
Faculty

- Dennis V.C. Awang, Ph.D., F.C.C.,** *President*, MediPlant Consulting Inc., British Columbia, Canada
- Michael J. Balick, Ph.D.,** *Vice President for Botanical Science Research & Training; Philecology Curator & Director, Institute of Economic Botany*, The New York Botanical Garden, Bronx, New York
- Richard P. Brown,** *Associate Professor of Clinical Psychiatry*, Columbia University College of Physicians & Surgeons, New York, New York
- Mark Blumenthal,** *Founder & Executive Director*, American Botanical Council; *Editor*, HerbalGram, Austin, Texas
- Michael Cohen, JD, M.P.H. MFA,** *Director of Legal Programs*, Division for Research & Education in Complementary & Integrative Medical Therapies, Harvard Medical School, Boston, Massachusetts
- Jerry Cott, Ph.D.,** *Pharmacologist*, Center for Drug Rehabilitation & Research, FDA Division of Anesthetics, Critical Care & Drug Addiction Products, Rockville, Maryland
- Kevin V. Ergil, M.A., M.S., L.Ac.,** *Associate Professor & Director*, Graduate Program in Oriental Medicine, Touro College, New York, New York
- Adriane J. Fugh-Berman, M.D.,** *Assistant Clinical Professor*, George Washington University School of Medicine, Department of Health Sciences, Washington, DC
- Russell Greenfield, M.D.,** *Medical Director*, Carolinas Integrative Health, Charlotte, North Carolina; *Visiting Assistant Professor*, The University of Arizona College of Medicine, Tucson, Arizona
- Claude Hughes, M.D., Ph.D.,** *Director, Medical & Scientific Services*, Quintiles, Inc., Research Triangle Park, North Carolina; *Consulting Professor*, Department of Obstetrics & Gynecology, Duke University Medical Center, Durham, North Carolina
- Benjamin Kligler, M.D., M.P.H.,** The Continuum Center for Health & Healing, Beth Israel Medical Center; *Assistant Professor of Family Medicine*, Albert Einstein College of Medicine, Bronx, New York
- Fredi Kronenberg, Ph.D.,** *Professor of Clinical Physiology*, Department of Rehabilitation Medicine; *Director*, Richard & Hinda Rosenthal Center for Complementary & Alternative Medicine, Columbia University College of Physicians & Surgeons, New York, New York
- Roberta Lee, M.D.,** *Director*, The Continuum Center for Health & Healing, Beth Israel Medical Center, New York, New York
- Tieraona Low Dog, M.D.,** *Medical Director*, Treehouse Center of Integrative Medicine; *Assistant Clinical Professor*, Department of Family & Community Medicine, University of New Mexico, Albuquerque, New Mexico
- John Mark, M.D.,** *Assistant Professor of Pediatrics*, Department of Pediatrics, University of Arizona, Tucson, Arizona
- Robert S. McCaleb,** *President*, Herb Research Foundation, Boulder, Colorado
- Woodson C. Merrell, M.D.,** *Assistant Clinical Professor of Medicine*, Columbia University College of Physicians & Surgeons; *Executive Director*, The Continuum Center for Health & Healing, Beth Israel Medical Center, New York, New York
- Robert Schiller, M.D.,** *Chairman*, Alfred & Gail Engelberg Department of Family Medicine, Beth Israel Medical Center; *Assistant Professor of Family Medicine*, Albert Einstein College of Medicine; *Vice President*, The Institute for Urban Family Health, New York, New York
- Marcey Shapiro, M.D.,** *Private Practice*, Allopathic & Holistic Medicine, Berkeley, California
- Ellen Tattelman, M.D.,** *Assistant Professor*, Department of Family Medicine and Community Health, Albert Einstein College of Medicine; *Director*, Health in Medicine Project, Residency Program in Social Medicine, Montefiore Medical Center, Bronx, New York
- Andrew T. Weil, M.D.,** *Director*, Program in Integrative Medicine; *Clinical Professor of Medicine*, The University of Arizona College of Medicine, Tucson, Arizona
- Bernie Weinstein, M.D.,** *Frode Jensen Professor; Professor of Genetics & Development and Professor of Public Health*, Columbia University College of Physicians & Surgeons, New York, New York
- Jackie Wootton, M.Ed.,** *Informatics Project Director*, Richard & Hinda Rosenthal Center for Complementary & Alternative Medicine, Columbia University College of Physicians & Surgeons, New York, New York
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Meeting Location

Hammer Health Sciences Building
Columbia-Presbyterian Medical Center
701 West 168th Street,
Room 401
New York, New York 10032

Parking is available at the Columbia-Presbyterian Medical Center parking lot located on the southwest corner of Fort Washington Avenue and West 165th Street, one block south of the Hammer Health Sciences Building.

