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
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  
       Lyn 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
# Course Co-Chairs

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<tr>
<th>Name</th>
<th>Title &amp; Institution</th>
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<tr>
<td>Elizabeth Ko, MD, FACP</td>
<td>Assistant Clinical Professor, David Geffen School of Medicine at UCLA, UCLA Health Integrative Medicine Collaborative</td>
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<tr>
<td>Rashmi Mullur, MD</td>
<td>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</td>
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# Program Committee

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<tr>
<td>Helen Lavretsky, MD, MS</td>
<td>Professor in Residence, Department of Psychiatry, Director, Integrative Psychiatry Program, Director Post-COVID Clinic, Research Pillar Lead, UCLA Health Integrative Medicine Collaborative</td>
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<td>Eric Rice</td>
<td>Administrative Director, UCLA Health Integrative Medicine Collaborative</td>
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<tr>
<td>Dan Silverman, MD, PhD</td>
<td>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</td>
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<tr>
<td>Suzanne R. Smith, NP</td>
<td>(she/her), Vatche and Tamar Manoukian Division of Digestive Diseases, David Geffen School of Medicine at UCLA, eimer Center for Neurobiology of Stress &amp; Resilience</td>
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<td>Lynn Stothers, MD</td>
<td>Professor in Residence, UCLA Departments of Urology and Gynecology (FPMRS)</td>
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<tr>
<td>Alicia Trocker, MS, RDN, IFNCP</td>
<td>Outpatient Heart and Lung Transplant Dietitian, UCLA Heart and Lung Transplant Program</td>
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# Faculty

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<tr>
<td>Ravi Aysola, MD</td>
<td>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 &amp; Sleep Medicine Clinic, Senior Quality Officer, UCLA Health, Chief, Integrative Medicine at Greater Los Angeles VA</td>
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<tr>
<td>Christopher Colwell, PhD</td>
<td>Professor-in-Residence, Psychiatry and Biobehavioral Sciences, University of California Los Angeles</td>
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<tr>
<td>Walter Dunn, MD, PhD</td>
<td>Health Sciences Assistant Clinical Professor, UCLA Department of Psychiatry, Co-Director, UCLA Psychiatry Residency Neuromodulation Program, Associate Psychiatry Director, UCLA Operation Mend, Greater Los Angeles VA, Section Chief, Mood Disorders, Director, Interventional Psychiatry Service, Director, Mood Disorders Clinic</td>
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<td>Sara Eaglewoman</td>
<td>Urban Shaman/Medicine Woman, Los Angeles, California</td>
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<td>Arpana “Annie” Gupta, PhD</td>
<td>Co-Director, Goodman-Luskin Microbiome Center, Director, Neuroimaging Core, G. Oppenheimer Center for Neurobiology of Stress and Resilience, Ingestive Behavior and Obesity Program, Associate Professor, Vatche and Tamar Manoukian Division of Digestive Diseases, David Geffen School of Medicine at UCLA</td>
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<tr>
<td>Emeran A. Mayer, MD</td>
<td>Distinguished Research Professor of Medicine, Director, G. Oppenheimer Ctr for Neurobiology of Stress &amp; Resilience, Founding Director, Goodman Luskin Microbiome Center, UCLA Vatche &amp; Tamar Manoukian Division of Digestive Diseases, UCLA</td>
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**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.