An Introduction to Integrative East West Medicine

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Outline

- Introduction to Integrative East West Medicine
- An Overview of the UCLA Center for East West Medicine
- Clinical/Research Interests
Philosophy

Modern Western Medicine (MWM)
- Reductionistic
- Microscopic
- Structure
- Quantitative
- Separation of Mind-Body

Traditional Chinese Medicine (TCM)
- Holistic
- Macroscopic
- Function
- Qualitative
- Preservation of Mind-Body
Origin of Reductionism

Limbic Music – (Massachusetts General Hospital: Handbook of General Hospital Psychiatry, 4th ed, p. 12)

“In reductionism what one reduces and gets rid of is, in fact, mind … The culprit for this great, supposed split between brain and mind is usually thought to be Descartes … One often hears the phrase ‘Cartesian dualism’.”

George B. Murray, MD
Director of Psychosomatic Program
Harvard Medical School
<table>
<thead>
<tr>
<th>Western</th>
<th>Eastern</th>
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<tbody>
<tr>
<td>Alphabet</td>
<td>Pictures</td>
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<td>Several words</td>
<td>Few characters</td>
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<tr>
<td>Phonetic</td>
<td>Not phonetic</td>
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<td>Complex grammar</td>
<td>Minimal grammar</td>
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Evolution of Chinese Characters
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<tr>
<th>Natural image</th>
<th>Ancient depiction</th>
<th>Modern character</th>
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Integrative East West Medicine
(Inherent Barriers)

• Translation often is not one-to-one

• Lack of equivalent concepts in medicine
  Ex: TCM has no nervous/endocrine system
  Western medicine lacks concept of dampness/wind
Integrative East West Medicine
(Common ground)
Yin & Yang Theory

Two extremes brought into dynamic balance
Black/White, Hot/Cold, Day/Night
Yin & Yang Theory
(Modern Western Medicine)

Hot/Cold (Physiologic temperature = 98.6 deg F)
Acid/Base (Physiologic balance pH = 7.4)
  Sympathetic/Parasympathetic
  Electrolyte disorders
  Oxygen/CO2
  Hyper/Hypothyroidism
MISSION: To improve health, well-being, and quality of life by incorporating the best of Western and traditional Chinese medicine.

PROGRAMS OF THE CENTER:

-- Clinical
-- Educational
-- Research
-- International
- Affiliated UCLA Programs (centers, research groups, and organizations actively involved in the CCIM)

UCLA Brain Mapping Center
UCLA Brain Research Institute
UCLA Center for East-West Medicine
UCLA Center for Human Nutrition
UCLA CNS: Center for Neurovisceral Sciences & Women's Health
UCLA/CURE/Brain Gut Research Group
UCLA Learning and Memory Project
UCLA Norman Cousins Center for Psychoneuroimmunology
UCLA Opioid Research Center
UCLA Pediatric Pain Program
UCLA Pelvic Pain Clinic
Features of the Clinic

Clinic Staff
- Over a dozen health care providers that include both Western and Eastern trained physicians

Patient referral
- Over 12,000 patient visits a year
- Primarily referred from specialists in the UCLA system

Patient population
- Most patients exhaust other conventional treatments
- Patients who fail or are intolerant of medications/surgery
- Predominantly non-Chinese
What disorders do we treat?

Chronic Pain Conditions
- Neck/Low back/Pelvic pain
- Headaches
- Myofascial pain
- Chronic Pain Syndrome
- Fibromyalgia
- Degenerative arthritis
- Post surgical chronic pain

Patient Symptoms
- Gastrointestinal complaints
- Chronic fatigue
- Anxiety/Depression
- Sinusitis
- Cancer related problems
- Skin disorders
- Women’s health related problems
Assess adequacy of any prior conventional work up and treatment

Complete health history including psychosocial, stress, sleep, nutritional, and other lifestyle factors

Conventional physical exam supplemented by palpation of acupoints and TCM tongue diagnosis
**TCM Approach to the Patient**

- Focus on enhancing the body’s endogenous resistance (homeostatic reserve) to disease
- Restore normal balance and flow
- Individualization of treatment
- Less emphasis on specific causal factors
Patient Evaluation

History/ Physical Exam

MWM

Disease
- Treat disease

TCM

Pattern (Zheng) Diagnosis
- Treat symptom/ underlying cause
Chinese Medicine

Western Medicine

Diagram showing an arrow pointing from Chinese Medicine to Western Medicine.
Therapeutic Modalities

- Acupuncture
- Trigger point injections
- Therapeutic massage
- Dietary and herbal counseling
- Mind-body exercises
  - Tai Chi
- Patient education
  - Lifestyle
  - Nutrition
  - Acupressure/self-massage
Complementary & Alternative Medicine (CAM)

Modern Western Medicine

mixing
true integration

Deleterious Effects
adverse interactions
fragmentation of care
waste of resources
cost-generating
iatrogenesis

New Paradigm
safe
effective
affordable
accessible
Clinical/Research Interests

Use of Integrative East-West Medicine to Treat:

1) Hypertension
   - Acupuncture/Acupressure
   - Addressing the Mind/Body Connection
   - Dietary/Lifestyle changes
   - Tai Chi

2) Disorders of the Ears, Nose & Throat
   - Sinusitis
   - TMJ syndrome
   - Dizziness/Vertigo
   - Allergic Rhinitis
   - Eustachian Tube Dysfxn
Clinical/Research Interests

3) Dermatologic Conditions
   - Chronic Urticaria
   - Refractory Pruritus
   - Atopic Dermatitis/Eczema

4) Chinese Herbal Medicine
   - Better understand herb-drug interactions
   - Provide a safe & effective integrative therapeutic model
   - Compare/contrast MWM vs TCM pharmacologic paradigms
**Chronic Sinusitis Study**
Malcolm Taw MD, Chau Nguyen MD, Marilene Wang MD, and Ka-Kit Hui MD
UCLA Center for East-West Medicine
UCLA Division of Otolaryngology

- **Prospective Pilot Study**
- Twenty patients with documented Chronic Rhinosinusitis - screened by Otolaryngologist at UCLA
- Will enroll adults, 18-65 y.o. who are able to give informed consent
Exclusion Criteria

- Obvious surgical candidates (ie. nasal polyposis, allergic fungal sinusitis)
- Autoimmune disorders
- HIV+, hepatitis
- Previous sinus surgery within 3 mos
- Prior acupuncture within 2 mos
Treatment Course

- Weekly treatments x 8
- Acupuncture, therapeutic acupressure/massage, trigger point injections
- TCM dietary/lifestyle counseling
- Self acupressure
Endpoints

- QOL surveys
- SF-36
- Chronic Sinusitis Survey, SNOT-20
- Taken at baseline, 2 months, 6 months, and 1 year