Hotel Accommodations

A block of rooms has been reserved at the Lucerne Hotel, at the special rate of \$140 per night plus state & local taxes. These special room rates are available to the course attendees from June 8 - 13, 2003.

Other rates and conditions may apply. Additional information can be obtained by calling the Lucerne directly.

Reservations should be made directly with the Lucerne by calling (800) 492-8122. To receive these room rates remember to mention that you are a registrant of the Columbia University conference "Botanical Medicine in Modern Clinical Practice." Rooms will be held until May 8, 2003 or until the room block has been exhausted, whichever comes first.

Reservations received after the cut-off date are subject to availability and prevailing rates. Early reservations are encouraged.

The Lucerne New York

201 West 79th Street
New York, NY 10024

Tel: (212) 875-1000

Reservations: (800) 492-8122

Single/Double: \$140

Cut-Off: May 8, 2003

Space is limited. Please make your hotel reservations early.

Complimentary bus service will be provided between the conference center and the hotel listed above for each day of the program.

Please check the box on the registration form to reserve space for this service.

Program

Monday, June 9, 2003

- 7:30 a.m. *Check-In; Continental Breakfast*
- 8:30 a.m. Welcome and Introduction **Fredi Kronenberg, Ph.D.**
- 9:00 a.m. History of Botanicals in Medicine & Pharmacy
. **Mark Blumenthal**
- 10:00 a.m. *Break*
- 10:30 a.m. Introduction to Botanicals: Issues for Clinical Practice
. **Tieraona Low Dog, M.D.**
- 12:30 p.m. *Lunch*
- 1:30 p.m. Botanicals in Clinical Practice - Session I:
Herbs Commonly Used for the
Cardiovascular System **Tieraona Low Dog, M.D.**
- 3:00 p.m. *Break*
- 3:20 p.m. Botanicals in Clinical Practice - Session I (continued):
Tonics, Mushrooms **Andrew T. Weil, M.D.**
- 4:20 p.m. Herbs for Inflammation **Roberta Lee, M.D.**
- 5:00 p.m. *Adjourn to Reception*

Tuesday, June 10, 2003

- 7:30 a.m. *Check-In; Continental Breakfast*
- 8:30 a.m. Safety & Toxicity
. **Dennis V.C. Awang, Ph.D., F.C.C.**
- 9:30 a.m. Herb-Drug Interaction **Adriane Fugh-Berman, M.D.**
- 10:30 a.m. *Break*
- 10:50 a.m. Scientific Literature Review . . . **Adriane Fugh-Berman, M.D.**
- 11:45 p.m. Scientific Literature on Botanical Products
. **Mark Blumenthal**
- 12:15 p.m. *Lunch; Bookstore*
- 1:30 p.m. Botanicals in Clinical Practice - Session II: Commonly Used Herbs
Herbs for Mental Health **Jerry Cott, Ph.D.**
Botanicals and the Nervous System
. **Tieraona Low Dog, M.D.**
- 3:30 p.m. *Break; Bookstore*
- 3:50 p.m. Herbs for Mental Health(*cont'd*) . . . **Richard P. Brown, M.D.**
- 3:50 p.m. Ephedra Use and Abuse/
Concerns and Controversies **Faculty/Panel**
- 5:45 p.m. *Adjourn*
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Wednesday, June 11, 2003

- 7:30 a.m. *Check-in; Continental Breakfast*
- 8:00 a.m. Botanicals in Clinical Practice - Session III: Women's Health
PMS **Tieraona Low Dog, M.D.**
Soy **Claude Hughes, M.D., Ph.D.**
- 10:00 a.m. *Break; Bookstore*
- 10:30 a.m. Botanicals in Clinical Practice - Session III: (continued)
Menopause; Weight Loss **Adriane Fugh-Berman, M.D.**
Gynecological Conditions **Marcey Shapiro, M.D.**
- 12:30 p.m. *Lunch; Bookstore*
- 1:30 p.m. Commonly Used Herbs **Andy Weil, M.D.**
- 2:30 p.m. Saw Palmetto and Other Herbs for Urological Health
..... **Robert S. McCaleb**
- 3:15 p.m. *Break*
- 3:30 p.m. Protective Phytochemicals:
The Value of Functional Foods **Andrew Weil, M.D.**
- 4:30 p.m. Green Tea: Current Research **Bernie Weinstein, M.D.**
- 4:50 p.m. Green Tea: History and Tea Tasting **Andrew Weil, M.D.**
- 5:30 p.m. *Adjourn*

