

UCLA

David Geffen School of Medicine

UCLA

Health

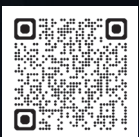
An Integrated U: Integrative Medicine Across the Lifespan

An In-Person and Live Virtual Activity



Friday, November 15, 2024

**UCLA Carnesale Commons – Palisades Ballroom
251 Charles E. Young Drive West
Los Angeles, California 90095**



An Integrated U: Integrative Medicine Across the Lifespan

Course Description

Integrative medicine combines conventional medicine with evidence-based therapeutic approaches to support healing by addressing the physical, emotional, mental, social, spiritual, and environmental factors that impact whole health. “An Integrated U: Integrative Medicine Across the Lifespan” is a one-day conference where faculty experts will highlight best clinical practices and review the latest research and scientific developments to promote whole health from childhood through older age. Our speakers will highlight the importance of nutrition and healthy lifestyle practices in clinical care and during periods of key transition in life. Expert researchers will also present their key takeaways to support brain health during aging. Faculty will also review the benefits of traditional medical practices including both Ayurveda and Traditional Chinese Medicine.

Target Audience

This course is designed for primary care physicians, specialists, mental health providers, nurses, dietitians, and other healthcare professionals interested in integrative medicine.

Learning Objectives

At the conclusion of the program participants will be able to:

- Understand the varying nutrient requirements across the lifespan and recognize the role of “food as medicine.”
- Realize the benefits and impact of integrative medicine and a holistic approach to support growth and development in children and adolescents.
- Become familiar with human social genomics as a framework for understanding how positive and negative social–environmental experiences affect the genome to impact lifelong health, well-being, behavior, and longevity.
- Identify the impact of circadian rhythm disorders on brain health and function.
- Understand relationships between societal stressors and gut microbiome and their impact on brain health.
- Become familiar with the core principles of Ayurveda and Traditional Chinese Medicine in supporting health and wellness across the lifespan.
- Learn how to find reliable information and make informed decisions regarding supplement and nutraceutical use.
- Recognize the importance and benefit of using integrative approaches to support people during mid-life and beyond.

General Information

Friday, November 15, 2024

7:00 am – 5:00 pm

Location:

UCLA Carnesale Commons
Palisades Ballroom
251 Charles E. Young Drive West
Los Angeles, California 90095

Self Parking:

Parking is available at Sunset Village (SV) parking structure located at 200 De Neve Dr., Los Angeles, CA. Parking fee is \$15. Guests will be able to pay for parking at the pay-by-space machines located in the Sunset Village (SV) parking structure. Directional signs will be provided to guide you to the program.

In-person attendees will be provided breakfast, lunch, and reception at the meeting site.

The conference will also be available through a live virtual meeting web platform.

- Attendees who choose to attend the live virtual activity will receive a virtual meeting link and password to access the live virtual conference.
- All registrants (live or virtual) will be provided the opportunity to review recorded sessions up to 3 weeks following the conference.
- The recorded sessions are not certified for CME credit.

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Friday, November 15, 2024

AGENDA

- 7:00 **Registration & Breakfast**
- 8:00 **Welcome & Course Introduction – Review of Objectives**
Rashmi Mullur, MD
- 8:15 **Food as Medicine**
Alicia Trocker, MS, RDN, IFNCP
- 9:00 **Integrative Pediatrics**
Jeffrey I. Gold, PhD
- 9:45 **Break**
- 10:00 **Social Epigenetics**
Stephen Cole, PhD
- 11:00 **Research Panel: Evidence-based Approaches for Optimal Brain Health**
Moderator: *Dan Silverman, MD, PhD*
Panel Presenters: *Helen Lavretsky, MD, MS*
Arpana Church, PhD
Christopher S. Colwell, PhD
- 12:00 **Lunch**
- 1:00 **KaKit Hui Award**
- 1:15 **“Should I Take This?” A Real-World Approach to Supplement Use**
Rashmi Mullur, MD
- 1:30 **TCM/East-West Supporting Health across the Lifespan**
Katie Hu, MD
- 2:00 **Ayurveda Supporting Health across the Lifespan**
Meena Makhijani, DO
- 2:30 **Break**
- 2:45 **The Role of Integrative Medicine in Comprehensive Menopause Care**
Rajita Patil, MD
- 3:10 **Lessons on Longevity from Evidence-based Research on Men’s Health**
Jesse Mills, MD
- 3:35 **Panel Discussion: Men’s/Women’s Health**
Moderators: *Lynn Strothers, MD & Elizabeth Ko, MD, FACP*
- 4:00 **Networking Reception & Poster Session**

David Geffen School of Medicine at UCLA

COURSE CO-CHAIRS

Elizabeth Ko, MD, FACP

Assistant Clinical Professor
David Geffen School of Medicine at UCLA
Medical Director,
UCLA Health Integrative Medicine Collaborative

