



Care.  
*Heal.*

# UCSF Osher Center for Integrative Medicine

20th Anniversary Impact Report  
2018





Dear Friends,

This year we celebrate the 20th anniversary of the founding of the UCSF Osher Center for Integrative Medicine. Such a significant milestone gives us an opportunity to reflect on all that we've accomplished over two decades, consider where we are now, and envision our next 20 years.

We've come a long way: In our clinic's first full year, we had 1,200 patient visits; this past year, we had more than 10,000. We've become fully integrated into UCSF Health; physicians from across the system refer patients to our services. We have a robust research portfolio, including studies of the effectiveness of exercise for post-traumatic stress disorder, non-pharmacologic treatments for postsurgical pain, mindfulness for diabetes, acupuncture for neuropathy, and much more. And now every UCSF health professions student is required to learn integrative concepts through our contributions to UCSF's interprofessional curriculum.

Our growing UCSF Osher Center team comprises compassionate, interdisciplinary clinicians; innovative and devoted educators; creative, committed researchers; expert, dedicated staff members; and brilliant and enthusiastic fellows and students. Together, we've created a warm and welcoming environment that provides a unique combination of integrative care, teaching, and study.

To mark our 20th year, we recently created new vision, mission, and values statements. Our collaborative process allowed us to articulate our collective purpose in a meaningful way in order to guide our work – why we exist, what we stand for, and where we're going.

We also launched a new website this year to serve as a virtual home for the UCSF Osher Center and an easy-to-access resource on integrative health for everyone.

We are grateful to visionaries Bernard and Barbro Osher and to all of you who have given your time, ideas, and resources to help us thrive. We will continue to rely on you as we move forward.

Here's to a wonderful first 20 years of the UCSF Osher Center and many future opportunities to nurture health and inspire well-being.

A handwritten signature in blue ink, appearing to read 'Shelley Adler'. The signature is fluid and cursive, with a long horizontal line extending to the right.

Shelley R. Adler, PhD

Director, UCSF Osher Center for Integrative Medicine

Osher Foundation Distinguished Professor of Integrative Medicine

Professor, UCSF Department of Family and Community Medicine



UCSF Osher Center massage therapist Carolyn Tague, MA, CMT, treats a patient in the Osher Center clinic.

## Vision

**To nurture health and inspire well-being for all people**

## Mission

We are committed to:

**Providing** the highest-quality health care by blending proven conventional and complementary medicine approaches from around the world

**Producing** outstanding integrative health leaders through transformative education and training

**Advancing** the science of integrative health by conducting and disseminating rigorous research

## Values

**Whole-Person Care:** Our comprehensive, team-based approach acknowledges all aspects of each individual – body, mind, and spirit.

**Equity:** We welcome and respect all people, value diversity, and strive for inclusivity. We are committed to improving integrative health care for members of medically underserved communities.

**Compassion:** We foster empathy and attend to the influence of social, cultural, and historical contexts on health, health behaviors, and access to health care.

**Collaboration:** We promote interprofessional teamwork among our clinicians, educators, and researchers, and build partnerships across UCSF and internationally.

**Focus on Wellness:** We emphasize health promotion and illness prevention, as well as treatment of disease.

**Empowerment:** We provide resources and tools that cultivate resilience and engage each person's unique healing abilities.

# Decoding Life to Improve Health

A profound understanding of how to heal someone requires a deep dive into what makes each person unique. Whole-person care, one of our core values, means providing the best, personalized health care for the body, mind, and spirit to promote wellness, prevent illness, and treat disease.

## Meditation's Effects on the Body and Brain



Helen Weng, PhD

Helen Weng, PhD, assistant professor in the UCSF Department of Psychiatry, studies how meditation practices may improve health. Using functional magnetic resonance imaging (fMRI) to scan the brain and compile data on how meditation affects

