

# UCSF Osher Center for Integrative Medicine

Impact Report 2019





Dear Friends,

At the UCSF Osher Center for Integrative Medicine, I work with an extraordinary team of committed and compassionate faculty, staff, and trainees. Every day, they inspire me, and every day, I see how deeply they care about our patients, learners, and study participants, and how dedicated they are to our vision of advancing integrative medicine and nurturing health and well-being for all.

Working together, we have built a truly special center – but we couldn't have accomplished this, and cannot continue to make impactful progress, without the committed support of friends and donors. One person, in particular, has had a central role in our success – our eponymous benefactor, Bernard Osher.

The Bernard Osher Foundation was created in 1977 to improve quality of life for people locally and globally. Mr. Osher's dedication to this mission is clear from his steadfast support of our center, which strives to improve quality of life for our patients and for countless others who will benefit from our research studies and educational innovations.

Mr. Osher recently marked his 92nd birthday. We celebrate this milestone and a vibrant legacy of generosity with Bernard and his wife, Barbro. The UCSF Osher Center also reached an important milestone this year – our 20th anniversary. As we embark on our third decade, we rededicate ourselves to our mission of providing the highest-quality health care, creating outstanding integrative health leaders, and advancing the science of integrative health.

Thank you for your continued support.

**Shelley R. Adler, PhD**

*Director, UCSF Osher Center for Integrative Medicine*

*Osher Foundation Distinguished Professor of Integrative Medicine*

# Integrative Medicine to Address the Diabetes Epidemic

An estimated 30.3 million people in the US have diabetes. Doctors and patients alike are struggling to find effective and lasting solutions for this national epidemic.

Rick Hecht, MD, the UCSF Osher Center's director of research and Osher Foundation Endowed Professor in Research in Integrative Medicine, studies mindfulness-based interventions for health, with a focus on interventions for obesity and diabetes. He notes that while the medical community is largely focused on pharmaceutical solutions to treat diabetes patients, he's interested in how lifestyle interventions can help control and potentially reverse type 2 diabetes in those who have it – and prevent it in those who don't.

"Our food environment encourages us to eat lots of foods that are not consistent with a healthy diet," Dr. Hecht says. "But we're learning effective ways to reduce those cravings."

Mindfulness may be key. It can help those with diabetes break a cycle of habitual overeating, cope with food cravings, increase awareness of the foods they eat, look inward to how they feel, and make more conscious decisions.

To gather evidence on the effectiveness of this method, Dr. Hecht is leading the Diabetes Education to Lower Insulin, Sugars, and Hunger (DELISH) study, funded by the National Institutes of Health.

In a group setting, study participants receive education on healthy food choices, including limiting carbohydrates. Half of the cohort then receives training in mindful eating and use an evidence-based app that delivers short training sessions. Peer discussion groups provide support.



*Rick Hecht, MD*

Over the course of the yearlong study, Dr. Hecht and his team will track participants' glucose levels, weight changes, and ketone production. If successful, this program could become part of a comprehensive approach to diabetes education at the UCSF Osher Center.

## Eating Mindfully

Mindful eating can heighten the enjoyment of meals, as well as increase awareness of food choices, especially for those trying to eat more healthfully. Dr. Hecht offers this beginner's guide to mindful eating:

- Select one thing to eat, such as a piece of fruit, cheese, or chocolate.
- Notice how your body is feeling. What are your thoughts about the food you are about to eat?
- Look at the food you are about to eat and appreciate its details.
- Place the food in your mouth, without chewing. What does it feel like?
- Slowly begin to chew. What flavors do you taste? How does the texture of the food change?
- Continue to chew carefully, noticing flavors and texture changes.
- When you are ready, swallow.
- Take a moment to notice how you feel. Notice any thoughts about what you've just experienced.



# UCSF Osher Center Faculty Scholars Program

## Gina DeAngelis, MD

UCSF Osher Center Faculty Scholar

Attending Physician, Departments of Adolescent Medicine and Primary Care, UCSF Benioff Children's Hospital Oakland

“For the last 10 years, my practice has been treating underserved youth in Oakland. I have seen a significant increase in the number of patients who have illnesses or conditions that are related to non-biomedical pathology, like complex trauma, socioeconomic influences, lifestyle elements, and other difficult-to-treat factors. A purely biomedical model does not address all of these.

Sometimes in conventional medical training, the “whole patient” and all the circumstances that impact health can get lost in the study of pathology and disease. I wanted to take a step back and learn about a larger array of tools and methods that might help me care for my patients.

My experience with the UCSF Osher Center has been wonderful. The biweekly case conferences are a terrific way to apply knowledge to practical situations and get the perspective of seasoned integrative practitioners.

Using an integrative approach with young patients can be particularly impactful for their future health and development. I have already been integrating parts of my nutrition learning and some mind-body medicine into my pediatric practice.

“Using an integrative approach with young patients can be particularly impactful for their future health and development.”

– Gina DeAngelis, MD, UCSF Osher Faculty Scholar



Faculty scholars and clinical trainees attended a session led by Anand Dhruva, MD.

### The UCSF Osher Center Faculty Scholars

**Program** offers one year of training for midcareer physicians who want to bring integrative medicine into their already established practices.

“This program is ideal for physicians who are interested in integrative medicine but who can’t put their careers on hold for this training,” says Anand Dhruva, MD, who was recently named the UCSF Osher Center’s director of education and Osher Foundation Endowed Professor in Education in Integrative Medicine. “We developed the program with those learners in mind – and just from word of mouth the demand is already greater than our current capacity.”

