



COLUMBIA UNIVERSITY

*College of Physicians  
and Surgeons*



*9th Annual Course*

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**BOTANICAL MEDICINE  
IN MODERN  
CLINICAL PRACTICE**

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**June 7 - 10, 2004  
New York, New York**

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*Sponsored by*

**COLUMBIA UNIVERSITY  
COLLEGE OF PHYSICIANS & SURGEONS**

*at*

**COLUMBIA UNIVERSITY MEDICAL CENTER  
The Richard & Hinda Rosenthal Center for  
Complementary & Alternative Medicine  
Department of Rehabilitation Medicine**

*and*

**Center for Complementary & Alternative  
Medicine Research in Aging & Women's Health**

*in conjunction with*

**THE UNIVERSITY OF ARIZONA COLLEGE OF MEDICINE  
Program in Integrative Medicine  
AT THE ARIZONA HEALTH SCIENCES CENTER**

*and*

**THE NEW YORK BOTANICAL GARDEN**

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## **FACULTY**

- Dennis V.C. Awang, Ph.D., F.C.I.C.,** *President*, MediPlant Consulting Inc.,  
British Columbia, Canada
- Michael J. Balick, Ph.D.,** *Vice President and Chair, Botanical Research & Training;  
Philecology Curator & Director*, Institute of Economic Botany, The New York  
Botanical Garden, Bronx, New York
- Joseph M. Betz, Ph.D.,** *Director*, Dietary Supplement Methods and Reference Materials  
Program, National Institutes of Health, Bethesda, Maryland
- Keith Block, M.D.,** *Medical Director*, Block Center for Integrative Cancer Care,  
University of Illinois College of Medicine, Evanston, Illinois
- Mark Blumenthal,** *Founder & Executive Director*, American Botanical Council; *Editor*,  
HerbalGram, Austin, Texas
- Richard P. Brown, M.D.,** *Associate Professor of Clinical Psychiatry*, Columbia  
University College of Physicians & Surgeons, New York, New York
- Michael H. Cohen, J.D., M.B.A., M.F.A.,** *Assistant Professor of Medicine & 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 Evaluation and Research, Food  
and Drug Administration, 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.,** *Associate Professor*, Georgetown University School  
of Medicine, Department of Physiology & Biophysics, Washington, DC
- Claude L. Hughes, M.D., Ph.D.,** *Senior Director*, Quintiles, Inc., Research Triangle  
Park, North Carolina; *Consulting Professor*, Department of Obstetrics & Gynecology,  
Duke University Medical Center, Durham, North Carolina
- Elizabeth Jeffery, Ph.D.,** *Professor of Nutrition*, University of Illinois, Urbana, Illinois
- 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.,** *Medical Director; Co-Director*, Integrative Medicine Fellowship,  
Center for Health & Healing, Beth Israel Medical Center, New York, New York
- Tieraona Low Dog, M.D.,** *Clinical Assistant Professor*, Department of Family &  
Community Medicine, University of New Mexico, Albuquerque, New Mexico
- Robert S. McCaleb,** *President*, Herb Research Foundation, Boulder, Colorado
- Robert B. Saper, M.D., M.P.H.,** *Research Fellow*, Division for Research & Education  
in Complementary and Integrative Medical Therapies, The Harvard Medical School,  
Osher Institute, Boston, Massachusetts
- Judith S. Stern, Sc.D.,** *Vice President*, American Obesity Association; *Distinguished  
Professor of Nutrition and Internal Medicine*, University of California, Davis,  
California
- Andrew T. Weil, M.D.,** *Director*, Program in Integrative Medicine; *Clinical Professor  
of Medicine*, The University of Arizona College of Medicine, Tucson, Arizona
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## ***COURSE DIRECTORS***

**Fredi Kronenberg, Ph.D.  
Andrew T. Weil, M.D.**

## ***FOR 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](mailto: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 and Surgeons of Columbia University is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians.

The College of Physicians and Surgeons designates this educational activity for a maximum of **27.75 category 1 credits** towards the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

This program has been planned and produced in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME)

Before the program, all faculty will disclose the existence of any financial interest and/or other relationship(s) (e.g. employee, consultant, speaker's bureau, grant recipient, research support, stock ownership or any other special relationship) they might have with a) the manufacturer(s) of any commercial product(s) to be discussed during their presentation and/or b) any commercial contributor to this activity. When unlabeled uses are discussed, these will also be indicated.

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## ***PROGRAM DESCRIPTION & OBJECTIVES***

The use of botanicals and other dietary supplements is rapidly increasing. Yet most people still don't discuss their use of such products with their doctors because they believe the doctors have little knowledge about herbal medicine. There is an ever more pressing need to educate health-care providers so they can appropriately guide patients who seek to use botanicals for their health. This course provides an opportunity to learn about botanical remedies that are now in common use for many medical conditions, and to develop a foundation for the appropriate integration of herbal medicines into medical practice.

