

**UCI** Susan and Henry Samueli  
College of Health Sciences

Susan Samueli Integrative Health Institute

THE CASE FOR SUPPORT

**BRILLIANT FUTURE**  
THE CAMPAIGN FOR **UCI**

***“The preventive cardiology maintenance program has taught me how to make heart-healthy decisions in many areas of my life, including nutritional information and food choices, stress management, relaxation techniques and mindfulness practices. I have been able to significantly reduce my heart medications and have incorporated tai chi into my weekly regimen, which helps create balance in my life and improves my sleep. These are all very doable lifestyle changes and have become second nature for me. We learn to address the root cause of our ailments instead of solely treating the symptoms.”***

**— Dannie Cassell**  
Grateful patient



Shaista Malik, M.D., Ph.D., M.P.H., FACC

## Integrative Health for the Future

The Susan Samueli Integrative Health Institute is pioneering a multidisciplinary, evidence-based, integrative approach to health that informs and underpins the Susan and Henry Samueli College of Health Sciences. Our transformative model combines the best conventional medical practices with the most effective complementary therapies to promote optimal health through all the stages of life.

In partnership with colleagues in the Samueli College and UCI Health, we are expanding our scope so that more people will benefit from our trailblazing research, bold educational programs and compassionate, whole person care. Working together, we are reimagining the future of health for you, our community and people across the globe.

The Samueli Institute's distinguished founding executive director, Shaista Malik, M.D., Ph.D., M.P.H., FACC, and our talented team are guided by an overarching vision:

to be the preeminent national and international leader in integrative health sciences research, education and clinical care.

### **Meeting the Demand for Integrative Health**

A survey conducted by the Centers for Disease Control and Prevention reported that 33.2 percent of adults in the United States and 11.6 percent of U.S. children age 4 to 17 used complementary health approaches in 2012. These findings reinforce what we have observed in our own practice: People are turning to integrative medicine to improve the quality of their lives.

At the Samueli Institute, we provide patients the compassionate, whole person care they seek. The comprehensive treatments that we offer are uniquely reinforced by the research capabilities of UCI, where scientists from across the campus collaborate to advance our understanding of complementary approaches to health and well-being. By establishing best practices, we speed the incorporation of preventive and therapeutic strategies into the healthcare system and expedite insurance coverage of complementary approaches on a large scale.

### **Treating the Whole Person**

The approach to wellness that guides our practices embraces the physical, emotional, psychological and spiritual health of individuals and populations. Holistic therapies are central to our transdisciplinary work.

Every patient who visits the Samueli Institute receives an individualized treatment plan designed to restore health, improve the quality of life and prevent disease. These customized plans may include nutritional counseling, exercise, yoga, massage, mindfulness, acupuncture and a variety of other healing practices that complement conventional therapies.

Our health sciences partners in the School of Medicine, the Sue & Bill Gross School of Nursing, the planned School of Pharmacy and Pharmaceutical Sciences, and the planned School of Population and Public Health share our integrated, patient-focused commitment to health and wellness. We are creating a healthcare delivery system that will provide patients with high-quality integrative health services.

An integrative approach to health is already being woven into the fabric of UCI Health. For example, we are using integrative approaches to decrease the overuse of opioid medications prescribed to relieve pain. Over time, we will develop a clinical care model that incorporates integrative health principles into every patient visit in the UCI Health system to foster wellness, prevent illness and treat patients in an effective manner, while also minimizing unwanted side effects. These aspirations propel us forward.

Speaking on behalf of the team at the Samueli Institute, Malik says, “We would like to be known as thoughtful healthcare leaders who see the whole person and emphasize not only expanding the years one lives or the life span but also increasing the number of healthy years during that time and focusing on the health span.”

Our service mission to discover, teach and heal sets the stage for innovation on multiple fronts.

### **Discovering New Frontiers of Knowledge**

Under the auspices of the Samueli Institute, investigators conduct rigorous translational and clinical research to answer fundamental questions about how complementary therapies work and how they can be optimized to heal patients. Researchers collaborate on a wide range of topics with colleagues across the UCI campus and the UC system, and have received grants totaling more than \$15 million from the National Institutes of Health.

With more than two decades of continuous NIH funding, our teams have studied issues related to heart health, including electroacupuncture in cardiovascular conditions, precision medicine in heart disease and the use of IV chelation therapy. Our researchers have explored the effectiveness of integrative healing therapies to treat patients who experience pain, stress or depression after neurosurgery. Another promising area of study has focused on electroacupuncture treatments in post-menopausal women and previously unidentified metabolic changes, a way to address how acupuncture treats the underlying causes of hypertension.