Thursday, June 12, 2003**The New York Botanical Garden**

*Participants are advised to wear comfortable clothing and shoes,
and be prepared for the possibility of inclement weather.*

- 7:15 a.m. Board Buses for Departure
- 7:30 a.m. Buses Depart to The New York Botanical Garden
- 8:15 a.m. *Continental Breakfast*
- Abigail Kirsch Facility: Terrace Room & Foyer
- 9:00 a.m. Ethnobotany & Pharmaceuticals
from Tropical Forests **Michael J. Balick, Ph.D.**
- 10:00 a.m. Kava **Roberta Lee, M.D.**
- 10:30 a.m. Botanical Information on the Internet ... **Jackie Wootton, M.Ed.**
- 11:00 a.m. Botanical Products: Judging Quality **Robert S. McCaleb**
- 11:45 a.m. Medicinal Properties of Chocolate **Roberta Lee, M.D.**
- 12:05 p.m. Chocolate Demonstration/Tasting
- 12:30 p.m. Overview of Chinese Botanical Medicine
..... **Kevin Ergil, M.S., L.Ac.**
- 1:15 p.m. *Terrace Room Luncheon and Demonstrations/Displays*
Chinese Herbal Medicine: Touch & Taste
..... **Kevin Ergil, M.S., L.Ac.**
Herbal Teas: Displays & Sampling **Robert S. McCaleb**
Botanical Display
- 2:30 p.m. Break: Put Belongings on Buses
The New York Botanical Garden Group Tours
- 3:00 p.m. Enid A. Haupt Conservatory and outdoor highlights
- 4:30 p.m. Botanical Shop
- 4:45 p.m. Board Buses for Return
- 5:00 p.m. Buses Depart
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Friday, June 13, 2003

- 7:30 a.m. *Check-In; Continental Breakfast*
- 8:30 a.m. Integrating Herbs into Your Practice . . . **Ellen Tattelman, M.D.**
- 9:15 a.m. Legal & Professional Considerations
..... **Michael Cohen, JD, M.P.H. MFA**
- 10:15 a.m. *Break*
- 10:30 a.m. Selected Cases
Moderator: **Robert Schiller, M.D.**
Panelists: **Tieraona Low Dog, M.D.**
Woodson C. Merrell, M.D.
Benjamin Kligler, M.D., M.P.H.
Marcey Shapiro, M.D.
- 12:00 p.m. *Lunch; Bookstore*
- 1:45 p.m. Botanicals in Clinical Practice - Session IV: Herbs in Pediatrics
Speakers: **Benjamin Kligler, M.D., M.P.H.**
Russell Greenfield, M.D.
John Mark, M.D.
Andrew T. Weil, M.D.
- 4:45 p.m. *Adjourn*
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Tuition Fees

Tuition: \$1,200. The fee includes the academic presentations, daily continental breakfast, luncheons and refreshments, NYBG field trip and a course syllabus. Confirmation of registration and directions to the medical center will be sent upon receipt of the completed registration form.

A limited number of spaces will be set aside for Residents & Fellows (in training with letter from program director certifying status) and other health professionals at a reduced fee of \$900. Because availability is limited, reduced-fee spaces will be filled on a first-come, first-served basis only and cannot be held without payment. To reserve a reduced-fee slot, full payment must accompany your registration form. Refund of registration fee, less a \$25 administrative charge, will be made if written notice of cancellation is received by **May 30, 2003**. No refunds can be made thereafter.

Registration

By Mail: Complete the registration form and mail with full payment to:

**Columbia University College of Physicians & Surgeons
Center for Continuing Education
630 West 168th Street, Unit 39, New York, NY 10032**

By Fax: Registrants may fax the registration form with credit card information to: **(212) 781-6047**

On-Line: <http://ColumbiaCME.org>

Telephone registrations and/or cancellations are not accepted.

