When Ka-Kit Hui, M.D., F.A.C.P., Wallis Annenberg Endowed Chair in Integrative East-West Medicine, founded the UCLA Center for East-West Medicine (CEWM) in 1993, he envisioned a healthcare model that would not only heal sick patients, but also ultimately transform the healthcare system as a whole. Since its inception, the CEWM has blended the strengths of modern Western medicine and Traditional Chinese Medicine (TCM) to provide care that is person-centered, effective, self-empowering, and healing for body, mind, and spirit.

In relation to today’s primary healthcare system, CEWM has created a model which:

- Orchestrates a team of trained physicians and TCM practitioners to develop treatment plans, patient-and-community-centered education, and

- Works jointly with hospitals, researchers, and community clinics to expand healthcare to the underserved communities of Los Angeles, and, by example, serve as a transnational model across nations.

- Rather than viewing East-West medicine or TCM treatment as a choice of last resort, CEWM seeks to change the fundamental ways in which “primary care” is defined and practiced; in other words, integrative health can be viewed from the get-go as a key component for all patients.

As a counterpoint to modern medicine’s focus on isolating and treating individual symptoms, Dr. Hui created a tripartite research-based, educationally relevant, and family-centered clinical system that emphasizes preventive care and teamwork to address the root causes of illness, before a patient requires invasive, expensive treatments. With support from UCLA Health leadership and philanthropic investment from donors, Dr. Hui’s vision has become a reality. For the past 25 years, the CEWM has been at the forefront of what has become a global mission and movement toward integrative care.
This vision consists of three interrelated areas:

- Research and Educational Training Programs for physicians, practitioners, and communities.
- Onsite clinical facilities through (five and expanding) UCLA East-West Medical clinics.
- International research fellowships, exchanges, and the creation of new centers/programs in Asia, Latin America, and Europe.

In addition to developing extensive medical training programs for Western-and-Eastern trained health professionals alike, together with an educational program that encompasses all elements of CEWM, Dr. Hui and his colleagues have advanced vital initiatives that not only research, document, and translate Traditional Chinese Medicine (TCM) resources and techniques, but also disseminate these insights to medical practitioners in the West.

**East-West Integrative Primary Healthcare Model**

“In wellness or pain, our brain doesn’t distinguish between imaginary, virtual, and real—so it is vital to treat the whole person to address the mind, body and spirit.”

-Lan Kao, LAc, Dipl. Ac. & C.H.

Long before “wellness” became a buzzword, Dr. Hui and his team of doctors, clinicians, and researchers were advocating for a new paradigm in primary health care: a more balanced approach that addresses the needs of the whole person, including psychosocial stressors, individual habits, and environmental exposures. The mission of CEWM primary care is to empower patients to develop optimal health and well-being by applying the principles of personalized disease prevention and treatment, integrative medicine, and traditional Chinese healing philosophy in accordance to their own cultural background. At CEWM, primary care physicians trained in both Chinese and Western medicine work with a team of East-West integrative healthcare professionals to design an individualized, effective and cost-conscious treatment plan for each patient, combining lifestyle coaching, medical care, and nutrition recommendations, as well as techniques such as acupuncture, trigger point injections, therapeutic massage, and mind-body exercises. In their discussions with patients, CEWM physicians emphasize healthy, pro-active behaviors that can be implemented on a daily basis to promote long-term wellness.

With more than 31,000 patient visits per year at its five clinical sites, CEWM stands as a model that incorporates a broader and more comprehensive approach into the healing process and the primary healthcare system.

Going forward, Dr. Ka-Kit Hui and his team plan to expand their partnership with international nonprofit organizations to bring their pioneering East-West primary care model to communities around the world.
Innovative Partnerships and Programs

Cutting-edge programs developed by CEWM under this integrative primary health care model consist of both training for doctors, practitioners and research fellows, and programs for in-patient treatment.

- **East-West Nutrition Program**
  Headed by Felicia Yu, MD, CEWM Faculty, the program includes nutrition group visits for patients through lectures, cooking demos, and the integration of Chinese medicine nutrition, western nutrition, and culinary medicine techniques to address both wellness and disease. Areas covered include overall health optimization, diseases including cancer, heart disease, diabetes, gastrointestinal diseases, brain health, pregnancy/postpartum, and menopause to name a few.

- **Herbal Medicine Initiative**
  As global interest in Chinese herbal medicines (CHMs) increases, CEWM has embarked on a wide-ranging investigation of the safety and efficacy of these treatments. During the past 25 years, Dr. Ka-Kit Hui and his staff have advocated for the therapeutic potential of Chinese herbal medicine and their safe use. He has shared his expertise with the U.S. Food and Drug Administration, the National Institutes of Health, the World Health Organization, national and international governments and universities, health insurance companies, and pharmaceutical corporations.