Patients in our clinic and around the world stand to benefit from the groundbreaking research our teams conduct. With your support, we will broaden the focus of our vital work and accelerate the incorporation of integrative therapies into routine medical practices, while also paving the way for insurance companies to reimburse patients for these therapies.

### **Teaching Evidence-Based Methods**

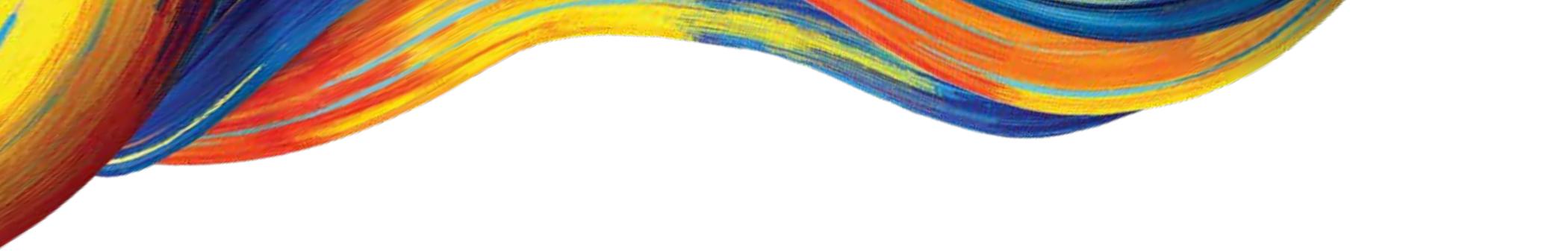
We are educating the next generation of health sciences professionals to transcend current disciplinary boundaries. Students and healthcare providers learn about an integrative model of healthcare that includes complementary healing practices. Our classes address both the benefits and the risks associated with new approaches. Through all our programs, we strive to educate a diverse health workforce that includes members of underrepresented populations.

Several novel programs that we have developed reinforce our commitment to educate the integrative healthcare leaders of the future:

- **Health Education to Advance Leaders in Integrative Medicine (HEAL-IM):** Students in the UCI School of Medicine now have the option of participating in HEAL-IM, a program designed to provide future generations of physicians with additional training in evidence-based, compassionate, whole person care and prevention.
- **Naturopathic Medicine Residency Program:** Launched in October 2016, this is the only program of its kind at an allopathic medical school. In 2017, we added a naturopathic residency track in integrative community health. Naturopathic medicine focuses on nutrition and the use of botanicals in a complementary nature to conventional medicine. Our program offers a unique and robust residency curriculum and has been designed to meet high standards in patient care for post-graduate training for naturopathic graduates. We plan to increase enrollment and expand research training time during residency in the years ahead.

***“We are very fortunate to have naturopathic medicine at Serve the People Community Health Center, which is an otherwise inaccessible resource to our underserved patients. The most meaningful result of the naturopathic program has been the tremendous quality of service provided to our patient community. The physicians have connected with our patients to provide quality interactions that are educational, and most importantly, they delivered care with empathy to our patients’ sensitive needs with understanding. This is what makes the naturopathic medicine program truly successful.”***

**— Isela Soriano**  
Healthcare Operations Manager,  
Serve the People Community Health Center

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- **Integrative Medicine Tracks:** The Samueli Institute continues to support and serve as the clinical rotation site for graduate medical education. The integrative medicine track in the UCI Family Medicine residency is the most popular track among family medicine residents. A new integrative medicine training track has been started for psychiatry residents in the UCI Department of Psychiatry.
  - **Integrative Nursing Program:** In collaboration with UCI Health, the Samueli Institute is launching an integrative certification program that will eventually train all our inpatient and ambulatory nurses and medical assistants to use integrative methods at the patient's bedside.
  - **Integrative Health Coaching Program:** We are working with the Sue & Bill Gross School of Nursing to develop an integrative health coaching program that will train coaches to help individuals achieve their personal health and wellness goals.

In addition to educating health sciences students and practitioners, we share best practices with members of the local community. Our curriculum introduces participants to Mindfulness-Based Stress Reduction (MBSR), yoga and tai chi. Culinary classes, which we offer at UCI's Family Health Center in Santa Ana and on campus at the Anteater Recreation Center, attract both medical students and members of the underserved community. Students in local elementary and high schools who take the nutrition classes and mindfulness programs that we are developing will learn how to optimize their own health and well-being.

Your philanthropic gift will enable us to continue sharing our knowledge with UCI students and members of the community who wish to lead healthy, mindful lives.

“There are countless times while rotating in the hospital that I have witnessed how patients’ nutritional standards have directly benefited or harmed their overall health and recovery. It is easy to tell patients to eat healthier and hope that they do, but taking the time to educate them through what I learned in the culinary medicine elective has been a priceless means of providing patient-centered care.”

