

UCLA

David Geffen School of Medicine

UCLA

Health

An Integrated U: Novel Approaches in Integrative Medicine

An In-Person and Live Virtual Activity



Friday, November 3, 2023

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

An Integrated U: Novel Approaches in Integrative Medicine

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: Novel Approaches in Integrative Medicine” is a one-day conference where faculty experts will highlight best clinical practices and review the latest research and scientific developments in psychedelic medicine, sleep medicine, digital technology and the gut-brain-microbiome.

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:

- Discuss the history and current landscape of psychedelic medicine in research studies and clinical care.
- Recognize the native, indigenous, and traditional use of psychedelic medicine in whole-person care.
- Identify the impact of circadian rhythm disorders on brain health and function.
- Realize how sleep and sleep patterns influence biologic rhythms in health and disease.
- Identify the role of digital wearable technology in integrative clinical care.
- Identify the limitations and benefits associated with technologies used to measure lower urinary tract symptoms outside of the clinical setting.
- Realize the impact of the brain-gut-microbiome axis on health and disease.
- Understand relationships between societal stressors and gut microbiome and their impact on health and disease.
- Recognize the importance of lifestyle factors in maintaining optimal digestive and brain health.

General Information

Friday, November 3, 2023

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.
- Attendees will be awarded CME credit commensurate with the extent of their participation in the live activity (either in-person or virtual). The recorded sessions are not certified for CME credit.

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AGENDA

7:00 **Registration & Breakfast**

8:00 **Introduction & Welcome**

Session I: Innovations in Psychedelic Medicine

Moderator: Helen Lavretsky, MD, MS

8:15 **Modern Medicine's Rediscovery of Psychedelics: Historical Context, Therapeutic Potential, and Regulatory Implications**

Walter Dunn, MD, PhD

9:00 **Insights into Plant Medicine from the Perspective of Native American Shaman**

Sara Eaglewoman, Urban Shaman & Healer

9:30 **Panel Discussion**

9:45 **Break & Exhibitors**

Session II: Circadian Rhythm & Sleep Medicine

Moderator: Dan Silverman, MD, PhD

10:15 **Circadian Arrhythmia: Mechanisms of Disease and the Role in Brain Health**

Christopher Colwell, PhD

11:00 **Sleep: Harmonizing Rhythms for Health**

Ravi Aysola, MD

11:30 **Panel Discussion**

11:45 **Lunch & Exhibitors**

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AGENDA (continued)

Session III: Technology in Integrative Medicine

- 12:30 **Wearable Technology in Clinical Integrative Medicine**
Rashmi Mullur, MD
- 1:00 **From Research Lab to Home Base: Technologies Changing the Way We Think About and Measure Lower Urinary Tract Symptoms**
Lynn Stothers, MD
- 1:30 **Break & Exhibitors**
- 1:45 **Presentation of the Ka-Kit Hui Award for Excellence in Integrative Medicine**
Ka-Kit Hui, MD & Suzanne Smith, MSN, NP, CMT-P

Session IV: The Mind Gut Microbiome Connection

Moderator: Elizabeth Ko, MD

- 2:00 **Understanding the Mind-Gut-Microbiome System – Implications for Integrative Medicine**
Emeran Mayer, MD
- 2:45 **How Adversity Gets under the Skin to Impact Health: Perspectives from the Brain-Gut-Microbiome**
Arpana Gupta, PhD
- 3:15 **Empower the Mind and Gut with Healthy Behaviors**
Suzanne Smith, MSN, NP, CMT-P
- 3:45 **Panel Discussion**
- 4:00 **Networking Reception – All attendees are welcome to attend**
- 5:00 **Reception Adjourns**

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

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

Eric 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
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Professor, Department of Molecular and Medical
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Suzanne R. Smith, NP (she/her)

Vatche and Tamar Manoukian Division of Digestive
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eimer Center for Neurobiology of Stress & Resilience

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

Ravi Aysola, MD

David Geffen School of Medicine at UCLA
Clinical Professor of Medicine
Chief, Sleep Medicine Section
Division of Pulmonary, Critical Care and Sleep Medicine
Director, UCLA Sleep Disorders Center
Director, UCLA Santa Monica Pulmonary & Sleep Medicine
Clinic
Senior Quality Officer, UCLA Health

Christopher Colwell, PhD

Professor-in-Residence
Psychiatry and Biobehavioral Sciences
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Walter Dunn, MD, PhD

Health Sciences Assistant Clinical Professor
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Co-Director, UCLA Psychiatry Residency Neuromodulation
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Associate Psychiatry Director, UCLA Operation Mend
Greater Los Angeles VA
Section Chief, Mood Disorders
Director, Interventional Psychiatry Service
Director, Mood Disorders Clinic

Sara Eaglewoman

Urban Shaman/Medicine Woman
Los Angeles, California

Arpana "Annie" Gupta, PhD

Co-Director, Goodman-Luskin Microbiome Center
Director, Neuroimaging Core, G. Oppenheimer Center for
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Ingestive Behavior and Obesity Program
Associate Professor
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Emeran A. Mayer, MD

Distinguished Research Professor of Medicine
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Course Title and Number	
An Integrated U: Novel Approaches in Integrative Medicine <i>An In-Person and Live Virtual Activity</i>	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://events.medschool.ucla.edu/event/integratedU>.

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

Refunds

Cancellations must be received in writing by October 16, 2023 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.