



UCLA Center for East-West Medicine

A comprehensive and integrative
approach to health

UCLA Center for East-West Medicine

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“By using Western medicine to look at the trees and Chinese medicine to look at the forest, we have a much more comprehensive view of health.”

Blending Eastern and Western Medicine

The UCLA Center for East-West Medicine integrates the best of both modern Western medicine with traditional Chinese medicine to provide healthcare that is safe, effective and affordable.

Western medicine looks at parts of the body separately. It takes a micro approach, using medication and technology to treat disease and trauma.

Chinese medicine seeks to maintain health and enhance the body’s natural resistance to disease. It takes a macro approach, focusing on wellness, self-healing and the interaction of mind and body.

Taken together, they form a comprehensive integrative approach to health that addresses both specific problems and the patient as a whole. And because the physicians of the UCLA Center for East-West Medicine have trained at some of the finest medical schools in the United States as well as in integrative East-West medicine at the Center, they are exceptionally well qualified to care for patients using this innovative approach.



How it Works

During the first office visit, a Center clinician will speak with the patient about his or her current symptoms, medical history and lifestyle. An initial exam that combines Western and Chinese diagnostic techniques will be performed.

The clinician will then design an individualized treatment plan. Treatments include integrative techniques such as:

- Acupuncture
- Acupressure
- Therapeutic massage / myofascial release
- Trigger point injections
- Nutritional and herbal counseling
- Stress management and lifestyle recommendations



Potential Benefits of the Integrative East-West Approach

- Improved quality of life
- Appropriate use of medications
- Lower risk of side-effects and other complications
- Emphasis on patient education

What it Helps

Many people come to the Center for East-West Medicine because they were not responsive and/or were intolerant to potent medications and surgeries. Some were told there was nothing wrong with them despite experiencing debilitating symptoms. Increasingly, individuals seek help to learn how to stay well and prevent disease.

Patients seen at the Center have gained relief from a range of conditions that include:

- Pain at various sites (neck, back, knee, etc.)
- Arthritis
- Fibromyalgia/chronic fatigue syndrome
- Neuralgia, including shingles
- Sports-related injuries
- Migraines and headaches
- Asthma and allergies
- Women's health
- Cancer-related symptoms
- Post-surgery persistent pain
- Gastrointestinal issues
- Sleep disturbances
- Autoimmune conditions

Patients may call for an appointment or may be referred to the Center by their physician.



Experienced Practitioners

The Center for East-West Medicine is under the auspices of the Department of Medicine at the David Geffen School of Medicine at UCLA. The team of physicians at the Center for East-West Medicine includes specialists in internal medicine, clinical pharmacology and geriatrics. Center physicians are board certified and have also completed fellowships in integrative East-West medicine at the Center. The physician team is complemented by the expertise of Chinese medicine practitioners.

Promoting Your Own Well-Being

Patient education, with an emphasis on self-help, is an essential ingredient for success. Patients learn how to care for themselves and promote their own self-healing. They may adjust their diet, change their exercise routine, use self-massage and reduce the causes of stress in their lives.

Patients gain not only relief from a specific problem, but they gain a new perspective that positively affects the rest of their lives. They are empowered to take better care of their health and prevent future illnesses.

