Next year will be the 25th anniversary of the UCLA Center for East-West Medicine (CEWM). From modest beginnings, we have grown into a network of clinical sites, which provide more than 24,000 patient visits each year. Our clinical operations have grown to include four clinics with plans to further expand.

The Center continues to focus on training and educating thousands of physicians, researchers, health professionals, students, and members of the public. With our two-year fellowship program for physicians, elective rotations for residents, fellows from different specialties, courses for medical students and summer courses at UCLA and in Shanghai, China, the Center is committed to introducing a new program primarily developed for UCLA physicians this coming year.

The time has come for the Center to disseminate its model to the rest of UCLA’s health system. Every aspect of medical practice could realize benefits from introducing techniques and concepts of integrative care. In particular, there are unmet needs for the Center’s model to be incorporated into conventional primary care. This will improve patient outcomes, decrease physician burnout and result in lower healthcare costs.

Whether you are a donor, patient, volunteer or student, we would not have advanced this far without your tremendous support. Thank you. Here are some highlights from 2017 to display our collective effort in leading integrative East-West Medicine in the United States and in China.
Academic Events

**The Herbal Medicine Initiative**, which included a Summit, Symposium and a Publishing competition, was launched in July 2017 as part of the Center’s effort towards promoting the safe and effective use of herbal medicine:

### The Herbal Medicine Summit
Prominent academicians, practitioners, researchers and industry leaders from Asia, Europe and North America gathered for roundtable discussions on strategies to optimize the use of Chinese herbal medicines.

### The Potential of Chinese Medicine Symposium
An open event that convened stakeholders in the local community, which included medical students, Chinese medicine students, healthcare professionals, policy experts and industry members, to discuss the potential values of Chinese medicine with experts from UCLA, the LA County and WHO.

*A detailed description of the Summit and Symposium is available at the Center’s website.*

### Chinese Herbal Medicine Publishing Competition
The Center solicited essay and video submissions on how more people could benefit from the safe and effective use of Chinese herbal medicine. A panel of internationally recognized experts in herbal medicine assessed the novelty, feasibility and potential impact of all submissions. Collectively, the winners of this competition received $12,000 in prizes.

*All winning submissions have been posted to our website for your viewing.*
Community Outreach

The 1st Annual International Chinese Medicine Cultural Festival, overseas tour hosted by Phoenix Satellite TV Group and Phoenix Exhibitions Co Ltd was held on September 30, 2017. The festival cordially invited Drs. Ka-Kit Hui, Zhonglong Li, Yumin Cho, Ming-Dong Li and Cynthia Diep to host a 2-hour seminar on the benefits of integrative medicine for stress management.

See a summary of the Cultural Festival at our website.

Empowering Cancer Survivors and their Caregivers was the focus of the Center’s 7th Annual Shirley Hui Memorial Event. The seminar on October 11, 2017 at the UCLA Faculty Center, aimed to empower cancer survivors and their caregivers to explore integrative approaches throughout their cancer journey. At the event, Dr. Ka-Kit Hui introduced the idea of the urgent need to train physicians and other health professionals in integrative health to form a dedicated team in caring for the patients and their similarly stressed out caregivers during their journey with cancer.

An overview of the event is available at the Center’s website.

Optimizing Daily Well-Being with East-West Medicine

A half-day seminar hosted by our East-West Primary Care on October 21, 2017 at the UCLA Santa Monica Hospital Auditorium. The speakers encouraged attendees to take charge of their health by learning about nutrition, happiness, well-being and pain management.

For a summary of the seminar, please visit our website.
Special Programs and Courses

Integrative East-West Eye Health Program
In collaboration with UCLA Stein Eye Institute, the UCLA Center for East-West Medicine launched this new 8-week program in October, 2017. The program focuses on empowering patients who may have eye diseases, to manage various visual symptoms such as fatigue, photophobia, dry eyes and watery eyes. The program aims to help attendees activate their body’s self-healing mechanisms and to maintain a healthy lifestyle through attaining new perspectives, life skills and behaviors. This innovative program integrates the whole-person approach inherent in traditional Chinese medicine with conventional care to improve eye health through mind-body exercises, East-West nutrition, health coaching, and group acupuncture exposure.

UCLA Study Abroad Program to Shanghai, China
In August 2017, CEWM launched this pilot program in collaboration with the Shanghai University of Traditional Chinese Medicine.

In June 2018 we will officially offer, in collaboration with UCLA Global Health, Medicine and Global Health: East-West Medicine in Shanghai, an 8-unit course, through the UCLA International Education Office’s Summer Travel Study Program. In this course, students will learn the basic concepts of Chinese medicine, its roots in Chinese culture as well as the modernization of Chinese medicine. They will also learn about China’s rapidly changing healthcare landscape and integrative medicine strategies that the Chinese government is implementing to address personal and community health issues.

Find more information about the 2018 Travel Abroad Program at our website.
International Collaboration and Leadership Training

International Symposium of Integrative Traditional Chinese Medicine (TCM) Ophthalmology
In October 2017, Dr. Hui travelled to the Eye Hospital at the China Academy for Chinese Medical Sciences (CACMS) to present at this symposium.

Beijing and Taiwan Outreach
In mid-October, Dr. Hui travelled to Taiwan and Beijing to give six presentations in 4 hospitals. At the Xi Yuan Hospital in Beijing, Dr. Hui and Dr. Annie Zhang, Senior Fellow at the Center, presented at a meeting hosted by Professor Chen Ke Ji, renowned academician at the CACMS and Editor-in-Chief of the Chinese Journal of Integrative Medicine.

1st International Advanced Training Course for TCM
An intensive two-week program to train 23 successful applicants from five countries in the development of TCM in clinical practice and research. The program was sponsored by the Chinese government's Ministry of Science and Technology and co-organized by CACMS and the CEWM.
The 2017 Global Health Forum in Taiwan was held in Taipei from October 22-23 by the Taiwan Ministry of Foreign Affairs, Ministry of Health and Welfare and Health Promotion Administration. The goal of this annual forum is to convene leaders in research, policy, and practice to brainstorm and share findings that address various health and welfare challenges. Dr. Yumin Cho, project scientist at the Center attended this event with Dr. Hui who presented on the importance of the integrative East West Health model for the aging population. 1,010 participants and 58 experts from 35 countries attended the forum. Among them was Keynote Speaker Shih-Chung Chen, the Minister of Ministry of Health and Welfare of Taiwan.

Please find more information about the forum here.

Shanghai Forum for World Traditional Medicine

In November 2017, Dr. Weijun Zhang, Director of China affairs at the Center, presented at this forum, which was attended by 200 experts in traditional medicine across 13 countries. The forum aimed to bring together various types of traditional medicine and analyze the potential and challenges to improve healthcare. Dr. Zhang presented on complementary and traditional medicine usage in the United States. He focused on the current situation of Chinese medicine in the U.S. and provided perspectives on the potential and challenges of it being incorporated into mainstream U.S. health care.