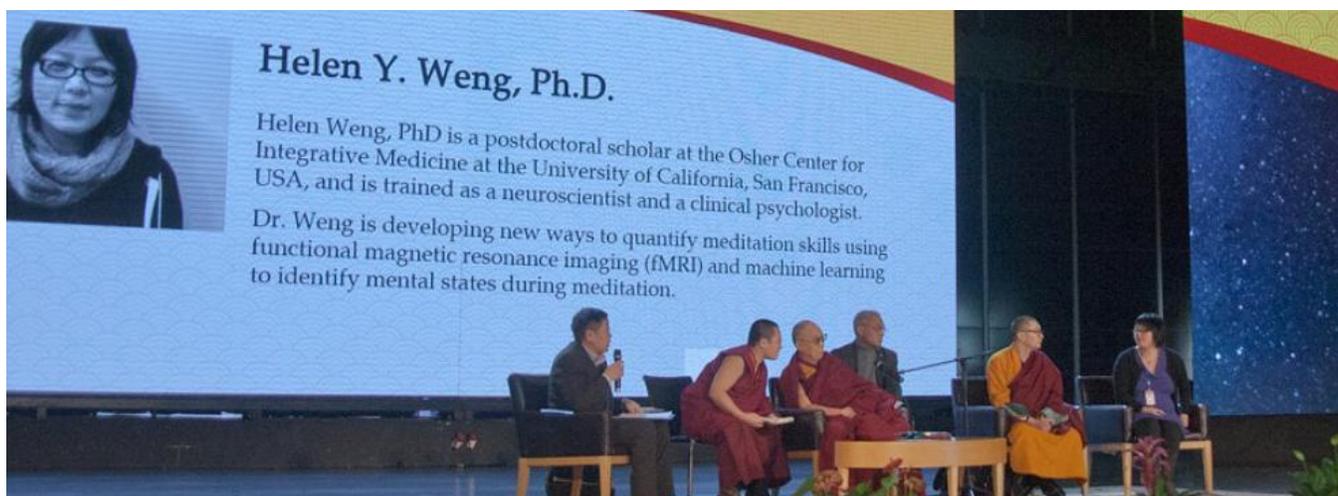
measurable factors such as heart rate and brain activity, Dr. Weng is developing new neuroscientific tools to assess mental states during meditation so we can better understand the mechanisms through which meditation might improve health.

Her project, Evaluating Multivariate MRI Maps of Body Awareness, is funded by the National Institutes of Health and private philanthropy and is conducted in collaboration with the East Bay Meditation Center in Oakland, one of the most diverse Buddhist communities in the United States.

Dr. Weng also uses community-based methods to increase the diversity of participants in her neuroscience studies, including people of color, persons with disabilities, LGBTQI individuals, and other often-marginalized segments of the population.

Even in the initial stages of development, Dr. Weng's work received international attention within the contemplative neurosciences field. In the past few years, she's been invited to give talks at premier international scientific gatherings, including a presentation in 2016 to the Dalai Lama at the Conference on Buddhism and Science in Ulaanbaatar, Mongolia. Conference organizers said their goal was to inspire young people to pursue similar lines of work, and Dr. Weng spoke to young Mongolian women who were excited about her research.

"It's a priority for me to help increase the diversity of meditators within neuroscience studies," she says. "I am passionate about making the science I do accessible to the public. It is my personal goal to give people the skills to know their own minds and bodies in order to make healthy decisions for themselves and their communities."



Dr. Weng presents her work at the Conference on Buddhism and Science in 2016 in Mongolia, with the Dalai Lama (third from left) among the attendees.

# Leveraging Discovery to Revolutionize Care

As one of the world's top integrative medicine centers – and home of the Coordinating Center for the seven Osher Centers worldwide – the UCSF Osher Center continues to lead the way in pioneering integrative research projects and translating our discoveries into enhanced care for our patients.

## Shifting the Perception of Pain



Maria Chao, DrPH, MPA

Non-pharmacological ways of reducing pain are desperately needed, as individuals, health systems, and insurers seek alternatives to opioids, which are being prescribed and misused at epidemic levels.

With a grant of more than \$2.7 million from

the Patient-Centered Outcomes Research Institute, Maria Chao, DrPH, MPA, associate director of research for the UCSF Osher Center and associate professor in the UCSF Department of Medicine, launched a study to understand how the stressful experience of a hospital stay impacts a patient's pain.