# UCSF Osher Center Clinical Fellowship

## Selena Chan, DO

UCSF Osher Center Clinical Fellow,  
2017-2019

Integrative Psychiatrist, UCSF Osher  
Center for Integrative Medicine

“My passion for integrative medicine stems from a lifelong interest in the many influences that shape an individual's life narrative and personal approach to healing. Clinical training in conventional psychiatry provided me with the foundation to address the root causes of illness with modern biomedical treatments



Selena Chan, DO, Anand Dhruva, MD, and Brieze Robinson  
Keeley, MD

and psychotherapy. However, addressing a complex, mind-body condition with a focused viewpoint has its limitations.

This is why I pursued a clinical fellowship in integrative medicine – to learn how to practically bridge conventional biomedicine with evidence-informed complementary medicine and self-care practices. Widening my scope to include all available healing paradigms invites a partnership with my patients and an honest dialogue about the risks and benefits of treatment options.

A distinctive feature of the clinical fellowship at the UCSF Osher Center is the hands-on application in my patient clinic, with mentorship from experts in integrative psychiatry.

I am grateful to now be a full-time integrative psychiatrist at the UCSF Osher Center, which affords me the continual opportunity to learn from, grow with, and contribute to our dedicated community of integrative health experts.

“Widening my scope to include all available healing paradigms invites a partnership with my patients and an honest dialogue about the risks and benefits of treatment options.”

– Selena Chan, DO, UCSF Osher Clinical Fellow, 2017-2019

**The Osher Collaborative Clinical Fellowship in Integrative Medicine** is an immersive, two-year program that teaches medical residents and physicians integrative medicine principles and methods.

“Our in-person program gives physicians hands-on training with patients and immediate feedback from experienced Osher Center physicians,” says Dr. Dhruva. “Our fellows devote two years to this training and come out of it prepared to be ambassadors and leaders in integrative medicine within their specialties.”

# Integrative Acupuncture for Inpatients

The UCSF Osher Center has forged a successful partnership with Zuckerberg San Francisco General Hospital to offer dedicated acupuncture services for inpatients. Overseen by Sanjay Reddy, MD, the UCSF Osher Center's associate director of clinical programs, the service is creating enthusiasm in patients and providers alike.

Researchers and clinicians at the UCSF Osher Center continue to rigorously study acupuncture's effectiveness through the Pragmatic Research Trial of Acupuncture Extended to Inpatient Services (PRAXIS). PRAXIS has proven groundbreaking in understanding how

acupuncture can significantly decrease pain and increase well-being and mobility for hospitalized patients.

The PRAXIS trial – which is led by Maria Chao, DrPH, MPA, the UCSF Osher Center's associate director of research and associate director for health equity and diversity – includes instructions for participants in English, Spanish, and Cantonese, so results can be extended to diverse patient populations.

Now, the UCSF Osher Center has expanded the PRAXIS study to patients at the UCSF Helen Diller Family Comprehensive Cancer Center. The study will measure:

- effectiveness of acupuncture for “total pain” – which includes pain intensity, anxiety, depression, and physical functionality
- ways to minimize harm to patients during cancer treatment, with a focus on reducing or eliminating opioid medications
- patient treatment preferences and satisfaction

“We want to apply what we’ve learned over the years from our other inpatient acupuncture programs to provide relief to cancer patients,” Dr. Chao says.



*UCSF Osher Center acupuncturist Miria Toveg, MS, LAc, treats an inpatient.*

## Easing Acupuncture Anxiety

Don't let a fear of needles stop you from trying acupuncture, says Dr. Chao.

Scientific evidence supports acupuncture for chronic pain and is promising for other conditions. Plus, acupuncture is safe when performed by an experienced, well-trained practitioner.

“Fear of needles is the top reason that people are hesitant to try acupuncture,” Dr. Chao says. “Most of us associate needles with getting a shot or a blood draw. But acupuncture needles are about the width of a human hair – considerably smaller and with less cutting surface area than hypodermic needles.”

Plus, most patients report that acupuncture needles do not hurt. This, combined with its effectiveness and safety profile, should encourage the nervous patient.

# Integrative Medicine and Oncology

Cancer treatment can be intensive for patients, causing pain as well as impacting sleep, appetite, and mental health. Well-established integrative techniques used by UCSF Osher Center clinicians can help, but most oncologists aren't trained in their use.

As part of a growing collaboration with the UCSF Helen Diller Family Comprehensive Cancer Center, the UCSF Osher Center has begun a multidisciplinary Integrative Oncology Program to assist patients in the cancer center's clinics and study patient outcomes. Building on an initial investment from the Helen Diller Family Foundation, the program is currently supported by the Mount Zion Health Fund.

The team will look at the best ways to expand access for diverse patient populations, as well as which models work best in the cancer center – group-based services, embedding integrative methodologies (including acupuncture) into existing clinics, virtual mindfulness support, and other ways to serve patients effectively, working in coordination with their oncologists.

One research project already underway is a self-directed, audio mindfulness intervention for colon cancer patients



*The UCSF Osher Center recently hosted its second Integrative Oncology Symposium, with more than 100 attendees and 20 speakers, as part of its growing collaboration with the UCSF Helen Diller Family Comprehensive Cancer Center.*

during chemotherapy, led by integrative gastrointestinal oncologist and Osher Center affiliated professor Chloe Atreya, MD.

Dr. Dhruva, Dr. Chao, and Dr. Atreya co-direct the program. "Part of the benefit of this leadership structure is the ability to look at a broad array of projects, moving outside of our silos, and sharing resources for better care delivery," Dr. Chao says.



*Bernard Osher, Shelley Adler, PhD, and other guests attended a celebration of the UCSF Osher Center's 20th anniversary in May 2019.*

## Thank you

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

**Sarah Krumholz**

Senior Director of University Development

UCSF Foundation

(415) 502-1899

[Sarah.Krumholz@ucsf.edu](mailto:Sarah.Krumholz@ucsf.edu)