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, to better understand what patients are using and the relevance for conventional medical treatment.

This introductory level course focuses 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, herb-drug interactions, and the most recent results of clinical research.

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

There is considerable opportunity for the participants to interact with faculty during the presentations and throughout the course.

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

- assess the scientific evidence on the effects of selected botanical remedies;
  - understand the role of botanicals in clinical conditions and be able to incorporate them into clinical practice
  - recognize the principal benefits and risks of botanical medicine therapies and the latest information on interactions with other medications;
  - gain familiarity with legal considerations in the use of botanicals and other CAM practices in the context of general medical practice
  - support patients who seek information and guidance on the appropriate use of botanicals
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**BOTANICAL MEDICINE  
IN MODERN  
CLINICAL PRACTICE  
June 7 - 10, 2004**

***PROGRAM***

**MONDAY, JUNE 7, 2004**

**CLINICAL ISSUES**

- 7:30 a.m. *Registration; 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. Clinical Challenges: Counseling Patients on Herbs,  
Doses and Formulations ..... **Tieraona Low Dog, M.D.**
- 10:30 a.m. *Break*
- 10:45 a.m. Clinical Challenges: Counseling Patients on Herbs,  
Doses and Formulations (*Continued*) .... **Tieraona Low Dog, M.D.**
- 12:00 p.m. *Lunch; Bookstore*
- 1:00 p.m. Herbs for Cardiovascular Health and Disease  
..... **Andrew T. Weil, M.D.**
- 1:45 p.m. Herbs for Kids ..... **Benjamin Kligler, M.D., M.P.H.**
- 2:30 p.m. *Refreshment Break*
- 2:50 p.m. Clinically Tested Herbal Products ..... **Mark Blumenthal**
- 3:30 p.m. The Value of Functional Foods ..... **Andrew T. Weil, M.D.**
- 4:15 p.m. What's New (Ephedra, Kava, St. John's Wort, Echinacea)  
..... **Joseph M. Betz, Ph.D.**
- 5:00 p.m. *Adjourn to Reception, Herbal Elixir/Wine Tasting*

**TUESDAY, JUNE 8, 2004**

**SAFETY ISSUES AND CANCER**

- 7:30 a.m. *Registration; Continental Breakfast*
- 8:30 a.m. Plant Toxins, Adulterants and Contaminants  
..... **Dennis V.C. Awang, Ph.D., F.C.I.C.**
- 9:30 a.m. Safety Issues with Commonly Used Herbs:  
Fact and Fiction ..... **Tieraona Low Dog, M.D.**
- 10:40 a.m. *Refreshment Break*
- 11:00 a.m. Safety Issues with Commonly Used Herbs - Part II:  
Herb-Drug Interactions ..... **Adriane J. Fugh-Berman, M.D.**
- 12:00 p.m. *Lunch; Bookstore*
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**TUESDAY, JUNE 8, 2004 (Continued)**

- 1:00 p.m. Herbs, Phytoestrogens and Endocrine-Dependent Cancers  
Soy and Breast Cancer ..... **Claude L. Hughes, M.D., Ph.D.**  
Herbs/Supplements and Cancer ..... **Keith Block M.D.**
- 3:00 p.m. *Refreshment Break*
- 3:15 p.m. Plant Compounds and Cancer Prevention  
..... **Elizabeth Jeffery, Ph.D.**
- 4:00 p.m. Integrative Approach to Cervical Dysplasia:  
A Review of the Evidence ..... **Tieraona Low Dog, M.D.**
- 4:30 p.m. Green Tea: History, Current Research ..... **Andrew T. Weil, M.D.**
- 5:00 p.m. *Adjourn to Tea Tasting*