Because the perception of pain is experienced individually, Dr. Chao and her team are gathering a diverse group of English-, Spanish-, and Cantonese-speaking participants

at two sites: UCSF Medical Center at Mission Bay, an academic medical center where hospital stays often are scheduled ahead of time; and Zuckerberg San Francisco General Hospital and Trauma Center, a safety-net hospital where patients are often hospitalized suddenly after an emergency-room visit. When this study is fully funded, participants will be divided into groups that receive the usual pain medications plus acupuncture, multifaceted pain counseling, or both.

## How does pain counseling help?

“In pain counseling, we provide education and coping tools. We explain how pain can be viewed as a whole-body experience, how our emotions are connected. We teach patients skills that can help shift their mindsets, such as relaxation techniques and thinking patterns that reframe the pain.”

– Maria Chao, DrPH, MPA

“Pain isn't just physical intensity. It's deeply connected to a person's psychosocial experience,” Dr. Chao says. “If you are depressed, anxious, or under stress, you feel pain more acutely. Medications can reduce the physical pain, but we support people's whole experience, and that has a more meaningful impact.”

“ When I came to the UCSF Osher Center, I had three goals: Be able to get up from a chair without using my arms, get onto the floor to play with my grandchildren, and dance again. With help from Dr. Mehling, I've reached all of those goals. I've learned to move again without pain. And I can dance my heart out. ”

– Margaret Carlock, patient of Wolf Mehling, MD, at the UCSF Osher Center

## Complementary Cancer Care



*Anand Dhruva, MD*

Through an integrative oncology collaboration, the UCSF Osher Center for Integrative Medicine and the UCSF Helen Diller Family Comprehensive Cancer Center merge conventional cancer care and complementary methods to support patients through

challenging treatments and recovery.

Federal grants combined with \$1 million in private philanthropy have helped the UCSF Osher Center launch several pilot projects that will be carefully evaluated to add to the evidence base of integrative oncology.

“Patients with cancer often want to use complementary medicine but don’t have practitioners to guide them,” says Anand Dhruva, MD, associate director of education at the UCSF Osher Center, associate professor in the UCSF Department of Medicine, and one of the project leads. “We want to provide that expertise and support, so we’re working together to build a new model of care.”

In one of the pilot studies, Dr. Dhruva, a medical oncologist and specialist in traditional ayurvedic medicine, is studying how plant-based remedies can reduce side effects during chemotherapy.

Oncologist and Osher Center faculty scholar Chloe Atreya, MD, PhD, is assessing group videoconference sessions to teach mindfulness techniques to cancer patients, wherever they live.

Epidemiologist Erin Van Blarigan, ScD, is creating a smartphone app that provides helpful tools to encourage cancer patients to be physically active and eat healthfully during and after treatment.

Hospitalist and medical acupuncturist Sanjay Reddy, MD, associate director of clinical programs at the UCSF Osher Center, studies how acupuncture can relieve pain



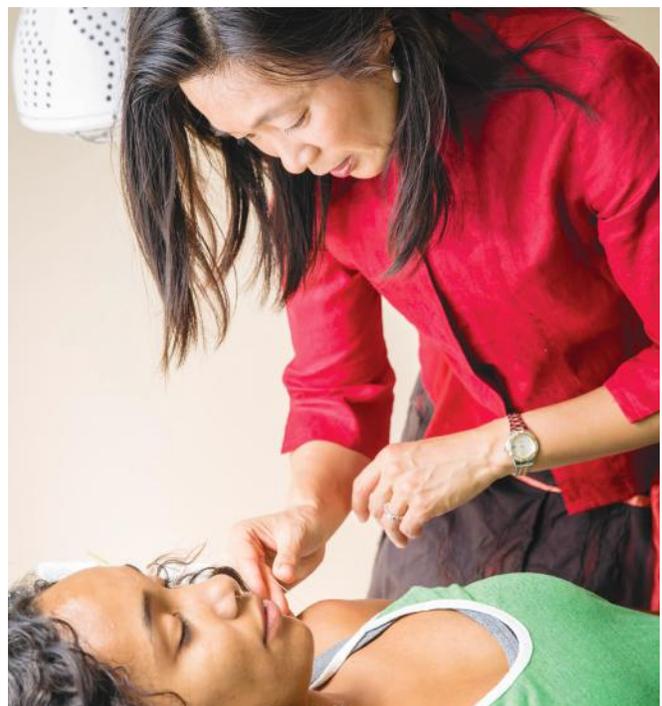
*Sanjay Reddy, MD*

for patients with urologic and prostate cancers. He spends one day each week embedded in the urologic oncology clinic, which is helpful to patients – especially those coming from long distances – because they can get all of their care in one visit.