  Last year, CEWM launched its Herbal Medicine Initiative. A cornerstone of the initiative was the UCLA Chinese Herbal Medicine Summit and Symposium, which took place in July 2017 and brought together academics, practitioners, researchers, and industry leaders from Asia, Europe, and North America.

- **Integrative East-West Oncology Program and TeamX Health Non-Profit Organization**
  Clinical medicine is both a science and an art. While conventional undergraduate curriculum aims to prepare pre-health students for core sciences such as biochemistry and physiology, few introduce also the teaching of caring, kindness, teamwork, and the art of medicine.

  In a collaborative effort with CEWM, TeamX Health, a nonprofit organization founded by CEWM Administrative Fellow, Tony Hung, MD, MBA, launched an innovative art of medicine curriculum for undergraduates - the Integrative Oncology Scholars Program (IOSP). The program is designed and taught in a team-based learning format. Over a 10-week academic quarter, students are challenged to explore the evolving evidence-based discipline of integrative oncology, while at the same time they are empowered to become future healthcare leaders through ingenuity, compassion and kindness.

- **Integrative Eye Health Program**
  Headed by Lan Kao, Chinese medicine clinical specialist and research associate, the integrative eye health program provides education and research on East-West integrative approaches to address chronic eye conditions. CEWM has collaborated with our partners in China at the China Academy of Chinese Medical Sciences (CACMS) Eye Hospital since 2012 and at the UCLA Stein Eye Institute since March 2017. In collaboration with the Stein Eye Institute, CEWM developed and launched a series of educational workshops for patients, as well as for UCLA staff and faculty, with chronic vision problems or impairment. The program provides comprehensive eye health utilizing the principles of Chinese medicine with a person-centered approach to help prevent vision impairment and blindness in the population.
Tai Chi Health: Scientific Evidence to Program Development

The potential of the ancient Chinese exercise, Tai Chi, in promoting wellness, quality of life, and the prevention or lessening of pain for patients with chronic conditions including fibromyalgia and shingles, was explored in the 2nd annual symposium on Chinese Medicine in the United States at UCLA on August 11, 2018. A number of researchers, including Professor Chenchen Wang, MD, MSc, Tufts University School of Medicine and Professor Shin Lin, PhD, from UC Irvine, provided evidence-based research on the efficacy of tai-chi strategies for promoting good health, while representatives from city and state health organizations discussed how to better integrate tai-chi into their operations.

Esophageal Disorders

UCLA offers a comprehensive, multidisciplinary and innovative program designed to help patients with upper gastrointestinal disorders. In addition to making available the latest cutting-edge diagnostic, therapeutic and surgical procedures of modern medicine, the Integrative East-West Esophageal Disorders Program, led by Dr. Lawrence Taw, also offers the best of Traditional Chinese medicine (TCM), including acupuncture, therapeutic massage, and patient-centered education focusing on Chinese nutrition, self-acupressure techniques and stress management. This integrative approach looks at the whole person, empowers patients to make healthier lifestyle choices, and is customized to fit one’s needs, goals and comfort. This one-of-a-kind program may be of particular benefit to those who do not respond well to or tolerate medications, prefer to avoid invasive procedures, or favor more natural therapies.

This program is a collaboration of the UCLA Center for East-West Medicine, the UCLA Center for Esophageal Disorders, the UCLA Swallowing Disorders Center, and the UCLA Division of Digestive Diseases.

Inflammation Program

Dr. Lawrence Taw has also developed a clinical program to deal with inflammatory diseases. The Inflammation Program consists of treatment and education components. The goal is to treat patients with medical conditions such as osteoarthritis, rheumatoid arthritis, inflammatory bowel disease, multiple sclerosis, eczema, lupus and asthma.

Musician Wellness Program

Led by Dr. Malcolm Taw the UCLA Integrative East-West Musician Wellness Program offers a musician-centered, problem-solving approach to optimize health and wellness for all performing artists through a multi-disciplinary team of UCLA Head & Neck Surgery, Ophthalmology, Cardiology, Dermatology, Integrative Nutrition and East-West Medicine. As “athletes of the small muscles,” musicians can suffer from a variety of musculoskeletal conditions caused by the demands placed upon the body from years of practice, rehearsals and performance. Our program can help optimize musical performance to maintain the precision, coordination, fluency and stamina that are required of a musician.

Head and Neck Disorders

Dr. Malcolm Taw has also developed an integrative East-West medicine specialty clinic for disorders of the head and neck that will provide a patient-centered approach to conditions such as headaches and neck pain, dizziness/vertigo, sinusitis/allergic rhinitis, temporomandibular joint syndrome (TMJ) and eustachian tube dysfunction.
East-West Integrative Education, Training, and Policy Impacts

“In China, IM (Integrative Medicine) has been meticulously planned and implemented by the government in various institutional contexts over the last 60 years.”
- Weijun Zhang, DrPH, BMed, and Sonya E. Pritzker, M.D.

