

An Integrated U: Modulating Inflammation through Integrative Health

An In-Person and Live Virtual Activity



Friday, November 7, 2025

**Ronald Reagan UCLA Medical Center
Tamkin Auditorium (B-Level)
757 Westwood Plaza
Los Angeles, CA 90095**



An Integrated U: Modulating Inflammation through Integrative Health

Friday, November 7, 2025

Course Description

Integrative medicine is a holistic approach to care that combines conventional medical practices with evidence-based complementary therapies to support whole-person healing. It emphasizes the role of physical, emotional, mental, social, spiritual, and environmental factors in health and disease. Inflammation, as a biological process, plays a critical role in immune defense and tissue repair. However, when this response becomes longstanding, dysregulated, or maladaptive, it can contribute to a wide range of complex and chronic diseases. Through its focus on root-cause analysis, integrative care offers clinicians a framework to identify and address the underlying drivers of dysfunctional inflammation—such as chronic stress, immune imbalance, dietary triggers, and toxin exposures—in order to promote resilience, restore physiologic balance, and support healing.

This one-day hybrid conference, An Integrated U: Modulating Inflammation through Integrative Health, will examine the multifactorial origins of inflammation and present integrative clinical strategies to mitigate its impact. Through expert-led sessions, attendees will explore the role of hormonal dysregulation, immune activation, dietary patterns, environmental toxin exposures, and microbiome imbalances in the inflammatory process. Presentations will highlight translational insights from clinical endocrinology, rheumatology, environmental health, sports medicine, and integrative dentistry, offering a multidisciplinary view of inflammation across systems and specialties. With a focus on practical application, this program will equip healthcare professionals with evidence-based tools to support inflammation modulation in diverse care settings—from primary care to specialty clinics. Participants will gain a deeper understanding of how integrative frameworks can enhance resilience, improve patient outcomes, and promote long-term health.

Target Audience

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

An Integrated U: Modulating Inflammation through Integrative Health

Learning Objectives

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

- Describe the role of chronic stress and hypothalamic-pituitary-adrenal (HPA) axis dysfunction in driving systemic inflammation.
- Analyze immunologic and hormonal mechanisms underlying autoimmune diseases and their implications for integrative care.
- Apply dietary strategies and counseling frameworks to support patients using anti-inflammatory nutrition in primary care.
- Evaluate principles from sports medicine that inform inflammation recovery and resilience in physically active populations.
- Assess the clinical relevance of environmental toxin exposure on inflammatory pathways and patient health outcomes.
- Interpret emerging research on the gut microbiome in relation to systemic inflammation, pelvic pain, and brain-gut interactions.
- Examine the relationship between oral health, systemic inflammation, and chronic disease risk from an integrative dental perspective.
- Integrate whole-person, interdisciplinary approaches into treatment plans to support inflammation modulation across diverse patient populations.

General Information

Friday, November 7, 2025

7:00 am – 5:00 pm

Location:

Ronald Reagan UCLA Medical Center
Tamkin Auditorium (B-Level)
757 Westwood Plaza
Los Angeles, CA 90095

Self Parking:

From the 405 freeway, exit Wilshire Blvd., East toward Westwood. Turn left on Westwood Blvd., travel past Charles E. Young Dr. South and turn left on "Structure 8 driveway". Visitor parking is available in Lot 8 at a rate of \$17 for the day. Please use the pay-by-plate stations to purchase your parking permit. The Ronald Reagan UCLA Medical Center is located on the corner of Westwood Plaza and Charles E. Young Dr. South.

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.

