



Care.
heal.

Osher Center for Integrative Medicine

Impact Report 2015-2016





FROM THE DIRECTOR

Dear Friends:

I am delighted to share highlights of the 2015-2016 activities of the UCSF Osher Center for Integrative Medicine. This impact report provides a glimpse of our wide-ranging work, focusing on innovations in integrative care, integrative health equity, and integrative medicine for people of all ages.

I am pleased to announce that the UCSF Osher Center has been selected to host the new Coordinating Center of the Osher Collaborative for Integrative Medicine. This global hub will provide the infrastructure to support collaborative initiatives across all five Osher Centers.

The UCSF Osher Center also has received philanthropic gifts that will enable us to:

- increase the breadth of our patient-centered care by partnering with clinical departments at UCSF to **embed integrative medicine into conventional medical services**
- expand our pediatric care to **include underserved children** from the Bay Area through a new Pediatric Community Care Fund
- support a campus-wide call for new research projects to study how integrative medicine can help **people with age-related dementia**

All of us at the UCSF Osher Center strive to have a positive impact on every patient we care for, every student or fellow we train, and every community we serve. We could not achieve our goals without your support. We thank our colleagues and collaborators across UCSF and around the world, as well as the growing number of donors who facilitate our progress in integrative health by making the Osher Center a focus of their philanthropy.

I invite you to learn more about our Osher Center community and programs at osher.ucsf.edu.

Shelley R. Adler, PhD

Osher Center Director and Director of Education

Osher Foundation Endowed Chair in Education in Integrative Medicine



Dr. Anand Dhruva (left) uses traditional ayurvedic medicine to help patients reach a state of well-being after completing cancer treatment.

Innovations in Integrative Care

From Alzheimer's disease to cancer to diabetes, our integrative approach crosses disciplines to bring evidence-based healing strategies and compassionate care to each of our patients.

Support for Cancer Patients and Survivors

Integrative oncologist Anand Dhruva, MD, is studying the use of yoga and ayurvedic medicine – a traditional healing system from India – to help cancer patients reach a state of well-being after completing treatment. To test yoga's benefits, Dr. Dhruva's team led 30 cancer patients through a thoughtfully designed yoga practice with the potential to decrease the side effects of chemotherapy and improve sleep quality. In a separate, five-year study, breast cancer survivors were referred to ayurvedic practitioners for dietary adjustments, yoga and meditation instruction, marma (a treatment similar to acupuncture), and training in self-care techniques. Both approaches are showing promising results, and studies are ongoing.

Addressing Sleep Problems Without Medications

Clinical psychologist Ashley Mason, PhD, our newest faculty member and a former Osher Center research fellow, has developed a group-based, non-pharmacological treatment program for people suffering from sleep problems. Participants meet in a group with Dr. Mason for five to eight sessions to learn individually tailored, cognitive-behavioral therapy and mindfulness interventions to move toward greater sleep efficiency and quality. Dr. Mason has had tremendous success using these interventions with Veterans Affairs hospital patients and is now recruiting patients with sleep disorders for her first group at the Osher Center.



Integrative Health Equity

In alignment with UCSF's public service mission, the Osher Center makes its clinical innovations accessible to as many patients as possible, not just to patients who can afford them.

As associate director for health equity and diversity, Dr. Maria Chao (above) helps the Osher Center address social inequities in health care.

Care for the Community

The Osher Center's Community Care Fund provides support for vulnerable and economically disadvantaged patients to see integrative practitioners at the Osher Center clinic. Each patient's resources are carefully considered, and funds from philanthropic sources cover the cost of acupuncture, massage, and other services.

Serving the Underserved

Maria T. Chao, DrPH, MPA, is associate director for health equity and diversity, a new position created to advance the core values of the Osher Center, address social inequities in health care, expand access to integrative medicine, and advance optimal health for all.

Dr. Chao recently completed a study using acupuncture to relieve painful neuropathy in linguistically and

ethnically diverse safety-net patients with diabetes at Zuckerberg San Francisco General Hospital. Study participants experienced significant improvements in neuropathic symptoms, quality of life, and ability to manage pain.

Dr. Chao's current work includes close collaborations with San Francisco Department of Public Health community clinics. She is evaluating an integrative pain management program at the Tom Waddell Urban Health Center that aims to address epidemic levels of opioid overuse by increasing access to non-pharmacologic approaches for treating pain. She is also testing a culturally informed model of integrative nutritional counseling at the Chinatown Public Health Center to improve dietary attitudes and behavioral and clinical outcomes among Chinese-speaking patients with diabetes.