Program Description & Objectives

Botanical medicine has been used for as long as people have sought to heal themselves. With the increasing use of botanicals in the United States there is now a need to educate health-care providers so they can provide information to their patients. In response to requests from clinicians, this course was developed to provide an opportunity to learn about botanical remedies for common medical problems.

The program should be of interest to physicians, pharmacists, nurses and other health professionals who seek to complement their practice with the use of botanicals, and to understand the products patients are using and their implications for conventional Western treatment.

This introductory level course will focus primarily on the uses of Western botanicals. Practical and immediately applicable information will be provided covering a range of clinical areas with discussions of pharmacology, safety and toxicity, physiological action and the findings of clinical research.

The faculty will also discuss the combination of botanical with standard medical treatments, examples of their use in other cultures and the role of ethnobotany in drug development. The legal and professional issues relevant to the use of botanical products will also be addressed.

Ample opportunity will be provided for the audience to interact with the faculty during the presentations.

At the conclusion of the course, participants should be able to:

- better assess the scientific evidence on the effects of selected botanical remedies;
 - recognize the principal benefits and risks of botanical medicine therapies and their interactions with other medications;
 - identify methods enabling them to incorporate the use of selected Western botanical remedies into their practice;
 - gain familiarity with information regarding the legal considerations in the use of botanical products; and
 - describe information to their patients on the effective use of botanical medicine.
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Course Directors

Fredi Kronenberg, Ph.D.

Andrew T. Weil, M.D.

Additional Information

Contact: Center for Continuing Education
Columbia University College of Physicians & Surgeons
630 West 168th Street Unit 39
New York, New York 10032

Telephone: (212) 305-3334

Fax: (212) 781-6047

e-mail: cme@columbia.edu

<http://ColumbiaCME.org>

This course has enjoyed great popularity in the past. In fact, the course has been oversubscribed in prior offerings. Early registration is strongly encouraged for those who desire to attend this year.

We plan to provide a list of names, mailing and e-mail addresses of all registrants to each participant of the course. If you **DO NOT** wish to be included in this list, check the box on the registration form and that information will only be used by the CME office to communicate course related matters.

Accreditation

The College of Physicians & Surgeons of Columbia University is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians.

The College of Physicians & Surgeons of Columbia University designates this educational activity for a maximum of 34.0 hours in Category 1 credit towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

All faculty participating in this activity are required to disclose to the audience any significant financial interest and/or other relationship with the manufacturers of any commercial products and/or providers of commercial services discussed in his/her presentation, and/or the commercial contributors of this activity.

Please let us hear from you.

If you plan to attend the course, please complete **Sections A and B** on the form below. **If you cannot attend** but would like to receive information about future events offered by the Rosenthal Center, please complete **Section A** on the form below. Those who attend will automatically be notified of future events.

Pre-registration is required.

COLUMBIA UNIVERSITY
Continuing Education Registration Form

BOTANICAL MEDICINE
(Please Print or Type)

SECTION A

Name _____
Last First Middle

Address _____
Street

2nd Address Line

City _____ State _____ Zip _____ Country _____

Degree MD DO PhD PharmD RN NP PA
 Other (specify) _____

Specialty/Area of Interest _____

Daytime Phone (_____) _____ Fax (_____) _____

Institution _____

e-mail _____

DO NOT include me in the registrant list to be provided to all course attendees. The registration of the undersigned and his/her continuance upon the rolls are subject to all rules and provisions set forth in the statutes and announcements of the University.

Date _____ Signature _____

SECTION B

METHOD OF PAYMENT

\$1,200 Physicians Public Health 33 (03)
 \$900 Residents & Fellows and Other Health Professionals June 9-13, 2003
(limited spaces available; see "Tuition Fees" section) 173/34.0

Enclosed is a check or money order made payable to
Columbia University. Checks must be in U.S. Dollars drawn on a U.S. bank.
Money orders must be in U.S. Dollars.

Please charge to: MasterCard Visa Exp. Date _____

Card Number _____

Cardholder's Name _____

Cardholder's Signature _____

Transportation: I will * will not utilize the bus service.

How did you learn of this course? Mailed Brochure Word of Mouth

Journal/New sletter; specify _____

Flyer; specify _____

Website; specify _____

Other; specify _____
