

*“Integrating the best of Chinese medicine and Western medicine in research, education, international collaboration, and clinical care to deliver healthcare that is patient-centered, effective, safe, and accessible”*

## CLINICAL CARE

- 20,485 patient visits
- **New faculty members:** Dr. Justin Laube and Dr. Felicia Yu joined the CEWM Primary Care team
- **New fellows:** Dr. Annie Zhang joined the Integrative Medicine: East-West Consultative Track as a clinical fellow; Dr. Katie Hu continues as a second-year fellow in the Integrative Medicine: East-West Primary Care Track; Dr. Tony Hung is an administrative fellow; Dr. Emiley Chang is a research fellow
- CEWM Clinic Expansion:
  - **Santa Monica** – Dr. Edward Hui, Director  
UCLA East-West Primary Care Program – Santa Monica
  - **Westlake Village** – Dr. Malcolm B. Taw, Director  
UCLA Center for East-West Medicine – Westlake Village  
UCLA Integrative East-West Musician Wellness Program
  - **South Bay** – Dr. Lawrence Taw, Director  
UCLA Center for East-West Medicine – Torrance  
UCLA Integrative East-West Esophageal Disorders Program  
UCLA Integrative East-West Inflammation Program
  - **UCLA Hospital** – Dr. Andrew Shubov, Director  
Inpatient East-West Medicine Program

### GOALS FOR 2017:

- Enhance East-West Primary Care Program
- Build capacity for Hospitalist Program
- Continue to develop the integrative mental health component
- Build an herbal medicine program

## EDUCATION

- The CEWM’s office relocated to 1015 Gayley Ave., Suite 105, a larger space with a versatile conference room that can be transformed into a classroom for expanded educational programs and additional space for researchers and administrative staff
- CEWM trained 28 physician residents from various academic medical institutions in the United States and abroad (a 21 percent increase from 23 residents in 2015)
- Our student courses continued to be successful and effective:
  - Six-week (30 HR) summer course, Medicine 180: “Introduction to Integrative East-West Medicine for Health”

- Two-week (80 HR) intensive elective course, Medicine 207.01: “Integrative East-West Medicine for Fourth-Year Medical Students”
- Seven-week (14 HR) selective course, Medicine 644D: “Introduction to Integrative East-West Medicine for First- and Second-Year Medical Students”
- Resource Development for Herbal Medicine and Integrative Oncology are in progress
- CEWM Integrative Medicine Fellowship is an approved program for physicians taking the American Board of Physicians Specialties (ABPS) Integrative Medicine Board Exam
- A monthly case-conference was launched to encourage inter-disciplinary discussions of selected clinical cases among the center’s clinicians, visiting scholars, and researchers
- Distant learning programs are in progress:
  - Repurposing content to allow users to gain continuing education units on ExploreIM web portal [www.exploreim.ucla.edu](http://www.exploreim.ucla.edu)
  - We have created video content for online learning. The first episode is titled “Introduction to East-West Medicine” and the second episode will feature Integrative Ophthalmology

#### **GOALS FOR 2017:**

- Develop reference materials for the herbal medicine program
- Continue development of the distant learning certificate program to introduce East-West concepts and self-care tools to practicing healthcare professionals, caregivers, and health advocates
- Optimize our online portal [www.exploreim.ucla.edu](http://www.exploreim.ucla.edu) to improve patient education
- Finish the center’s textbook on Integrative East-West Medicine