He also teaches patients integrative techniques to use at home, such as guided imagery – using words and music to evoke positive imaginary scenarios to bring about a beneficial effect.

Dr. Reddy says integrative care referrals are continually increasing throughout UCSF, and he’s happy to have a chance to more thoroughly implement acupuncture into clinical care. “It’s exciting. The timing is right, and the setting is right to move these things forward,” he says.

In June, the UCSF Osher Center co-hosted the first Integrative Oncology Symposium for faculty members and trainees to help continue the momentum of our partnership with the Cancer Center.



*Helen Ye, MS, LAc, uses acupuncture to treat a patient.*

## Immersive Training for Integrative Physicians

An important aspect of our mission is to train outstanding integrative health leaders. While many integrative fellowships around the country rely on distance learning, our clinical fellowship provides full-time, hands-on, integrative medicine training with close mentorship from UCSF Osher Center clinicians.

“We work with our fellows day in and day out, mentoring them during and after patient encounters,” says Dr. Dhruva, who also directs the UCSF Osher Center’s Clinical Fellowship in Integrative Medicine program. “These fellowships are one of the most important educational programs we offer at the Osher Center. It’s exciting to be training outstanding, up-and-coming leaders in integrative medicine.”

In addition to caring for patients, fellows attend informative weekly seminars and complete a scholarly project to advance the field and give an early boost to their careers as integrative physician-scientists or physician-educators.

Fellows bring their own interests and specialties to their time at the UCSF Osher Center. Current fellow Selena Chan, DO, an integrative psychiatrist who uses complementary techniques to enhance her patients’ wellness, is developing a new integrative psychiatry curriculum for the center to train future fellows and other professionals who want to make their practices more integrative.



*UCSF Osher Center massage therapist Marcia Degelman, CMT, cares for an infant at UCSF Benioff Children’s Hospital San Francisco.*

## Clinical Collaborations Across Campus

Over the years, the UCSF Osher Center has become more deeply integrated into UCSF’s clinics and hospitals. In addition to interdisciplinary research studies, we now have numerous clinical partnerships:

- **Blood and Marrow Transplant:** massage therapy for patients with cancer, neurological challenges, and complex chronic pain
- **Cardiology:** acupuncture to relieve postsurgical pain
- **Helen Diller Family Comprehensive Cancer Center:** numerous clinical collaborations, including acupuncture for inpatients and outpatients (see “Complementary Cancer Care,” p. 6)
- **Obstetrics and Gynecology:** mindful meditation, massage, and acupuncture
- **Palliative Care:** inpatient acupuncture
- **Pediatrics:** acupuncture, massage, and nutrition services at UCSF Benioff Children’s Hospitals
- **Women’s HIV Clinic:** acupuncture

## Integrative Medicine for Young Patients



Jenifer Matthews, MD

Jenifer Matthews, MD, a practicing pediatrician for 10 years, had been using a blend of biomedical and complementary medicine with her own family but wanted to learn to use integrative techniques – including hypnosis, biofeedback, and acupuncture – with her young patients.

Last year, Dr. Matthews joined the UCSF Osher Center as its first Pritzker Clinical Faculty Scholar, based at UCSF Benioff Children’s Hospital Oakland. She is mentored by integrative pediatricians Sanford Newmark, MD, director of clinical programs at the UCSF Osher Center and professor in the UCSF Department of Pediatrics, and David Becker, MD, MPH, LMFT, integrative pediatrician and behavior specialist at the UCSF Osher Center and clinical professor in the UCSF Department of Pediatrics.

“Many people want other options for their children – less-invasive techniques that don’t use medications,” Dr. Matthews says. “The UCSF Osher Center provides effective, evidence-based medicine, and by training here, I can bring new knowledge and skills to what I’m doing.”

Throughout the week, she works in the UCSF Division of Adolescent and Young Adult Medicine, school-based clinics, and Dr. Newmark’s autism and ADHD clinics. She also attends weekly seminars and participates in the new Integrative Medicine Working Group at UCSF Benioff Oakland, which she helped form.

