutrition  
David Geffen School of Medicine at UCLA

Julie Rowland, C-IAYT  
Stress Management Specialist  
Dean Ornish Program  
C-IAYT (Emerging field)  
Certified International Association of Yoga Therapists

Andrew Shubov, MD  
Assistant Clinical Professor of Medicine  
Director, Inpatient Integrative Medicine  
UCLA Center for East-West Medicine  
David Geffen School of Medicine at UCLA

Kirsten Tillisch, MD  
Chief, Integrative Medicine, GLA VHA  
Professor of Medicine  
Oppenheimer Center for Neurobiology of Stress & Resilience  
Vatche and Tamar Manoukian Division of Digestive Diseases  
David Geffen School of Medicine at UCLA

Diana Winston  
Director, Mindfulness Education at UCLA  
Mindfulness Awareness Research Center (MARC)  
David Geffen School of Medicine at UCLA

GUEST SPEAKERS

Gary W. Small, MD  
Chair of Psychiatry, Hackensack University Medical Center  
Physician in Chief, Hackensack Meridian Behavioral Health  
Former Director, UCLA Longevity Center  
Emeritus Professor of Psychiatry  
David Geffen School of Medicine at UCLA

Dean Ornish, MD  
Clinical Professor of Medicine  
Founder/President of the Preventive Medicine Research Institute  
University of California, San Francisco
# Application for Enrollment (Please Print)

## Live Virtual Learning

**Fall 2021**

Mail to: UCLA Office of Continuing Medical Education, David Geffen School of Medicine at UCLA, 2021 UCLA Health Integrative Medicine Conference, 10920 Wilshire Blvd., Suite 1060, Los Angeles, CA 90024-6512

Fax to: (310) 794-2624 (must include charge card information and authorizing signature)

Call: (310) 794-2620

Register online: Please click [here](#) to register.

**Refunds:** Cancellations must be received in writing by October 15, 2021 and will be subject to a $50 processing fee. No refunds will be granted after that date. If, for any reason, the course must be cancelled, discontinued, or rescheduled, a full refund will be provided.

If you have any questions, please reach out via email at: UCLACME@mednet.ucla.edu

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<tr>
<th>Course Title and Number</th>
<th>Registration Fee</th>
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<tr>
<td><strong>An Integrated U: Healing from Bench to Bedside UCLA Health Integrative Medicine Collaborative Inaugural Conference</strong>&lt;br&gt;<strong>Live Virtual Learning</strong></td>
<td><strong>M212-18</strong></td>
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### Live Virtual Attendance

- [ ] Health Care Provider (claiming CME credit): ($150)
- [ ] Trainees and interested public (not claiming CME credit): ($0)

**TOTAL**

**Virtual registration** includes access to the live stream virtual conference. All registrants (live or virtual) will receive access to the conference recordings up to 3 weeks following the program.

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**Last four digits of your Social Security Number**

**Name (First/Middle/Last)**

**Degree**

**Specialty**

**Preferred Mailing Address**

( ) –

City / State / Zip

Area Code Phone – Area Code Fax

**E-Mail Address**

☐ Check enclosed payable to: The Regents of the University of California

**Card Number**

Expiration Mo/Yr

**Signature**

**Mail to:** UCLA Office of Continuing Medical Education, David Geffen School of Medicine at UCLA, 2021 UCLA Health Integrative Medicine Conference, 10920 Wilshire Blvd., Suite 1060, Los Angeles, CA 90024-6512

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Accreditation Statement

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credits.™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The California State Board of Registered Nursing accepts courses approved by the AMA for category 1 credit as meeting the continuing education requirements for license renewal. Nurses from states other than California should inquire with their local State Board for specific continuing education policies.

Disclosure Statement

The FDA has issued a concept paper that classifies commercial support of scientific and educational programs as promotional unless it can be affirmed that the program is “truly independent” and free of commercial influence.

In addition to independence, the FDA requires that non-promotional, commercially supported education be objective, balanced and scientifically rigorous. The policy further states that all potential conflicts of interest of the CME staff and faculty be fully disclosed to the program’s participants. In addition, Accreditation Council for Continuing Medical Education policy mandates that the provider adequately manage all identified potential conflicts of interest prior to the program. UCLA fully endorses the letter and spirit of these concepts.