Visual History Project: Creating Integrative Medicine Education for the West
In the mid-1950s, the Chinese government created a training program that laid the foundation for integrative East-West medicine. The program provided Western-trained medical doctors in China with education in TCM and encouraged Chinese medicine practitioners to pursue M.D. degrees in Western medicine. Over the last six decades, these pioneers advanced research that has yielded important discoveries, some of which are not well known outside China, with the exception of the discovery of Artemisinin by research scientist Tu Youyou, for which she received the 2015 Nobel Prize.

In order to accurately document the origin of integrative medicine, CEWM has launched the Visual History Project, a video archive of interviews with Chinese East-West medicine pioneers, with more than 150 hours of footage covering specialties including acupuncture, hematology, oncology, herbal research, cardiology, and health policy. The CEWM team has interviewed dozens of integrative medicine pioneers ensuring that the knowledge from these leaders can inform future stakeholders in this field.

Highlights of select footage are currently featured on the CEWM YouTube channel and will become part of CEWM’s online course in East-West Integrative Medicine, currently under development.

China Affairs and Integrative Medicine Training
Dr. Weijun Zhang, Director of China Affairs, has launched leadership programs for faculty, physicians, and administrators in China. These include six training modules, mentoring visiting scholar/faculty from Shanghai, and hosting a number of integrative medicine conferences. Dr. Zhang works closely with Shanghai University of Traditional Chinese Medicine and Hubei University of Chinese Medicine and is working to build the CEWM’s Tai Chi and Global Training Programs.

Global Bridges: Brazil and Poland
In Brazil, Dr. Thais Araujo, a visiting scholar at the UCLA Center for East-West Medicine, is initiating the first conferences on Global Health Policies in relation to Integrative Health Practices including TCM.

In Poland, Dr. Monika Rybička, inspired by Dr. Hui’s work, is helping Jagiellonian University is working on establishing the first East-West Integrative Medicine Center. The Jagiellonian University is the oldest university in Poland and one of the oldest in Europe.
Tzu Chi Foundation Collaboration
This is a new collaboration between CEWM and the Tzu Chi Foundation to support training in integrative medicine techniques to disseminate our East-West medicine model through the Tzu Chi non-profit network, and to provide more specialized care to the underserved communities of Los Angeles County. Tzu Chi is an international humanitarian and non-governmental organization. In California, its free clinics and mobile clinics provide medical care, dental care, eye care, and acupuncture throughout the state to communities with limited access. Operating six hospitals in Taiwan and managing the world’s fifth largest bone marrow bank, Tzu Chi has provided medical services and disaster relief in El Salvador, Sri Lanka, Haiti, and Honduras.

World Health Organization Initiatives

“TCM, like many other forms of traditional medicine, is modeled on a fundamentally different way of looking at health and disease, and is one of the most widely used and studied systems.”
-Ryan Abbott, M.D., J.D.

The CEWM 25th anniversary will coincide with the World Health Organization’s adaptation of TCM guidelines into its 11th global compendium of research and recommended policies. CEWM and Dr. Hui’s efforts and involvement with WHO during the past two decades have helped set the foundation for the ground-breaking 2019 WHO initiative.

This initiative is the product of WHO’s ten year strategic plan, released in 2014, to “integrate traditional medicines into modern medical care to achieve universal health coverage.” Chapter 26 of the compendium will include a TCM classification system and thus will help it become recognized as an integral component of global health care. The adaptation of these TCM guidelines will influence how doctors in more than 100 countries diagnose and treat diseases, how insurance companies determine coverage, how epidemiologists apply research, and how health officials review statistics.

Change-Agents: Developing A New Generation of Leadership

“A focus on prevention and wellness and preference for non-invasive, low-cost and high-touch treatments is what most of our patients really want.”
- Edward Kwok-Ho Hui, M.D., FACP

As the current director of the East-West Primary Care Program at CEWM, Dr. Edward Hui is active in clinical care and teaching as an internist with a background in East-West and geriatric medicine. Dr. Hui, like his father, believes that a newly redesigned primary care would benefit greatly from the utilization of approaches championed by geriatrics and integrative East-West practitioners and that they must play a fundamental role in the redesign of primary care going forward. Developing a new generation of leadership is key to meeting the global health crisis of the 21st century.
CEWM provides leadership training and education for physicians, researchers, and health professionals through fellowships, residencies, medical-student courses, and summer sessions at UCLA and in Shanghai, China. These trainees are learning Dr. Hui’s vision and implementing it on a global scale in academic institutions, laboratories, and health centers around the world. Through these efforts, CEWM is working to ensure that future generations have access to outstanding patient-centered, problem-solving effective healthcare.