“I want to be the kind of doctor who puts the patient’s and family’s values and experiences first, and to strive for a kind of medicine that helps people not only heal but also thrive.”

Brittany Blockman, MD

*Dr. Brittany Blockman
with a young patient*

Training the Next Generation of Integrative Physicians

Launched in fall 2015, the Osher Center Clinical Fellowship in Integrative Medicine trains physicians to become highly skilled, compassionate, and innovative leaders in clinical integrative medicine.

After completing the UCSF Pediatric Leadership for the Underserved (PLUS) program, Brittany Blockman, MD, became one of the Osher Center’s inaugural integrative medicine clinical fellows. While a pediatric resident, Dr. Blockman founded Communitas, a program that provides integrative medicine education and experiences, peer support, and self-care skills to young people living with chronic illness and their families. She plans to focus her career on the use of integrative medicine for pediatric patients.



Integrative Care for People of All Ages

The clinical, educational, and research activities of the Osher Center address healing at all stages of life, from prenatal development to end of life. We approach our work with the conviction that wellness is possible at any time, even when chronic conditions or the effects of serious illness create difficult challenges.

Care for the Youngest Patients

Integrative care has a lot to offer to children with chronic health concerns. Dietary changes may clear up ear infections after multiple rounds of antibiotics have failed. Children with attention deficit/hyperactivity disorder (ADHD), autism, and Tourette syndrome often can be helped through dietary changes, nutritional supplements, computer-based training, traditional Chinese medicine, or yoga.

New philanthropic support in 2015-2016 enables the Osher Center to provide care for underserved Bay Area children through a Pediatric Community Care Fund.

“When a disease can’t be cured, it may seem as though there’s nothing left to offer a patient, but integrative care can reduce suffering and enhance a person’s well-being, even in the context of life-threatening illness.”

Shelley Adler, PhD



Dr. Rick Hecht (left page), Dr. Shelley Adler (above), and the entire Osher Center team ensure that the center addresses healing at all stages, from prenatal development to the end of life.

Enhancing Wellness for the Seriously Ill

Integrative palliative care can help reduce suffering for people with serious illness, whether they are managing a chronic disease or facing challenges toward the end of life. Shelley Adler, PhD, Osher Center director and director of education, brings her integrative palliative care expertise to the study of clinical, educational, and research strategies to reduce suffering and enhance quality of life – no matter how serious a person’s illness may be.

Dr. Adler recently developed an end-of-life care course to teach medical students about dying and death. In addition to teaching integrative care, the course includes lessons in self-care to help future physicians sustain their own well-being. “This class perfectly tied together

my reasons for going into medicine, at a time when I’m truly facing the responsibility of holding someone else’s life and death in my hands for the first time,” noted one medical student.

Working with colleagues at Zen Hospice Project, Dr. Adler also has developed a training program to teach home health aides and nursing assistants – whose care for the seriously ill can be stressful and damaging to their own health and well-being – about integrative medicine and self-care. Her goal is to develop an online version of the training for people near and far who are actively providing care but are unable to attend in-person workshops at the Osher Center.



Dr. Sanford Newmark (above) approaches each patient as an integrated whole and employs a wide range of natural and effective treatments for personalized care.

UCSF

INNOVATIONS IN INTEGRATIVE CARE

A Safe Haven for Patients

Kathy Drewke had never tried integrative medicine, but when she was diagnosed with stage 3 colon cancer, she began looking into therapies that had helped others going through cancer treatment. Chloe Atreya, MD, PhD, her gastrointestinal oncologist at UCSF, referred Drewke to the Osher Center, and she soon joined the Yoga During Chemotherapy Study.

“I was lucky – my side effects weren’t horrible, but I was experiencing nausea, and I’ve always had problems sleeping,” she says. “I was skeptical about whether the restorative yoga would work, but it really was life-changing for me. It’s something that I’ll continue doing for the rest of my life.”

Drewke has also been seeing an acupuncturist to help with neuropathy brought on by chemotherapy, as well as a dietician.

“The Osher Center is like a safe haven,” Drewke says. “You feel that you’re being taken care of. It’s relieved the stress of the illness and provided a really great support system. I’ve spread the word about the Osher Center to friends and family because I want to pay it forward.”



For more information about how you can enhance the impact of the Osher Center’s work, contact:

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