**WEDNESDAY JUNE 9, 2004**

**CLINICAL USES OF BOTANICALS**

- 7:30 a.m. *Registration; Continental Breakfast*
- 8:00 a.m. Cognition, Depression, and Anxiety ..... **Jerry Cott, Ph.D.**
- 9:00 a.m. Rhodiola and SAM-e for Mental Health  
..... **Richard P. Brown, M.D.**
- 9:45 a.m. Headaches ..... **Tieraona Low Dog, M.D.**
- 10:15 a.m. Insomnia ..... **Tieraona Low Dog, M.D.**
- 10:45 a.m. *Refreshment Break*
- 11:00 a.m. Arthritis ..... **Roberta Lee, M.D.**
- 11:30 a.m. Menopause ..... **Adriane Fugh-Berman, M.D.**
- 12:00 p.m. Q&A
- 12:15 p.m. *Lunch; Bookstore*
- 1:15 p.m. Weight Loss ..... **Judith S. Stern, Sc.D.**
- 2:00 p.m. Legal and Professional Considerations  
..... **Michael H. Cohen, J.D., M.B.A., M.F.A.**
- 3:00 p.m. *Refreshment Break*
- 3:15 p.m. GI Conditions Including Irritable Bowel Syndrome and  
Inflammatory Bowel Diseases ..... **Andrew T. Weil, M.D.**
- 4:00 p.m. Benign Prostatic Hypertrophy and Other Urological Conditions  
..... **Robert S. McCaleb**
- 4:45 p.m. Reliable Sources of Information: By Case Example  
..... **Robert B. Saper, M.D.**
- 5:30 p.m. *Adjourn*
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**THURSDAY JUNE 10, 2004**

**NEW YORK BOTANICAL GARDEN:  
HERBAL MEDICINES OF THE WORLD**

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

- 7:00 a.m. *Buses Depart to the New York Botanical Garden*  
8:15 a.m. Continental Breakfast Abigail Kirsch Facility:  
Terrace Room and Foyer  
9:00 a.m. Ethnobotany and Pharmaceuticals from Tropical Forests  
..... **Michael J. Balick, Ph.D.**  
10:00 a.m. Overview of Chinese Herbal Medicine  
..... **Kevin V. Ergil, M.A., M.S., L.Ac.**  
10:45 a.m. *Refreshment Break*  
11:00 a.m. Botanical Products: Judging Quality  
..... **Robert S. McCaleb**  
11:45 p.m. Medicinal Uses of Chocolate and Chocolate Tasting  
..... **Roberta Lee, M.D.**  
12:30 p.m. *Lunch; Demonstrations*  
Chinese Herbal Medicines: Touch and Taste  
..... **Kevin V. Ergil, M.A., M.S., L.Ac.**  
Herbal Tea Sampling ..... **Robert S. McCaleb**  
Plant Specimen Exhibit (Black Cohosh; Others) .... **NYBG Staff**  
1:45 p.m. New York Botanical Garden Group Tours  
2:30 p.m. Enid A Haupt Conservatory and Outdoor Highlights  
4:30 p.m. *Adjourn*

## ***TUITION FEES***

Tuition: \$950. The fee includes the academic presentations, daily continental breakfast, luncheons and refreshments, 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 \$725. 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 28, 2004. No refunds can be made thereafter.

## ***REGISTRATION***

***Space is Limited. Early Registration is Encouraged.***

**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.**

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## ***MEETING LOCATION***

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

Discounted parking is available at the Columbia University Medical Center parking lot, located on the southwest corner of Fort Washington Avenue and West 165th Street.

## ***HOTEL ACCOMMODATIONS***

Blocks of rooms has been reserved at the hotels listed below. These special room rates are available to the course attendees from June 6 - 11, 2004. Other rates and conditions may apply. Additional information can be obtained by calling the properties directly.

Reservations should be made directly with the hotel of your choice at the numbers below. To receive these room rates remember to mention that you are a registrant of the Columbia University Group Botanical Medicine Conference. Rooms will be held until the cut-off dates listed or until the room blocks have been exhausted, whichever comes first.

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

### **The Beacon**

2130 Broadway  
New York, NY 10024  
Tel: (212) 787-1100  
\$175/night

Cut-off date: May 6, 2004  
Reservations: (800) 572-4969

### **The Hotel Wales**

1295 Madison Avenue  
New York, NY 10128  
Tel: (212) 876-6000  
\$209/night

Cut-off date: May 9, 2004  
Reservations: (866) 925-3746

## ***COMPLIMENTARY BUS SERVICE***

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

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

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## 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.

### Pre-registration is required.

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#### **COLUMBIA UNIVERSITY** **Continuing Education Registration Form**

**Botanical Medicine 2004**  
*(Please Print or Type)*

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#### **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.

**YES**, I would like to receive information about future events offered by the Rosenthal Center.

Date \_\_\_\_\_ Signature \_\_\_\_\_

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#### **SECTION B**

Public Health PM 33

\$950 Physicians June 7 - 10, 2004

\$725 Residents & Fellows 247/27.75

**(limited spaces available; see "Tuition Fees" section)**

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 \_\_\_\_\_

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**Parking:** I will  will not  require parking.

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

\* Please indicate your boarding preference.  Beacon  Wales

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

Journal/Newsletter; specify \_\_\_\_\_

Flyer; specify \_\_\_\_\_

Website; specify \_\_\_\_\_

Other; specify \_\_\_\_\_

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NON-PROFIT ORG.  
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