“As I’ve learned the tenets of integrative medicine and been immersed in the UCSF Osher Center’s approach, I’ve come to believe that this is exactly what I signed up for in becoming a physician – building relationships, giving patient-centered care, serving those most in need, and using the most appropriate medicine for each individual,” Dr. Matthews says. “I’m becoming the kind of physician that I’ve always wanted to be.”



Wolf Mehling, MD, uses hands-on “manual medicine” with a patient.

## A Partnership to Amplify Our Message

The Osher Collaborative has formed a partnership with the *Journal of Alternative and Complementary Medicine* to produce a new quarterly column. Dr. Chao and Dr. Adler penned the inaugural article, “Integrative Medicine and the Imperative for Health Justice.”

“ I’ve had biofeedback as well as manual medicine care at the Osher Center, and these therapies and mindfulness techniques have helped me in many areas of my life. I wish such services were better integrated into the entire health care system so more people could avail themselves of them. ” – R.G., UCSF Osher Center patient



Dr. Adler leads a Diversity, Equity, and Inclusion meeting for UCSF Osher Center staff.

## Partnering to Achieve Health Equity

Many medical settings, including complementary care, have had long-standing barriers to access. The UCSF Osher Center pursues creative ways to reach medically underserved communities, including partnerships with safety-net clinics and community organizations, affordable group classes, group medical visits, and a fund that helps patients pay for care.

### Fostering Diversity, Equity, and Inclusion

We believe that integrative medicine must compassionately address the needs of all members of society, endorsing the right of all people to access their highest attainable health and well-being.

“Many people have experienced racism and sexism in their medical care,” says Dr. Chao, the UCSF Osher Center’s associate director for health equity and diversity. “We want to ensure that the UCSF Osher Center fosters health equity and justice and welcomes everyone.”

**2,000+** people per year participate in UCSF Osher Center public-education programs, including mindfulness-based stress-reduction, mindfulness-based childbirth and parenting, and yoga.

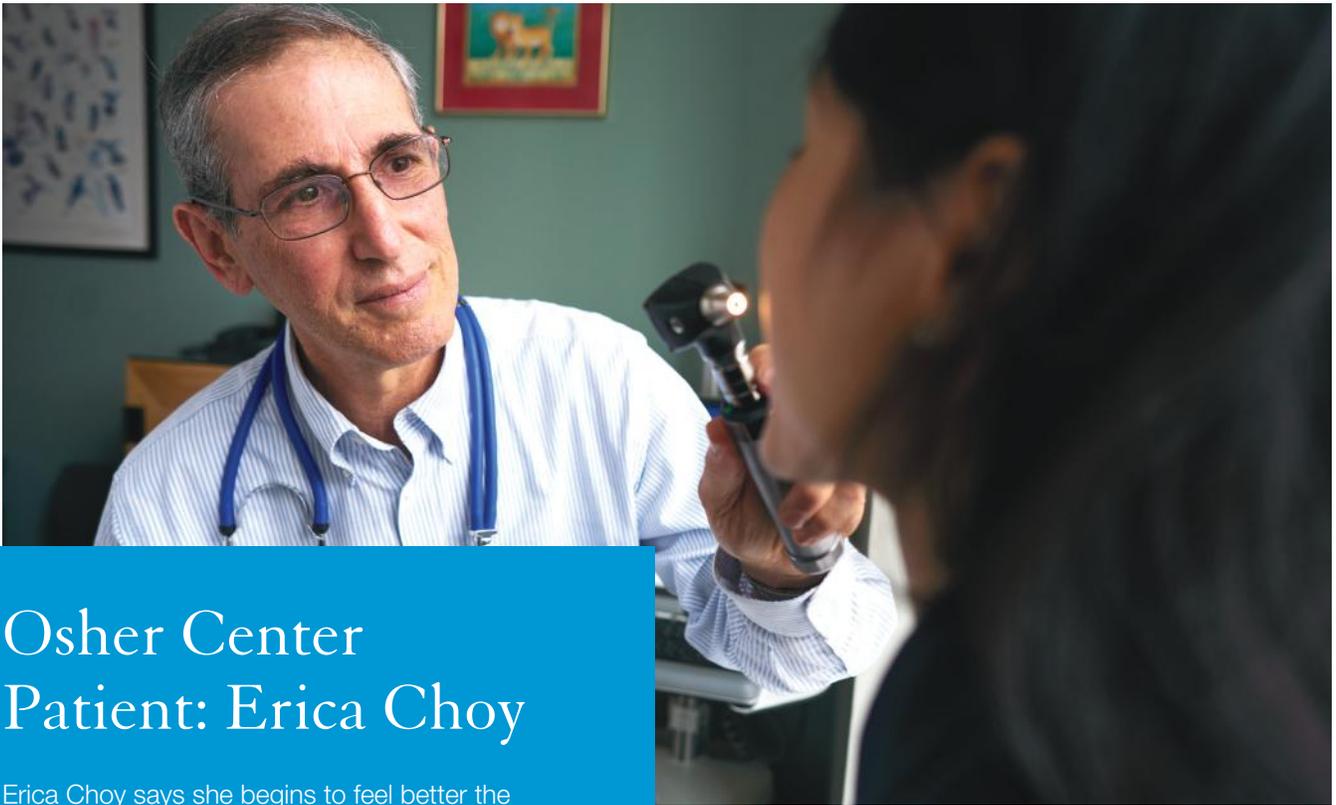
The center has formalized its diversity and inclusion goals into three overarching categories:

