

Changing the landscape of medicine worldwide.

Ten years ago there was no integrative medicine center for patients at UCSF. Today, the UCSF Osher Center for Integrative Medicine is thriving.

Our team continues to successfully integrate modern medicine with established practices from around the world, meeting the need for a new model of care that promotes healing of the whole person – mind, body and spirit. Our achievements have been a direct result of philanthropic investments.

Building on the momentum of the past year, we have a number of exciting priorities for 2009.

To ensure the success of these priorities and the mission of the Osher Center both in the coming year and in future decades, we have launched the UCSF Osher Center for Integrative Medicine's \$25 Million Endowment Campaign.

The Osher Center endowment will underwrite our team's pioneering investigations, exceptional clinical efforts and innovative educational initiatives – providing a steady stream of revenue for this important work.

We are also raising capital gifts to fund construction of our new home on Divisadero Street in San Francisco. Our three programs will be housed under one roof, allowing even greater synergy among our talented faculty and staff.



We have come far these past 10 years, but we still have a long way to go. Additional donations are needed to complete the endowment and the new building. Your generosity will enable us to expand this new model of care and enhance the physical, spiritual and mental well-being of people in the Bay Area and beyond.

With your support, the Osher Center will continue to be at the forefront of this revolutionary approach to health care.

Susan Folkman, PhD
Professor of Medicine
Distinguished Professor in Integrative Medicine
Director, UCSF Osher Center for Integrative Medicine

Osher Center Program Highlights 2008

Research:

Since the Center's creation, our cumulative research funding has increased nearly ten-fold, rising to over \$28 million. Expanding our reach over the past two years, our program in research has been collaborating with our sister Osher Centers at Harvard and the Karolinska Institute in Stockholm.

Thanks to contributions from the federal government, foundations, and generous individuals, many of the Center's researchers have made great progress on innovative projects. Included are two examples of recently funded studies:

Researching treatment innovations:

Through a competitive process, Judy Moskowitz, PhD, MPH, was awarded a five-year grant from the NIH/NCCAM to study how we can increase positive feelings in patients recently diagnosed with HIV. As past research indicates, a more positive mood predicts a lower risk of mortality among AIDS patients. Dr. Moskowitz hopes to determine which mechanisms lead to increased positivity among people with HIV and AIDS as well as their caregivers.

Rick Hecht, MD, Osher Center Director of Research was awarded a five-year \$6 million Center of Excellence Award from the NIH/NCCAM to study the metabolic and immunologic effects of mind-body interventions. Studies have found that the health risks of obesity are related to fat distribution and that abdominal fat is more metabolically active than peripheral fat and is associated with "metabolic syndrome". Stress hormones influence fat distribution.

Education:

Just ten years ago, integrative medicine content was not required at medical schools. Today 25 hours are included in the required curriculum at UCSF. Since 2003, we have been offering demonstrations of acupuncture and traditional Chinese medicine, exercises on communicating with patients about integrative medicine, and a learning module in which students answer patient questions about integrative medicine.

Training the next generation:

We have trained students in Integrative Medicine with the following 17 specialties:

- Anesthesiology
- Dentistry
- Dermatology
- Emergency Medicine
- Family Medicine
- Internal Medicine
- Neurosurgery
- Nursing
- ObGyn
- Ophthalmology
- Pediatrics
- Pharmacy
- Physical Therapy
- Psychiatry
- Radiology
- Surgery
- Urology

Our doctors are now practicing across the country:



Patient Care:

The Center's clinical practice focuses on patient empowerment, prevention and whole-person healing. Since the opening of the clinic six years ago, we have had more than 22,000 patient visits. Over 3,000 of these visits have been subsidized by the Community Care Fund, which provides assistance to patients who would not otherwise be able to afford treatment.

Healing the whole person:

Duane is one of our patients who has benefited greatly from this fund. Currently, Duane is awaiting a kidney transplant and until a donor match is made and he can have the replacement surgery, he requires dialysis three times per week for three hours and forty five minutes.



"Working with the Osher Center changed my life."