Rashmi Mullur, MD

Associate Clinical Professor
Director of Integrative Medicine Education
David Geffen School of Medicine at UCLA
Division of Endocrinology, Diabetes and
Metabolism
Chief of Telehealth
VA Greater Los Angeles Healthcare System

PROGRAM COMMITTEE

Mary Fok, MD

Clinical Instructor
UCLA Center for East West Medicine

Preetha Iyengar, MD

Clinical Fellow
Vatche and Tamar Manoukian Division of Digestive
Diseases

Helen Lavretsky, MD, MS

Professor in Residence
Department of Psychiatry
Director, Integrative Psychiatry Program
Director Post-COVID Clinic
Research Pillar Lead, UCLA Health Integrative
Medicine Collaborative

Erin Rice

Administrative Director, UCLA Health Integrative
Medicine Collaborative

Dan Silverman, MD, PhD

Head, Neuronuclear Imaging Section
Ahmanson Translational Imaging Division
Director, UCLA Brain Wellness and PET
Consultation Services
Professor, Department of Molecular and Medical
Pharmacology
David Geffen School of Medicine at UCLA

Suzanne R. Smith, NP

Vatche and Tamar Manoukian Division of Digestive
Diseases
UCLA David Geffen School of Medicine

Lynn Stothers, MD

Professor in Residence
UCLA Departments of Urology and Gynecology
(FPMRS)

Alicia Trocker, MS, RDN, IFNCP

Outpatient Heart and Lung Transplant Dietitian
UCLA Heart and Lung Transplant Program

FACULTY

Arpana Church, PhD

Assistant Professor
Director Neuroimaging Core
Division of Digestive Diseases, UCLA

Stephen Cole, PhD

Professor-in-Residence, Psychiatry and
Biobehavioral Sciences
Professor-in-Residence, Medicine

Christopher Colwell, PhD

Professor-in-Residence
Psychiatry and Biobehavioral Sciences
University of California Los Angeles

Katie Hu, MD

Assistant Clinical Professor
UCLA Center for East West Medicine

Meena Makhijani, DO

Geriatrician
Chief of Staff, Motion Picture and Television
Hospital

Jesse N. Mills, MD

Health Science Clinical Professor
Director, Men's Clinic at UCLA
Fellowship Director, UCLA Male Reproductive
System and Surgery Program
Director, UCLA Urology Santa Monica


Rajita G. Patil, MD

Assistant Clinical Professor
Complex Family Planning, Obstetrics and
Gynecology

GUEST FACULTY

Jeffrey I. Gold, PhD

Professor of Anesthesiology, Pediatrics, and
Psychiatry & Behavioral Sciences
Director, USC Institute for Integrative Health &
Wellness
Keck School of Medicine, University of Southern
California
PI, Pediatric Integrative Medicine (PIM) Program
PI, Biobehavioral Pain Lab
Children's Hospital Los Angeles, Department of
Anesthesiology Critical Care Medicine

Course Title and Number	
An Integrated U: Integrative Medicine Across the Lifespan <i>An In-Person and Live Virtual Activity</i> Friday, November 15, 2024	C07601
In-Person Attendance MDs, DOs and Health Care Providers: (\$150) Trainees and Students: (\$50)	
Live Virtual Attendance MDs, DOs and Health Care Providers: (\$150) Trainees and Students: (\$50)	
In-person registration includes access to the course materials, breakfast, lunch and reception at the meeting site. Virtual registration includes access to the live stream virtual conference. All registrants (live or virtual) will receive access to the conference recordings up to 3 weeks following the program.	

We accept Visa, MasterCard, American Express, and Discover credit cards.

To register using a credit card or ACH/electronic transfer, please visit <https://ucla.cloud-cme.com/integratedU24>.

*Credit card and check payments via phone, fax, or mail are no longer accepted.

Refunds

Cancellations must be received in writing by October 16, 2024 and will be subject to a \$25 processing fee. Please submit refund request to ccpd@mednet.ucla.edu. A full refund will be provided if for any reason the course must be canceled or rescheduled.

Questions

If you have questions about enrollment, please call (310) 794-2620 or email: ccpd@mednet.ucla.edu.

Accreditation Statement

The David Geffen School of Medicine at UCLA is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The David Geffen School of Medicine at UCLA, designates this live activity for a maximum of 6.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The California State Board of Registered Nursing accepts courses approved by the *AMA PRA Category 1 Credits™* as meeting the continuing education requirements for license renewal. Nurses from states other than California should inquire with their local State Board for specific continuing education policies.

Disclosure Statement

The FDA has issued a concept paper that classifies commercial support of scientific and educational programs as promotional unless it can be affirmed that the program is “truly independent” and free of commercial influence. In addition to independence, the FDA requires that non-promotional, commercially supported education be objective, balanced and scientifically rigorous. The policy further states that all potential conflicts of interest of the CME staff and faculty be fully disclosed to the program’s participants. In addition, Accreditation Council for Continuing Medical Education policy mandates that the provider adequately manage all identified potential conflicts of interest prior to the program. UCLA fully endorses the letter and spirit of these concepts.