



GL-21



Integrative Medicine Movement and Yoga Therapy in the US

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Dr. Arti Prasad, Founder, Executive Director of UNM Center for Life and Professor Chief, Section of Integrative Medicine, UNMHSC, Albuquerque, New Mexico. She holds an Adjunct Clinical Professorship at the Arizona Center for Integrative Medicine, University of Arizona. Dr. Prasad grew up in India, has a lifetime experience with Natural, Ayurvedic and Integrative medicine and practices compassion based holistic and Integrative medicine. She has received Certificates of Appreciation for services rendered at an Eye Camp and for services rendered during the Union Carbide Gas Leakage Tragedy in India. Dr. Prasad has received high recognition by her peers during her medical career, including the Dean's Award of Distinction for Outstanding Faculty in UNM.

Relevance: The healing traditions of health and well-being have originated from the eastern parts of the world such as India, China, and Tibet. The pioneer of modern allopathic medicine is the west like United States with advanced technology in medicine, surgery, oncology, and cardiology to name just a few. Yet, the burden of chronic diseases is rapidly progressing in the USA with limitation of tools in taking care of people suffering from such conditions with lack of emphasis on prevention. The health care system in the US is such where disease management is covered by insurance companies rather than disease prevention and health promotion. The cost of health care is exorbitant in the west and many people aren't able to afford health care which is surprising to people of the east. The health care access and disparity are one of the few major problems which are being recognized by both the government and the consumers. The consumers responded first to this chasm in health care by adopting eastern ways for their own health care back in early – late 1990's. In order to respond to this health care crisis, many academic health centers started programs in "Integrative Medicine" to provide guidance to consumers and the government.

Target Audience: Physicians, nurses, dietitians, and other healthcare professionals who advise patients about diet, nutrition, life style, and allopathic medicine

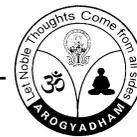
Objectives:

Participants will be able to:

1. Describe the current status of Health and Health care in the USA
2. Explore the impact of prevention, wellness, life style, and complementary medicine on health
3. Review the integrative medicine movement and yoga therapy in the USA

Methods: Lecture and slide presentation as well as question and answer period

Key Points: This lecture will discuss the current health care crisis in the USA, the emergence of Integrative Medicine and the role of academic health centers in responding to the public health care needs. National movements in integrative medicine research, education, and clinical services will be explored. An



evidence based review of the role of yoga therapy in health and healing will be outlined. The presentation will provide a platform for open discussion regarding international collaborations in education and research.

Expected Outcomes: Physicians, nurses, dietitians, and other healthcare professionals will become more knowledgeable about the integrative medicine initiatives in the USA and the current state of research in yoga therapies.

Selected Reference:

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Potential Participant's Self-Assessment Question: How can the Indian traditional medicine programs, hospitals, and centers become a resource for the future generations of physicians, nurses, and other health care professionals worldwide?