- **Infrastructure:** Formalized leadership, such as Dr. Chao’s role, plus formation of a working group that meets biweekly, help keep diversity and inclusion at the forefront of hiring, training, research, and patient care.
- **Climate:** Evaluating and analyzing data on patient demographics, gathering input from faculty and staff members on experiences with bias, and holding a day-long diversity and inclusion retreat each year are among the actions that make the UCSF Osher Center a welcoming place for patients and learners alike.
- **Advancing Health Equity:** Partnerships with public health clinics and community organizations help the UCSF Osher Center reach underserved populations and ensure that our services are available and accessible to everyone.

“I’ve always been interested in public health, and my hope was to reduce health disparities using complementary medicine,” Dr. Chao says. “Now I have my dream job. It’s exciting that the UCSF Osher Center includes diversity and inclusion as one of its core values.”



Couples who are soon-to-be new parents attend a mindfulness-based childbirth class.



## Osher Center Patient: Erica Choy

Erica Choy says she begins to feel better the moment she steps into the elevator in the Osher Building at UCSF's Mount Zion campus and presses the button for the fourth floor, home to the UCSF Osher Center clinic. For nearly 13 years, Erica has been treated at the clinic for chronic back pain, receiving massage therapy, biofeedback, and dietary advice, and learning mindfulness techniques.

UCSF Osher Center clinicians have helped provide relief and given her tools to cope with pain on her own, dramatically reducing her reliance on medications. Her trust in the center is so deep that she has brought in several family members for care as well. And because Erica relies on Medi-Cal, the Osher Center's Community Care Fund has been an invaluable resource over the years.

"The Osher Center is really invested in helping me," she says. "They care for my physical health, but they also care about my emotional pain. At every visit, I learn something new."

*Sanford Newmark, MD, examines a patient in the UCSF Osher Center clinic.*

### Closing the Care Gap

Caring for our community includes providing services to patients of all ages, regardless of their financial circumstances. Supported by foundations and private philanthropy, the Community Care Fund subsidizes care for patients in need. In fiscal year 2018, the fund assisted 167 people during 1,352 clinic visits.

"We are committed to serving people across the economic spectrum," says Diane Sabin, UCSF Osher Center clinic administrative director. "This fund helps us provide on-site care to anyone who needs it. I think of the clinic as the heartbeat of the UCSF Osher Center. All of us who work here are proud of the high level of services we offer our community."

**1,352** clinic visits were funded by the Community Care Fund in fiscal year 2018.

## Making Your Mind Your Ally



Forest Fein, MA

The UCSF Osher Center's services extend to San Francisco's Tenderloin neighborhood where, at the nonprofit Larkin Street Youth Services, young people who are homeless and have experienced trauma learn to meditate as a way of feeling some control over their minds and some peace in their lives.

Forest Fein, MA, director and lead instructor in the UCSF Osher Center's Pritzker Mindfulness Program for Urban Youth, specializes in helping teens and young adults.

