

UCLA

David Geffen School of Medicine

UCLA

Health

An Integrated U: Healing from Bench to Bedside

UCLA Health Integrative Medicine Collaborative Inaugural Conference



CME OFFICE OF
CONTINUING
MEDICAL
EDUCATION

DAVID GEFFEN SCHOOL OF MEDICINE @ UCLA

Friday, November 5, 2021

A Live Virtual Education Conference

An Integrated U: Healing From Bench to Bedside

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

Registration Fees:

Health Care Provider (claiming CME credit): (\$ 150)

Trainees and interested public (not claiming CME credit): (\$ 0)

To register for the conference, please [click here](#).

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 registrants (live or virtual) 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.

An Integrated U: Healing From Bench to Bedside

Friday, November 5, 2021

Program Schedule

- 7:45 **Sign-in to Virtual Meeting**
- 8:00 **Welcome & Opening Remarks**
Elizabeth Ko, MD & Johnese Spisso, MPA
- 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 **Break**
- 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

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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
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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
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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
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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