- **Training the Next Generation of Students and Practitioners**
  With generous philanthropic support from the Oppenheimer Family Foundation, CEWM first launched its educational programs in 1995. Since then, more than 1,000 students and clinicians have participated, and the demand for these courses grows exponentially each year. Education and leadership development permeate every aspect of CEWM’s activities, and the students have progressed to incorporate elements of TCM and integrative care into their medical practices and research methods.

- **Fellowship Program**
  Continued philanthropic support, including the establishment of The Andrew and Peggy Cherng Integrative East-West Medicine Fellowship Program, has enabled the expansion of CEWM’s fellowship program. Fellows can now choose between a subspecialty or a primary care track. Both fellowship tracks are designed to train physicians to become exceptional academic leaders, clinicians, and teachers in the expanding field of integrative medicine.

  The programs offer intensive didactics in the theory and practice of TCM and other complementary and integrative medicine disciplines, providing extensive clinical training with the use of evidence-based therapies. Advanced training is then tailored to advance each fellow’s specific interests.

  Previous graduates have applied their fellowship education to careers as varied as geriatrics, primary care, health services research, translational research, public health, inpatient medicine, and palliative care, with the goal of orchestrating the best healthcare for each patient.
HIGHLIGHTED TEAM MEMBERS FROM VARIOUS PROGRAMS

SANTA MONICA CLINIC

Dr. Edward Hui
East-West Primary Care, Geriatrics

Dr. Felicia Yu
East-West Primary Care Culinary Nutrition

Dr. Justin Laube
East-West Primary Care, Education Training

Dr. Alan Chu
East-West Primary Care Fellow

Dr. Isabella Lai
East-West Consultative Fellow

Dr. Katie Hu
East-West Primary Care, Family Medicine

Dr. Dr. Yumin Cho
Herbal Nutrition

Dr. Dr. Kat-Kit Hui
Director & Founder

Dr. Lan Kao, LAc, Dipl. Ac. & C.H.
Integrative Eye Health

Westwood Academic Office

Dr. Weijun Zhang
Acupuncturist Network, China Affairs

Dr. Richard Chu
Director & Founder

Offsite: LA County System, Oral Health, Integrative East-West Oncology

WESTLAKE CLINIC

Dr. Malcom Taw,
Director at Westlake Village Clinic

Dr. Dr. Andrew Shubov
Inpatient Program, Internal Medicine Suite in Westwood

Dr. Dr. Tony Hung,
Integrative Oncology Program

Dr. Cynthia Diep, LAc, DDS
Integrative Oral Health

Dr. Irene Kim, LAc, OMD
Integrative Oncology Program

Dr. Dr. Emily Chang
LA County Health Systems Program

PALOS VERDES & TORRANCE CLINIC

Dr. Lawrence Taw,
Director at Palos Verdes and Torrance Clinic

Dr. Dr. Annie Zhang
Inpatient Program, Internal Medicine Suite in Westwood

Dr. Dr. Grant Chu,
Herbal Medicine Program

SINCE 1993

25th ANNIVERSARY

1993-2018 | TWENTY-FIVE YEARS OF LEADERSHIP
Website: cewm.med.ucla.edu • (310) 794-0712
C O N T A C T

WESTWOOD ACADEMIC & RESEARCH OFFICE
1015 Gayley Ave, Suite 105
Los Angeles, CA 90024
Tel: 310-794-0712
Fax: 310-794-3310

SANTA MONICA CLINIC
2336 Santa Monica Blvd., Suite 301
Santa Monica, CA 90404
Tel: 310-998-9118
Fax: 310-829-9318

PALOS VERDES CLINIC
501 Deep Valley Drive, Suite 100
Rolling Hills Estates, CA 90274
(310) 303-3953 Phone
(310) 303-7903 Fax

www.uclahealth.org/PalosVerdes

WESTLAKE VILLAGE CLINIC
1250 La Venta Drive, Suite 101A
Westlake Village, CA 91361
Tel: 805-379-6650
Fax: 805-379-6655

TORRANCE CLINIC
3500 Lomita Ave, Suite 302
Torrance, CA 90505
Tel: 310-257-0129
Fax: 310-257-0130

DONATE

Donations to the UCLA Center for East-West Medicine strengthen its financial foundation, giving life to innovative programs in patient care, education, and research, and sustaining its growth for the future.

If you have any questions regarding making a donation to the UCLA Center for East-West Medicine, please contact our academic office at (310)-794-0712 or email annafong@mednet.ucla.edu
You can also donate online at: cewm.med.ucla.edu