"Part of my work involves making mindfulness cool," he says. "Mindfulness has become more mainstream in recent years, so I can list celebrities, musicians, and athletes who meditate to up their game, be more successful, and be more creative. My students can connect with that."

Over the past five years, Fein has reached thousands of homeless and at-risk youths through a seven-week mindfulness program and follow-up support at Larkin Street, and retreats at the UCSF Osher Center. Since 2016, he also has provided mindfulness training at three Bay Area locations of Year Up, a nonprofit that provides skills training and internships for underserved young adults.

Thanks to the Lisa and John Pritzker Family Fund (founding sponsor) and the UCSF Mount Zion Health Fund, these services are offered free of charge to people very much in need, many of whom never would have imagined that meditating could help them.

"I try to encourage students to have an open mind and just be willing to try," Fein says. "I tell them that by training a few minutes each day, their minds can become their greatest allies."

**2,500+** homeless and at-risk youths have been served by the Pritzker Mindfulness Program for Urban Youth since 2013.



One of Forest Fein's mindfulness students continues her meditation practice.  
Photo: Claudine Gossett

# 20 Years of UCSF Osher Center Impact

**1998** The UCSF Osher Center for Integrative Medicine established with support from The Bernard Osher Foundation.

**1999** The UCSF Osher Center receives the first of numerous prestigious National Institutes of Health research and education grants.

**2002** Clinical practice opens, with 1,200 patient visits in the first year – a figure that will grow nearly tenfold in the two decades that follow. The Community Care Fund also is established to provide financial assistance to patients in need.

**2003** The UCSF Osher Center receives a five-year education grant from the National Center for Complementary and Integrative Health (NCCIH) to integrate complementary medicine into the medical school curriculum – at a time when adding integrative medicine content to a mainstream curriculum was a pioneering concept.

**2004** The NCCIH gives the UCSF Osher Center a prestigious Center of Excellence award to investigate the effects of a meditation-based stress-reduction intervention for patients with HIV.

**2008** Philanthropic support helps the clinical program expand to include pediatric patients, and the NCCIH awards a rare second Center of Excellence grant to the UCSF Osher Center.

**2010** The UCSF Osher Center receives a second NCCIH education grant to develop an interprofessional curriculum in integrative medicine.

**2011** The new Osher Building – constructed thanks to a generous gift from Bernard and Barbro Osher – opens on UCSF's Mount Zion campus, allowing the UCSF Osher Center to relocate all of its programs, faculty, and staff to a single location, expand services offered to patients, and more closely coordinate patient care with other UCSF clinics.

**2015** The UCSF School of Medicine's Bridges Curriculum launches, with substantial contributions from the UCSF Osher Center to ensure that the university's medical students learn integrative methods to benefit their future patients. The UCSF Osher Center also welcomes its first clinical fellows in integrative medicine – early-career physicians who train to become innovative leaders.



*Barbro Osher, Donald Abrams, MD, the late Tomoye Takahashi, and Bernard Osher at a 2010 gathering*

**2017** The Bernard Osher Foundation names the UCSF Osher Center as the host institution for the Osher Collaborative for Integrative Medicine's coordinating center and endows the program to facilitate initiatives among the seven Osher Centers for Integrative Medicine around the world.

**2018** The UCSF Osher Center celebrates 20 years of innovation and leadership in integrative medicine and continues to grow – from pioneering interprofessional programs to new clinical care models and research across disciplines.

**2019 and beyond** Thanks to our dedicated faculty, staff, and learners, as well as generous friends and donors, the UCSF Osher Center is well-positioned to serve as a model of health care integration, a source of best practices for clinicians and health systems around the world, and a place where patients can find compassionate, high-quality, integrative care.

# The Osher Collaborative for Integrative Medicine



The Osher Collaborative comprises an international group of seven academic centers funded by The Bernard Osher Foundation to study, teach, and practice integrative medicine:

- University of California, San Francisco  
*(host institution)*
- Harvard University
- Karolinska Institutet
- Northwestern University
- University of Miami
- University of Washington
- Vanderbilt University



Dr. Adler meets with medical students.