An Integrated U: Modulating Inflammation through Integrative Health

An In-Person and Live Virtual Activity

Friday, November 7, 2025

AGENDA

- 7:00 **Registration & Breakfast**
8:00 **Welcome & Course Objectives**
 Rashmi Mullur, MD

Morning Keynote

- 8:10 **Managing Inflammation: Lessons from Sports Medicine**
 Joshua T. Goldman, MD, MBA
9:10 **Keynote Question and Answer**
 Moderator: *Elizabeth Ko, MD*
9:30 **Break**
9:45 **The Microbiome, Inflammation & Pelvic Pain**
 Lenny Ackerman, MD, PhD
10:15 **The Gut Microbiome and Inflammation**
 Kirsten Tillisch, MD
10:45 **The Mouth-Body Connection: Inflammation, Chronic Disease, & Integrative Dental Care**
 Rana Al-Rasheed, BDS
11:15 **Question and Answer**
 Moderator: *Lynn Stothers, MD, PhD*
11:30 **Ka-Kit Hui Award**
11:45 **Lunch**
1:00 **Chronic Stress & Inflammation: Addressing Adrenal Fatigue**
 Rashmi Mullur, MD
1:30 **Inflammation & Autoimmunity: Unveiling the Connections**
 Mihaela Taylor, MD
2:00 **Optimizing Nutritional Health with Antiinflammatory Foods**
 S. Anjani Mattai, MD
2:30 **Question and Answer**
 Moderator: *Dan Silverman, MD, PhD*
2:45 **Break**

Afternoon Keynote

- 3:00 **Toxins & Inflammation**
 Aly Cohen, MD
4:00 **Keynote Question and Answer**
4:15 **Poster Session & Networking Reception –**
 All attendees are welcome to attend
5:00 **Adjourn**

To submit an abstract for the Poster Session, please scan this QR code:



COURSE CO-CHAIRS

Elizabeth Ko, MD, FACP, ABOIM

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

Rashmi Mullur, MD

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

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
David Geffen School of Medicine at UCLA

Lynn Stothers, MD, PhD

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

Lenny Ackerman, MD, PhD

Associate Professor of Urology and OBGYN
David Geffen School of Medicine at UCLA

Rana Al-Rasheed, BDS

Professor of Clinical Dentistry
UCLA School of Dentistry

Aly Cohen, MD, FACP

Integrative Rheumatologist and Environmental Health

Jones/Lovell Fellow, Andrew Weil Center for Integrative Medicine

Faculty, University of California-Irvine, Susan Samueli Integrative Health Institute (SSIHI)
Faculty, Academy of Integrative Health and Medicine (AIHM)

Associate Faculty, Southern California University of Health Sciences (SCUHS)

Joshua T. Goldman, MD, MBA

Associate Clinical Professor, UCLA Departments of Family Medicine & Orthopedic Surgery
Fellowship Director, UCLA Sports Medicine
Team Physician, UCLA Athletics & Los Angeles Chargers
Lead Physician, Red Bull Athlete Performance Center
Associate Director, Luskin OIC Center for Sports Medicine
Associate Director, Steve Tisch BrainSPORT Program

S. Anjani Mattai, MD, FACP

Clinical Professor of Medicine
Department of Internal Medicine
UCLA David Geffen School of Medicine

Mihaela Taylor, MD

Professor of Clinical Medicine
UCLA David Geffen School of Medicine
Division of Rheumatology

Kirsten Tillisch, MD

Professor of Medicine
Division of Digestive Diseases
David Geffen School of Medicine at UCLA

Course Title and Number

An Integrated U: Modulating Inflammation through Integrative Health

C07601

An In-Person and Live Virtual Activity

Friday, November 7, 2025

Registration Rates

Professional: \$150

Student/Trainee: \$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/integratedU25>.

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

Refunds

Cancellations must be received via email to ccpd@mednet.ucla.edu by Thursday, October 16, 2025 and will be subject to a \$25 processing fee. No refunds will be granted after that date. David Geffen School of Medicine at UCLA reserves the right to cancel or postpone this course if necessary; in the event of cancellation, course fees will be fully refunded. We are not responsible for other costs, such as non-refundable airline tickets or hotel penalties.

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 6.25 *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.