

Empowering, Engaging, and Educating: What Every Rheumatology Patient Needs to Know



UCLA doctors Mihaela Taylor, MD, Ami Ben-Artzi, MD, Lawrence Taw, MD, and Stephen Sideroff, PhD, will present information about integrative treatment options for the management of arthritis, fibromyalgia and connective tissue disorders. Discussions will cover central pain

syndrome, and the importance of stress management, sleep, vitamins and integrative medicine to manage symptoms.

Suggested donation: \$50 per person / \$40 per person for students, seniors, UCLA staff and UCLA 50-Plus Members

Saturday, Nov. 16, 9 am - 12:30 pm

UCLA Medical Center, Santa Monica, 1250 16th St, First Floor, Auditorium

TO RSVP: **(310) 582-6355** or SSanchez@mednet.ucla.edu

Seminar Speakers / Presentations

Integrative Rheumatology - Empowering Patients To Take Charge for Optimum Health

Mihaela Taylor, MD



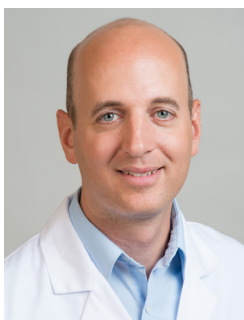
Learn about new perspectives on the role of central pain syndrome in rheumatologic disorders including primary & secondary fibromyalgia, osteoarthritis, connective tissue disorders & rheumatoid arthritis.

Updates on the emerging field of integrative rheumatology and the impact of vitamin D, exercise, meditation and sleep on immune system function with implications for health and illness.

Mihaela Taylor, MD: Chief Santa Monica Rheumatology - Associate Clinical Professor of Medicine, UCLA Division of Rheumatology, Dept. of Medicine, David Geffen School of Medicine At UCLA

Fibromyalgia – Myths vs. Reality

Ami Ben-Artzi, MD



A critical and in-depth review of the current understanding of the disease—why certain treatments work and others do not.

Ami Ben-Artzi, MD: Assistant Clinical Professor of Medicine, UCLA Division of Rheumatology, Dept. of Medicine, David Geffen School of Medicine at UCLA

A “Joint” Venture: Connecting East-West Medicine and Inflammation

Lawrence Taw, MD



The audience will learn about the prevalence of Complementary and Alternative Medicine (CAM) for rheumatologic conditions, understand inflammation through the lens of traditional Chinese medicine, and be equipped with lifestyle interventions for self-care.

Lawrence Taw, MD: Assistant Clinical Professor UCLA Center for East-West Medicine, Dept. of Medicine, David Geffen School of Medicine At UCLA

Digging Deeper Into The Mind-Body Connection

Dr. Stephen Sideroff



- Understanding the stress-disease connection
- Learn how stress and emotions lead to autonomic dys-regulation and physical symptoms
- Review the many practical ways to restore self-regulation, relax, gain resilience and bring optimal health

Dr. Stephen Sideroff: Assistant Professor in the Department of Psychiatry & Biobehavioral Sciences, David Geffen School of Medicine at UCLA & Director of the Raoul Wallenberg Institute of Ethics