Four of today’s leading physician researchers share their combined wisdom in the field of integrative rheumatology. A Question & Answer session will immediately follow each presentation.

**(8:30 - 9:15 am)**

**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*

**(9:15 - 10:00 am)**

**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*

**(10:00 - 10:45 am)**

**East-West Medicine and Inflammation**

Lawrence Taw, MD

A transformative joint venture that explores the prevalence of integrative medicine for rheumatologic conditions, understanding inflammation through the lens of traditional Chinese medicine and learn the latest 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*

**(10:45 - 11:30 am)**

**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*

**(11:30 - Panel Discussion and Q & A)**