Meeting Report

Second Annual Integrative Medicine Symposium

Translating Science into Clinical Practice

February 20–21, 2004, UCLA Campus, Los Angeles, CA

Edwin L. Cooper*

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This conference offered a combination of plenary presentations and workshops. Leaders in research and practice lectured in the three topic areas of Cancer, Functional Disorders (including irritable bowel syndrome, fibromyalgia) and Metabolic Syndrome (obesity, syndrome X, diabetes). Following each lecture there was a panel discussion of clinical cases with questions taken from the audience. Workshops provided hands on experience to help guide referral or utilization of CAM modalities. The symposium was aimed at primary care medical providers, psychologists, nurses, pharmacists, nutritionists, chiropractors, acupuncturists and other complementary health-care providers, and offered CME and CEU credit. The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA, is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians.

The founding members of CCIM (Collaborative Centers for Integrative Medicine) also serve as founding members of the Editorial Board of the new journal, *Evidence Based Complementary and Alternative Medicine (eCAM)* published by Oxford University Press, both of which were sponsors. The CCIM members include: Center for Neurovisceral Sciences and Women's Health at UCLA, Emeran Mayer, MD, Bruce Naliboff, PhD, Co-Directors; Cousins Center for Psychoneuroimmunology at the UCLA-NPI, Michael Irwin, MD, Director; Center for East West Medicine at UCLA, Ka-Kit Hui, MD, Director; Pediatric Pain Program at the UCLA Mattel Children's Hospital, Lonnie K. Zeltzer, Director; Center for Human Nutrition at UCLA, David Heber, MD, PhD, Director; Stiles Program in Integrative Oncology at UCLA-Jonsson Comprehensive Cancer Center; Richard J.

Pietras, MD, PhD, Director. A full listing of CCIM faculties can be viewed at: www.uclamindbody.org

Course Objectives

At the conclusion of this program participants should be able to:

- Evaluate the integration of complementary medical therapies through actual clinical case presentations presented by experts in the field.
- Review clinical evidence for complementary medical therapy use as applied to patients with cancer, metabolic syndrome and functional diseases such as irritable bowel syndrome and fibromyalgia.
- Develop communication skills and strategies for an effective physician–patient relationship to aid in the counseling of patients who use, seek or demand complementary medical therapies.

Friday, February 20, 2004

Following registration and viewing of exhibits, Emeran Mayer and Mary Hardy welcomed participants.

Michael Irwin MD then introduced the keynote speaker, Margaret A. Chesney. Her talk was entitled: 'Integrative Medicine and Accentuating the Positive'.

Plenary Session I: Metabolic Syndrome

The main speaker, David Heber, gave a talk rapidly punctuated with humor. This was followed by two speakers, a panel discussion and 90 minute workshops:

Adjuvant Therapies for Weight Management: Safety and Efficacy Considerations. *Frank Greenway*

Behavior and Lifestyle Changes: How and Why? *Dean Ornish*

*Professor and Editor-in-Chief (*eCAM*), E-mail: ecam@mednet.ucla.edu

Workshop Session I

Geriatric Oncology: The Role of the Primary Care Provider. *Arash Naeim*

Complementary Alternative Medicine: Evidence-Based Considerations for Pulmonary Disease and Serially Expectorated Xanthomucous. *Irwin Ziment*

Introduction to Herbs and Supplements for Clinicians: An Evidence-Based Approach. *Michael Rotblatt*

Using the Literature to Guide Clinician and Patient Decision Making. *Francesco Chiappelli*

Hypnotherapy for Patients with Chronic Pain: Children and Adults. *Lonnie Zeltzer, Kathryn dePlanque, Jody D. Thomas*

An Integrative East–West Medical Approach: Improving the Quality of Life of Patients with Cancer. *Ka-Kit Hui, Michael Johnston, Timothy Pan*

Saturday, February 21, 2004

Plenary Session II: Functional Diseases

The Biological Basis of Altered Mind Brain Body Interactions in Functional Disorders. *Emeran Mayer*

Studying Complementary and Alternative Medicine: Is the Glass Half Full or Half Empty? *Daniel J. Clauw*

The Therapeutic Value of the Medical Interview. *Douglas Drossman*

Workshop Session II

The Usefulness of Chiropractic Care in the Treatment of Chronic Low Back Pain. *Betsy Singh, Sivarama P. Vinjamury, Demetrios Papadopoulos*