## **COMMUNITY OUTREACH AND GRANT FUNDING**

- The center’s website [www.cewm.med.ucla.edu](http://www.cewm.med.ucla.edu) was reconstructed for better online presentation and ease of navigation for the community
- The Annual Shirley Hui Memorial Lecture Series (October 17, 2016) featured “Precision Medicine Meets Patient-Centered Care: The Future of Integrative Oncology,” by guest speaker Jun J. Mao, M.D., M.S.C.E., Laurance S. Rockefeller Chair in Integrative Medicine and Chief in Integrative Medicine Service at Memorial Sloan Kettering Cancer Center
- Faculty and staff continue to provide public lectures to the community, such as to the 50+ program, UCLA Office of Residential Life, UCLA Rheumatology, Primary Care and Internal Medicine Grand Rounds, David Geffen School of Medicine at UCLA, breast cancer survivor groups, cancer community groups, student groups, and caregiver organizations
- The center continues to advance and facilitate projects with UCLA Collaborative Centers for Integrative Medicine and sponsors the Annual Student Conference for Integrative Medicine
- Grant funding were received from:
  - The California Community Foundation to help build the herbal medicine program
  - The UCLA Confucius Institute to facilitate the dissemination of Chinese medicine

**GOALS FOR 2017:**

- Build an herbal medicine program
- Fifth Annual Student Conference for Integrative Medicine in 2017:  
“Bridging Health Disparities through Integrative Medicine – Making Healthcare More Effective, Safe, Accessible, and Affordable”
- Strong focus on grant applications for program funding to educate physicians and other caregivers, who will help deliver CEWM’s person-centered and problem-solving model to the underserved

**INTERNATIONAL COLLABORATION**

- CEWM Exchange Program: “Global Perspective on Integrative Medicine for Chinese Visiting Scholars,” a two-week (40 HR) intensive course aimed at facilitating integrative medicine collaboration between China and the United States. This program fosters a better understanding of how integrative medicine is practiced in a clinical setting and examines the future directions for integrative medicine in the United States
- As senior advisors and consultants, Drs. Ka-Kit Hui and Weijun Zhang helped design and implement a training program for 12,000 western medicine community health practitioners in Shanghai, China to further their skills in integrative medicine
- Globalize the modernization of traditional Chinese medicine (TCM) by translating our projects:
  - Visual History Project
  - TCM Modernization Lecture Series

**GOALS FOR 2017:**

- Advance training program for resident physicians from Shanghai University of Traditional Chinese Medicine (SHUTCM), hosted by CEWM
- Continue for the second year, our training program for junior faculty of SHUTCM on global perspectives of integrative and Chinese medicine, hosted by CEWM
- Implement the recently launched CEWM and UCLA Summer Travel Abroad Study Program which exposes students to integrative medicine practice in a contemporary Chinese healthcare system, hosted by SHUTCM in Shanghai, China
- Strengthen scientific and research collaboration on the integrative primary care model in China

## SELECTED MEDIA HIGHLIGHTS, PUBLICATIONS, AND PRESENTATIONS

### ■ MEDIA HIGHLIGHTS

#### October 2016

- “Chinese Herbal Remedies Coming to the U.S. and What Experts Say About Mixing of Modern and Ancient Medicine,” KABC newscast featuring Dr. Ka-Kit Hui
- UCLA CEWM Annual Shirley Hui Memorial Event featured in *The World Journal* (Chinese Newspaper)

#### September 2016

- “Are You Going Overboard on Salads?” from *Furthermore by Equinox*, featuring Dr. Andrew Shubov

#### August 2016

- “Cupping Craze and How Cupping Color Marks are Diagnostically Significant to the Prepared Eye,” *The World Journal* (Chinese Newspaper), featuring Lan Kao, L.Ac., Dipl. Ac. & C.H., and Dr. Ka-Kit Hui
- “What is Integrative Medicine?” and “How to Choose an Integrative Doctor,” *UCLA Healthy Aging Magazine*, featuring Dr. Justin Laube

#### June 2016

- “More Americans Try Acupuncture For Pain Relief,” *NBC Today*, featuring Dr. Malcolm B. Taw

#### February 2016

- “How Your Supplements Interact with Prescription Drugs,” *The Wall Street Journal*, featuring Dr. Malcolm B. Taw