The 2018 Osher Collaborative Meeting was hosted by the Osher Center for Integrative Medicine at Karolinska Institutet in Stockholm, Sweden.



“ This is a highly collaborative place. As a staff member, and even as an intern, you feel valued at the UCSF Osher Center – like every contribution you make can truly make a difference. ”

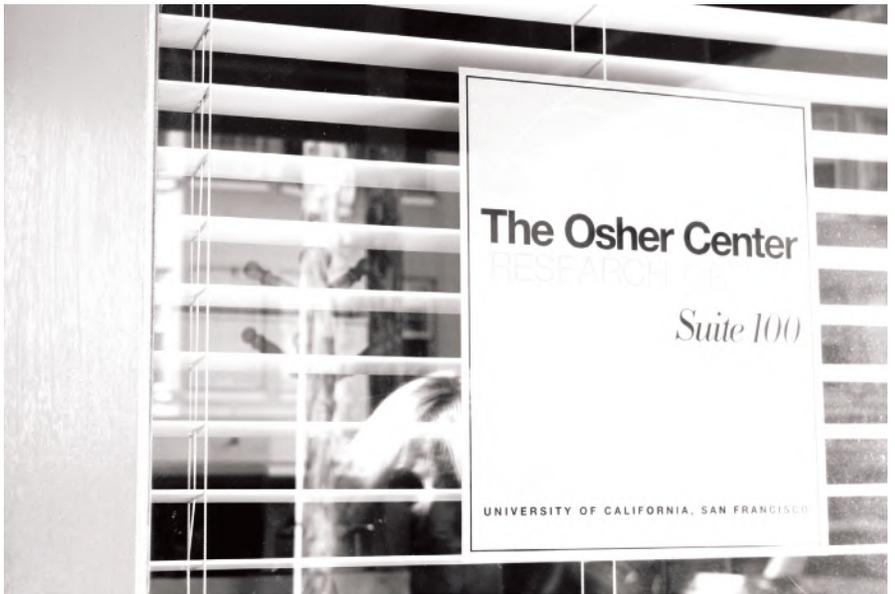
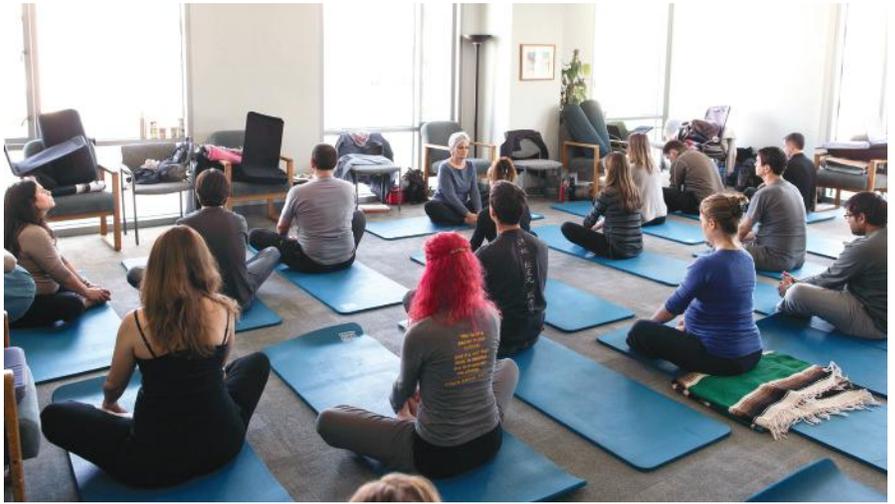
– Katrina Cabral, UCSF Osher Center clinic education coordinator and former Osher Center intern

## Thank You

For more information about the UCSF Osher Center and how you can contribute to its mission, contact:

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**Thank you for all you do for UCSF.**



Clockwise, from top left: Yoga teacher Traci Joy Burleigh assists a participant in therapeutic yoga for cancer patients; a mindfulness-based childbirth and parenting class; UCSF Osher Center's original location at 1701 Divisadero Street; a tai chi class; the late Ellen Hughes, MD, PhD, UCSF Osher Center interim director (1998-2001); UCSF Osher Center's original waiting room and library; Susan Folkman, PhD, UCSF Osher Center director (2001-2009)



Photo: Claudine Gossett



University of California San Francisco