Cancer's Effects on the Psyche: Tools for Healing the Whole Patient and Family. *Anne Coscarelli, Kauser Ahmed, Thomas J. Pier*

Safety and Efficacy Concerns in the Use of Herbal Supplements. *Mary Hardy, Jay Udani*

Integrating Massage Therapy into Health Care. *Cynthia Myers, Shay Beider, Keren Koretz, Chris Voltarel*

Palliative Care in Cancer Treatment. *Judith Ford*

The Evidence-Based and Clinical Applications of KAMPO, Traditional Japanese Herbal Medicine. *Haruki Yamada*

Plenary Session III: Cancer

Richard J. Pietras

Participants

Kauser Ahmed, PhD, Psychologist, Ted Mann Family Resource Center, UCLA Jonsson Comprehensive Cancer Center, David Geffen School of Medicine at UCLA.

Shay Beider, LMT, CIMI, Director, Children's Program: The Heart Touch Project; Integrative Touch Program Coordinator, Children's Hospital Los Angeles.

Susan Bowerman, MS, RD, Assistant Director, Center for Human Nutrition, Department of Medicine, David Geffen School of Medicine at UCLA.

Barrie R. Cassileth, PhD, Chief, Integrative Medicine Service, Department of Medicine, Memorial Sloan-Kettering Cancer Center.

Margaret A. Chesney, PhD, is the National Center for Complementary and Alternative Medicine's (NCCAM) first Deputy Director and leads the Center's Division of Extramural Research and Training. Dr Chesney partners NCCAM's Director in planning, directing, and managing the programs and resources of the Center. She helps formulate, guide and oversee the management of all NCCAM-funded extramural centers, investigator-initiated research, research contracts, fellowships and training career awards.

Francesco Chiappelli, PhD, Professor, UCLA School of Dentistry, Division of Oral Biology and Medicine, Laboratory of Human Oral and Molecular Immunology.

Daniel J. Clauw, MD, Professor of Medicine, Division of Rheumatology; Director, Chronic Pain and Fatigue Research Center; Director, Center for the Advancement of Clinical Research, University of Michigan.

Anne Coscarelli, PhD, Director, Ted Mann Family Resource Center, UCLA Jonsson Comprehensive Cancer Center.

Kathryn dePlanque, PhD, Hypnotherapist, Holistic Health Specialist, and Educational Psychologist, Pediatric Pain Program at UCLA Mattel Children's Hospital.

Douglas Drossman, MD, Professor, University of North Carolina-Chapel Hill; Co-Director, UNC Functional Gastrointestinal Disorders Center.

Judith Ford, MD, PhD, MRCP, FRCR, Associate Professor, Department of Radiation Oncology, David Geffen School of Medicine at UCLA; Director, Palliative Care Unit, Santa Monica-UCLA Medical Center.

Patricia Ganz, MD, Professor of Health Services and Medicine, UCLA Department of Medicine, Division of Hematology and Oncology; Director, UCLA Division of Cancer Prevention and Control Research of the Jonsson Comprehensive Cancer Center.

Michael S. Goldstein, PhD, Professor, UCLA Department of Sociology and School of Public Health; Author: *Alternative Health Care: Medicine, Miracle or Mirage?*

Frank Greenway, MD, Medical Director and Professor, Pennington Biomedical Research Center, Louisiana State University.

Albena Halpert, MD, 4th Year Fellow, University of North Carolina-Chapel Hill, UNC Functional Gastrointestinal Disorders Center.

Mary L. Hardy, MD, Chair Associate Director, UCLA Center for Dietary Supplement Research in Botanicals, UCLA Center for Human Nutrition.

David Heber, MD, PhD, FACP, FACN Professor, David Geffen School of Medicine at UCLA; Founding Director,

UCLA Center for Human Nutrition; Chair Elect, UCLA CCIM; Member, UCLA Jonsson Comprehensive Cancer Center.

Ka-Kit Hui, MD, FACP, Professor of Clinical Medicine, UCLA Department of Medicine; Founding Director, UCLA Center for East–West Medicine.

Michael Irwin, MD, Norman Cousins Professor, Department of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA; Director, Cousins Center for Psychoneuroimmunology, UCLA Neuropsychiatric Institute; Vice Chair Elect, UCLA Collaborative Centers for Integrative Medicine; Member, UCLA Jonsson Comprehensive Cancer Center.

Michael Johnston, PhD, Postdoctoral researcher, UCLA Center for East–West Medicine, David Geffen School of Medicine at UCLA.

