The Benefits of Our Musician Wellness Program Include:

• Treatment of common occupationally-related conditions
• Methods to manage stress, reduce fatigue and increase focus, concentration and overall resilience
• Comprehensive evaluation and treatment by physicians within UCLA Health, which has been consistently rated among the top 5 hospitals in the U.S. and the “Best in the West”
• A variety of state-of-the-art health and prevention programs offered throughout the UCLA Health network that can be specifically tailored for the musician

East-West Medicine

MALCOLM B. TAW, MD, FACP
Director, Integrative East-West Musician Wellness Program

UCLA Center for East-West Medicine

1250 La Venta Drive, Suite 101A
Westlake Village, CA 91361
805.379.6650

2336 Santa Monica Blvd, Suite 301
Santa Monica, CA 90404
310.998.9118
Musculoskeletal Disorders

- Neck, shoulder, back, arm/leg pain
- Headaches
- Overuse syndromes, repetitive strain injuries
- Focal dystonias (involuntary muscle movement that affects coordination and interferes with ability to perform, difficulty in playing trills/arpeggios)
- Entrapment neuropathies (carpal tunnel syndrome; ulnar/radial nerve conditions)
- Temporomandibular joint pain and dysfunction, lockjaw
- Arthritis
- Embouchure dystonia/disorders

UCLA Center for East-West Medicine Treatment Options

Our practitioners design individualized treatment plans. In addition to Western medicine strategies, treatment may include Chinese medicine techniques such as:

- Acupuncture
- Acupressure/myofascial release/massage therapy
- Trigger point injections
- Nutritional and dietary supplement counseling
- Stress management and lifestyle recommendations
Disorders of the Ears, Nose & Throat

- Allergic rhinitis, nasal obstruction, sinusitis and other nasal and sinus conditions
- Laryngitis, hoarseness, throat discomfort
- Hearing loss, tinnitus (ringing in the ears)
- Spasmodic dysphonia
- Swallowing problems
- Snoring, obstructive sleep apnea
- Velopharyngeal incompetence (air leakage due to opening along palate)
- Laryngcele (air pockets around the voice box)

For Appointments

GERALD S. BERKE, MD, FACS
Professor & Chair, UCLA Head & Neck Surgery
Director, UCLA Voice Center for Medicine and the Arts

MARILENE B. WANG, MD, FACS
Professor, UCLA Head & Neck Surgery
Director, UCLA Nasal & Sinus Disease Center

UCLA Voice Center for Medicine and the Arts
924 Westwood Blvd, Suite 515
Los Angeles CA 90024
310.794.8634

UCLA Head and Neck Clinic
Peter Morton Medical Building
200 UCLA Medical Plaza, Suite 550
Los Angeles, CA 90095
310.206.6688
Disorders of the Eye

- Glaucoma (high pressure of the eye)
- Presbyopia (gradual loss of the eye’s ability to focus on nearby objects that occurs with age)
- Eye floaters (small spots that move around in the field of vision)
- Light sensitivity/glare
- Macular disease (blurring or loss of central vision)
- Any eye condition that affects your ability to read sheet music

For Appointments

TARA A. McCANNEL, MD, Ph.D.
UCLA Department of Ophthalmology
Retina Division
Director, Ophthalmic Oncology Center

UCLA Jules Stein Eye Institute
Doris Stein Building
200 Stein Plaza, 1st Floor, Retina Suite
Los Angeles, CA 90095
310.206.7484

1807 Wilshire Boulevard, Suite 203
Santa Monica, CA 90403
310.829.0160
General Surgical Conditions

- Hernia repair
- Gallstones
- Biliary colic (pain related to blockage of a duct from gallstones)
- Diverticulitis (inflammation/infection of small, bulging pouches along intestinal wall)
- Gastrointestinal cancer

For Appointments

F. CHARLES BRUNICARDI, MD, FACS
Professor & Chief of General Surgery,
UCLA Medical Center, Santa Monica
Moss Foundation Chair
in Gastrointestinal and
Personalized Surgery
Professor and Vice Chair,
Surgical Services

1304 15th Street, Suite 102
Santa Monica, CA 90404
310.319.4080
Cardiovascular Conditions

- Cardiac arrhythmias (abnormal rhythms of the heart)
- Coronary artery disease
- Hypertension
- Cholesterol disorders

For Appointments

RAVI H. DAVE, MD
Clinical Professor of Medicine
Director, Interventional Cardiology
Director, Santa Monica and Community Cardiology Practices

UCLA Cardiology
2020 Santa Monica Blvd, Suite 220
Santa Monica, CA 90404
310.582.6220

1250 La Venta Drive, Suite 211
Westlake Village, CA 91361
805.494.6920
Dermatologic Conditions

- Eczema
- Contact dermatitis
- Customized patch testing for allergies to metals and resins found in musical instruments
- Acne
- Fiddler’s neck
- Cellist’s chest
- Clarinetist’s cheilitis

For Appointments

KATHY H. LANGEVIN, MD
VEENA VAN CHINATHAN, MD, FAAD

UCLA Dermatology
2020 Santa Monica Blvd., Suite 510
Santa Monica, CA 90404
310.917.3376

19950 Rinaldi Street, Suite 300
Porter Ranch, CA 91326
818.271.2400
The UCLA Center for East-West Medicine was the first of its kind and remains at the forefront of integrative medicine. It is comprised of highly trained physicians and clinical specialists working in unison to provide comprehensive and holistic care that is patient-centered and empowers healthier lifestyle choices. Our innovative approach is at the core of our clinical, research and education efforts, as we strive to train future healthcare leaders and optimize patient care and outcomes through our integrative model.

UCLA’s innovation, dedication, and ability to reimagine medicine are having a profound effect on the healing arts all around the world. These scientific breakthroughs are due in large part to our friends as well as our alumni, faculty, and staff.

Cutting-Edge Integrative Research & Clinical Care

With your generous support, we will fund a number of innovative research and clinical programs at UCLA Health focusing on integrative East-West medicine and the multi-disciplinary Musician Wellness Program. Our goal is to enhance the quality of life for musicians around the globe.

Supporting Our Program

For more information about ways you can support the Musician Wellness Program, please contact us at musicianwellness@mednet.ucla.edu, call 805.379.6650 or visit cewm.med.ucla.edu/musicianwellness/.

Who We Are