— **Sean Thompson**, *medical student, UCI School of Medicine*

“The MBSR class at the Susan Samueli Institute has made a big difference in my life — every day! Now, rather than rushing through breakfast, a morning walk, a conversation or anything at all, I have become truly aware of what’s going on and can appreciate each day and each moment much more. This keeps me calm and not feeling stressed. I’m very grateful for having taken this course!”

— **Judy Brandt**, *MBSR student*

## Healing Patients

The clinical program at the Samueli Institute grew tenfold in the three-year period from 2015 to 2018, a testament to the valuable role we play in the community. The increasing demand for our integrative health services has led to long waiting lists for healthcare providers who treat the whole person.

Patients seek our services at every stage of wellness. If you are a healthy patient, our clinicians will help you enhance your overall well-being and identify risk factors to prevent or delay the onset of specific diseases. If you are coping with chronic conditions or major medical events, our practitioners will also help you improve your health.

To better serve all our patients, we are planning to relocate to a new, state-of-the-art facility on the UCI campus in 2022. We will occupy approximately 30,000 square feet inside the planned Susan and Henry Samueli College of Health Sciences building. Our clinical space will more than triple in size, allowing us to accommodate a greater number of healthcare providers and expand the range of special programs we offer.

We are also dedicated to healing individuals and populations throughout the region. In January 2018, we established our first free community integrative clinic at Serve the People, a community health center in Santa Ana, Calif. Underserved individuals in Santa Ana now have healthcare access to naturopathic services, yoga therapy, dietary guidance and lifestyle education.





Your support for clinical care will enable us to hire more providers, expand current clinical services and establish several new programs with a specific focus, such as nutrition, mind/body wellness, botanical medicine, pain management, and medical subspecialties, including cardiology, gastroenterology and oncology.

### How You Can Help

Please consider partnering with us to create a healthier tomorrow. Your investment in the Samueli Institute will demonstrate how philanthropic support can advance integrative research, education and patient care that transform lives.

We aim to fill in the gaps of UCI's overall health enterprise. Our campaign priorities address both the unmet needs and the rising demands of the individuals and populations we serve.

## Campaign Funding Priorities

### **Integrative Nutrition**

We invite you to invest in a game-changing program designed to incorporate integrative nutrition and nutritional counseling into research agendas, educational curricula and all aspects of the healthcare delivery system. Scientists will study how nutrition can promote health and prevent disease, health sciences students will learn about the roles that nutrition plays in the health of their patients, and community members will participate in educational activities, including our popular culinary classes.

### **Mindfulness Program**

With your partnership, we will launch a world-class program dedicated to one of the pillars of integrative health – connections between the mind and the body. Through cutting-edge research, innovative classes and new clinical programs, patients will learn to align emotional well-being with physical wellness.



## **Susan Samueli Integrative Health Institute: Differentiators**

- Only institution in the world to embrace the idea of integrative health in education, healthcare delivery and research
- On track to fill 15 endowed chairs that will catalyze integrative health research in all four of the schools in the Susan and Henry Samueli College of Health Sciences
- Offers only integrative cardiology program of its kind in the country
- Supports research programs that focus on mind-body, botanical and traditional medicine (e.g., Traditional Chinese Medicine) to gather evidence on mechanisms and efficacy

### **Integrative Community Health Program**

Your support for this program will galvanize our community outreach efforts. By collaborating with organizations that share our vision, such as Serve the People, we will deliver more high-quality integrative healthcare to underserved populations. We also plan to work with local schools to introduce students to integrative health at an early age.

### **Integrative Cardiology**

With more than two decades of continuous NIH funding, our teams have studied several issues related to heart health, including electroacupuncture in cardiovascular conditions, precision medicine in heart disease and the use of IV chelation therapy. Your gift will empower our investigators to further study how complementary therapies work and how they can be optimized to heal patients with heart conditions.

### **Integrative Health Education Efforts**

Educational efforts to create programs and tools that focus on whole person care are a growing need for both incoming and trained healthcare providers. Your support will enable health professionals to develop the skills they need to provide holistic care and promote healing. Participants will learn to identify the values and goals of their patients and to help those patients achieve optimal health by reaching their goals.

**For more information, please visit:**

***[brilliantfuture.uci.edu/susan-samueli-integrative-health-institute-2](http://brilliantfuture.uci.edu/susan-samueli-integrative-health-institute-2)***



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COLLEGE OF HEALTH SCIENCES

A rendering of the planned Susan and Henry Samueli College of Health Sciences building



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[brilliantfuture.uci.edu/susan-samueli-integrative-health-institute-2](http://brilliantfuture.uci.edu/susan-samueli-integrative-health-institute-2)