Kristof Konrad, CAT-AmSAT, Certified Teacher of the Alexander Technique, AmSAT.

Keren Koretz, MSW, Social Worker, Volunteer Coordinator, Jewish Home Hospice Services, Los Angeles Jewish Home for the Aging.

Sheng-Xing Ma, MD, PhD, Associate Professor and Director, Division of Perinatal Neuroscience, Department of Obstetrics and Gynecology, Harbor-UCLA Medical Center.

Emeran A. Mayer, MD, Co-Chair Professor, UCLA Departments of Medicine, Physiology, Psychiatry & Biobehavioral Sciences; Director, UCLA Center for Neurovisceral Sciences & Women's Health; Chair, UCLA CCIM.

Cynthia D. Myers, PhD, LMT, Research Psychologist, UCLA Pediatric Pain Program, Department of Pediatrics, David Geffen School of Medicine at UCLA.

Arash Naeim, MD, PhD, Assistant Professor, David Geffen School of Medicine at UCLA, Divisions of Hematology-Oncology and Geriatric Medicine; Director, UCLA Geriatric-Oncology Program.

Dean Ornish, MD, Clinical Professor of Medicine at the University of California, San Francisco; Founder, President, and Director, non-profit Preventive Medicine Research Institute in Sausalito, California.

Timothy Pan, MD, Clinical Instructor, Attending Physician, UCLA Center for East–West Medicine, David Geffen School of Medicine at UCLA.

Demetrios Papadopoulos, DC, MAOM, Research Associate, Southern California University of Health Sciences.

Thomas J. Pier, MSW, Oncology Social Worker, Ted Mann Family Resource Center, UCLA Jonsson Comprehensive Cancer Center, David Geffen School of Medicine at UCLA.

Richard J. Pietras, PhD, MD, Associate Professor of Medicine, UCLA Department of Medicine, Division of

Hematology and Oncology; Director, Stiles Program in Integrative Oncology, UCLA Jonsson Comprehensive Cancer Center.

Lobsang Rappagay, PhD, Assistant Clinical Professor, Department of Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA; Director, UCLA Behavioral Medicine Clinic and Program, UCLA Neuropsychiatric Institute.

John Reeves, PhD, Adjunct Professor, UCLA School of Dentistry — Oral Medicine and Orofacial Pain; Attending Physician, UCLA Behavioral Medicine Clinic, Department of Psychiatry and Biobehavioral Sciences; Director, Behavioral Medicine Network.

Jean-Louis Rodrigue, CAT-AmSAT, Adjunct Assistant Professor, UCLA Departments of Theatre and Music, Senior Teacher of the Alexander Technique, Certified by the American Society of the Alexander Technique AmSAT.

Michael Rotblatt, MD, PharmD, Associate Clinical Professor, UCLA Department of Medicine; Primary Care Internal Medicine, UCLA Sepulveda VA Ambulatory Care Center; Co-author, Evidence-Based Herbal Medicine.

Betsy B. Singh, PhD, Dean of Research, Southern California University of Health Sciences.

Steven Tan, MD, MTOM, Clinical Instructor, UCLA Department of Medicine- Division of Digestive Diseases.

Jody D. Thomas, MA, UCLA-NPI Psychology Intern.

Debu Tripathy, MD, Director, Komen Alliance Breast Cancer Research Center, University of Texas Southwestern Medical Center at Dallas.

Jay Udani, MD, Medical Director, Integrative Medicine Program, Northridge Hospital Medical Center.

Sivarama P. Vinjamury, MD (Ayurveda), MAOM, Associate Professor, Projects Coordinator, Southern California University of Health Sciences.

Chris Voltarel, LMT, Government Relations Co-Chair and Immediate Past President, American Massage Therapy Association, California.

Haruki Yamada, MD, Professor, KAMPO Medicine, Kitasato Institute, Japan.

Lonnie K. Zeltzer, MD, Professor, UCLA Departments of Pediatrics, Anesthesiology, and Psychiatry and Biobehavioral Sciences, David Geffen School of Medicine at UCLA; Director, UCLA Pediatric Pain Program at UCLA Mattel Children's Hospital; Associate Director, Patients and Survivors Program of the Division of Cancer Prevention and Control Research, UCLA Jonsson Comprehensive Cancer Center.

Irwin Ziment, MD, Professor Emeritus of Clinical Medicine, UCLA Department of Medicine and Olive View-UCLA Medical Center; Co-author, Evidence-Based Herbal Medicine.