### ■ PUBLICATIONS IN ENGLISH

- Zhang A., Shubov A., “Cupping: A Purple or a Blind Spot?” *Santa Monica Daily Press*. 2016 August 18; Sect. A:6 (col. 2)
- Hui K.K., “Reflection: Building a Legacy.” *U Magazine*, UCLA Health and David Geffen School of Medicine at UCLA. Summer 2016; p. 34-35
- Hung K.W.T., “Standing on the Shoulders of a Giant.” *U Magazine*, UCLA Health and David Geffen School of Medicine at UCLA. Summer 2016; p. 37
- Brodsky M., Spritzer K., Hays R.D., Hui K.K., “Change in Health-Related Quality-of-Life at Group and Individual Levels Over Time in Patients Treated for Chronic Myofascial Neck Pain.” *J Evid Based Complementary and Alter Med*. 2016 July.

- Taw M.B., “Integrative Medicine, or Not Integrative Medicine: That is the Question.” *J Integr Med.* 2015 Nov;13 (6): 350-52

#### ■ PUBLICATIONS IN CHINESE

- Zhang W.J., Hui K.K., “Clinical Practice of Integrative Medicine in the United States and its Application in Primary Care.” *Chin J Integr Trad West Med.* 2015, 35(4): 391-97.
- Zhang W.J., Fan J.P., Hui K.K., “Three Cases of International Collaboration on Chinese Medicine: Implications on Globalization of Chinese Medicine.” *Chin J Integr Trad West Med.* 2016, 36 (7): 784-88.

#### ■ SELECTED NATIONAL AND INTERNATIONAL PRESENTATIONS

##### **Dr. Edward Hui:**

- The American College of Physicians Internal Medicine Meeting, Washington, D.C. May 3, 2016 – “Integrating Traditional Chinese and Western Medicine: What is the Evidence?”

##### **Dr. Ka-Kit Hui:**

- The 10<sup>th</sup> Pink Ribbon Conference, Huntington Memorial Hospital, Los Angeles, CA October 15, 2016 – “The Role of Integrative East-West Medicine in Your Breast Cancer Journey–Tips to Help Optimize Your Care”
- 6<sup>th</sup> International Symposium on Malignant Pleural Mesothelioma, UCLA, Los Angeles, CA September 24, 2016 – “East-West Medicine Approaches to Cancer Therapy”
- Fourth Annual Conference of World Cultural Forum (Taihu, China), Macao, China June 8, 2016 – “Health for All through Blending Western Medicine and Chinese Medicine”
- International Forum on the Development of Hong Kong Chinese Medicine Hospital, Hong Kong Baptist University, Hong Kong March 12, 2016 – “Building the First Chinese Medicine Hospital: A Golden Opportunity in Hong Kong in Advancing Healthcare through Integrative Medicine”
- UCLA Center for Medieval and Renaissance Studies, UCLA, Los Angeles, CA February 28, 2016 – “Traditional Chinese Medicine: An Ancient Treasure for the World Beyond Artemisinin”

**Dr. Malcolm Taw:**

- UCLA Health and UCLA Herb Alpert School of Music, Music and Medicine Series, UCLA, Los Angeles, CA  
October 21, 2016 – “Musician Wellness through Integrative East-West Medicine”
- American Academy of Otolaryngology – Head and Neck Surgery – 120<sup>th</sup> Annual Meeting, San Diego Convention Center, CA  
September 20, 2016 – “An Integrative Approach to Laryngopharyngeal Reflux: Beyond PPIs”
- Entertainment Industry Medical Group/Motion Picture and Television Fund, Saban Center for Health and Wellness, Los Angeles, CA  
June 7, 2016 – “An Introduction to Integrative East-West Medicine”
- Los Angeles Otolaryngology – Head and Neck Surgery Society, Mark Taper Foundation Building  
May 16, 2016 – “Integrative East-West Medicine for Disorders of the Ears, Nose and Throat”

**For more information: <http://www.cewm.med.ucla.edu>**

**How to give: [giving.ucla.edu/EastWestMedicine](http://giving.ucla.edu/EastWestMedicine)**