Meeting Report

10th Anniversary Celebration UCLA Center for East–West Medicine East Meets West for Comprehensive Pain Management

**Ka-Kit Hui, MD, Director December 6, 2003, 8:30 a.m.–5:00 p.m.,
Tom Bradley International Hall at UCLA**

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There is a new journal! For this first issue of *Evidence-based Complementary and Alternative Medicine (eCAM)*, it is especially appropriate to focus on an event at UCLA because of its significant association to Dr Ka-Kit Hui and others are members of our Editorial Board. Patient care, and perhaps any spill over into basic research, is of great interest. We are pleased to celebrate the tenth anniversary of the UCLA Center for East–West Medicine.

The program began with registration and a continental breakfast followed by a welcome address and introduction by Dr Ka-Kit Hui, and then a rather extensive introduction to traditional Chinese medicine and the emerging health paradigm of integrative East–West medicine. This was followed by a break to allow the delegates to network and then a prolonged interesting presentation: **Integrative East–West Medicine—The Perspective of Patients and Their Families**. This presentation was open—at times touching and a bit wrenching—as patients recounted their difficulties, followed by appreciation of the East–West Center for their treatment and well-being. Post lunch, there was an expert panel discussion on pain management from the perspectives of Western medicine, complementary/alternative medicine and East–West medicine. After another afternoon break, there were two prolonged workshops on pain management that included *Tai Chi/Qi Gong*; Acupressure/*Tuina*; Herbs and Nutrition; and Advances in Western Medicine. The workshops were led by Marc Brodsky, MD; Jie-Jia Li, Lac; Xiuling Ma, Lac; Tim Pan, MD; Bill Tu, MD; and Jun Liang Yu, Lac.

The speakers included Dr Michael Ferrante (MD, Professor of Clinical Medicine and Anesthesiology) and Dr Alan Fogelman (MD, Executive Chair, Department of Medicine). Dr Fogelman's presentation was especially pertinent since it focused on the history of the East–West Center and expressed his willingness, interest and support to Dr Ka-Kit

Hui and the East–West Center. Dr Lonnie Seltzer (MD, Professor of Pediatrics, Anesthesiology and Psychiatry) like Dr Hui, is also a member of the Editorial Board of *eCAM*. Towards the end, we had another break followed by special recognition and closing remarks by Dr Hui and others. It is worthwhile to consider a brief overview of the Center.

The UCLA Center for East–West Medicine

The David Geffen School of Medicine at UCLA

Mission: Health for All through Integrative Medicine

Goal—To lead in improving health and quality of life by bringing together the best of Western and Chinese medicine to provide health care that is safe, effective, affordable and accessible for individuals, families and communities.

Vision—Dr Ka-Kit Hui, MD, Professor of Medicine, David Geffen School of Medicine at UCLA, established The UCLA Center for East–West Medicine in 1993. Dr Hui's vision is to provide health care that integrates the best of Chinese and Western medicine for health and healing of individuals, families and communities worldwide. The Center has established a model system of comprehensive care with emphasis on health promotion and disease prevention, treatment and rehabilitation through an integrated practice of East–West medicine. It offers professional programs in integrative East–West medicine, Chinese medicine and complementary therapies for health enhancement. Initiatives include promotion of collaboration with multi-disciplinary leaders at UCLA and other institutions worldwide in order to develop theoretical, scientific and clinical foundations for a new healthcare paradigm.

Clinical Care—The patients at the Center's clinic represent diverse economic and social backgrounds, professional and work experience, ethnicity, age, gender and health condi-

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tions. The clinical staff develops integrative East–West treatment plans to meet each patient’s needs. Therapeutic approaches include medication adjustments, trigger point injections, acupuncture, acupressure, therapeutic massage, herbal medicine consultation, nutrition, dietary supplements, stress management, life style recommendations, patient education, *qi-gong* and *tai chi* exercises. Clinical care is complemented by diverse educational and research programs.

Educational Programs—The Center offers innovative fellowship approaches to train practitioners as leaders in integrative medicine. Additional educational programs include rotations for UCLA medical residents, lectures for graduate students from the School of Public Health, School of Nursing, Department of Psychiatry, General Internal Medicine and Neurology and research programs for undergraduates. On-site courses for first and fourth year medical students have been recognized by students as one of the best courses in the medical school curriculum. The following Annual International Conferences on Integrative Medicine have been successfully organized by the Center: **Incorporating Traditional Chinese Medicine in Your Practice to Enhance Patient Care** (1996); **Breaking the Pain Cycle** (1997); **An Integrative Approach to Chronic Illness and Successful Aging** (1998); **International Cooperation for the Advancement of Integrative Medicine** (1999); **Blending Chinese and Western Medicine to Enhance Patient Care** (2000); **Improving the Quality of Life: Integrative Approaches to Pain and Cancer** (2001); and **Training Leaders in Integrative Medicine** (2002).

International Networks—The Center has established national and international networks of experts, healthcare providers, research institutes, and healthcare, business and community organizations. A broad range of health issues are addressed: chronic pain, high blood pressure, cancer, asthma, stress, anxiety, trauma, fibromyalgia, arthritis, women’s health, cardiology, gerontology, clinical pharmacology and other clinical problems, many of which had been intractable to therapies of conventional Western medicine. Research and results are reported in presentations conducted at the National Institutes of Health, World Health Organization and World Integrative Medicine Congress, Kaiser Permanente, Arthritis Foundation, American Pain Society and university medical schools including Stanford, Harvard, UCLA, Hong Kong, Zhongshan and Sydney.

Community Outreach—To benefit diverse groups in the community, the Center hosts conferences for patients and professionals in addition to providing educational programs and demonstration projects for community groups to teach simple, cost-effective integrative medicine techniques. Examples include senior centers and health fairs sponsored by the L.A. County Commission on Aging, where integrative medicine practitioners teach acupressure, *tai chi*, and *kumdo* for health promotion and longevity. To influence the health and lifestyle choices of future leaders, the Center participates in the UCLA Annual Student Health Fair focusing on techniques for stress management and nutrition.