When Duane began his first dialysis session, he experienced a loss of freedom. Being connected to a machine, for 3 hours and 45 minutes, three days a week left him feeling powerless, trapped and vulnerable. Missing appointments to avoid hearing bad news and feeling angry at dialysis sessions, he knew he needed help with acceptance. A nurse recommended the Osher Center and with the aid of the Community Care Fund, Duane took his first step towards helping himself. "I never thought my body would break down or that I would need to ask for help [but] when I would leave dialysis I would feel so vulnerable, so sad, so defeated. Unless I was able to deal with my problems with acceptance there was not much they would really be able to do to help me."

At the Osher Center he met Brook Stone, MSW, LCSW. Working with Brook, Duane learned relaxation exercises and how to put things in a new perspective. Through guided imagery and relaxation techniques, Brook taught Duane techniques to deal with the anger and to approach dialysis differently. "I learned that I could be a partner with my doctor and the nurses and with my dialysis," observed Duane. "The Osher Center has helped guide me to find solutions and answers. My attitude in every part of my life has changed. When I leave [from a dialysis session], I take a walk in Golden Gate Park." Duane continues to work with Brook today.

Osher Center Funding Priorities and New Initiatives

Innovative pilot studies: Sponsoring leading edge research is essential to the development of improved therapies, especially the pilot research that is needed before applying for NIH funding.

Integrative medicine curriculum development: Ensuring the continued development of the integrative medicine curriculum will facilitate the training of our nation's top medical, nursing, and pharmacology students.

Participation in multi-center clinical research: Collecting data on clinical outcomes of integrative medicine care in a collaborative effort will provide evidence regarding the effectiveness of complementary modalities. The Osher Clinic will be one of eight centers nationwide to collaborate on this clinical research.

Integrative Pediatrics and Adolescent Care Program: Designed specifically for children coming to us for wellness visits or who suffer from chronic illness and/or pain, this program will extend to our younger patients the compassionate care we have been honored to provide our adult patients over the last decade.

Expansion of the Osher Center Website: Advances in technology have transformed the medical landscape. In order to harness the benefits of technological innovations while also minimizing the depersonalization of care that can accompany technological approaches, the Osher Center's new website will offer more opportunities for personal health assessment and telemedicine among our patients, as well as distance learning and research collaboration among our practitioners.

Launching of a Comprehensive Wellness Program: This unique model of clinical practice will facilitate a comprehensive approach to treating each patient. During an initial visit, patient and practitioner will work together to create an "annual wellness plan". Using a collaborative approach they will then develop an overall treatment plan with the patient's goals at the center.

Our new Home

Breaking ground

Thanks to the generous support of the Bernard Osher Foundation, ground was broken on September 10th for The UCSF Osher Building, our new home at 1545 Divisadero Street in San Francisco. The 5-story, 48,000 square foot building will also house the Division of General Internal Medicine. The Osher Center's space will occupy the top 3 floors, allowing all three programs: research, education and clinical care to be housed under one roof. The building will also include the 'Tomoye Takahashi Healing Garden' --a space of calm and tranquility for patients, families and practitioners.

Move-in is expected in Spring, 2010.

The groundbreaking ceremony included a Japanese Maple tree that will be a feature of the healing garden. Guests were invited to hang origami cranes on the tree to represent their healthy wishes for the future.



Special thanks and appreciation to Mr. and Mrs. Bernard Osher for their incredible support of the building, and to Mrs. Tomoye Takahashi for her support of the new healing garden.

News!

Our research program recently received its second prestigious \$6 million Center of Excellence award from the National Institutes of Health (NIH). The first award was received in 2006. We are the only Center to have two Center of Excellence Awards.

UCSF Osher Center Leadership Board:

Bernard Osher, Chair, Leslie Barrett, Sally Carlson, Wayne Feinstein, Bob Friend, Melodie Johnson, Ellen Klutznick, Peter Maier, Lisa Stone Pritzker, Varda Rabin, Betty Schaefer, Joelle Steefel, Ruth Stein, Alexis de Raadt St. James, Carol Traeger. The Leadership Board is a group of volunteers that support the philanthropic development for the Osher Center's key programmatic initiatives.

To support the UCSF Osher Center, please contact:

Maureen Smith
Director of Planning and Development
415/ 502-1783
msmith@support.ucsf.edu

To learn more about the Osher Center, visit:

www.osher.ucsf.edu



University of California
San Francisco

advancing health worldwide™