Course Title: Cardiology
Course Code: DS 140
Course Units/Hours: 4.8 units / 48 hours
Course Schedule: 9 am to 4 pm; Fall Quarter 2016

Course Description:
Cardiovascular diseases were the biggest cause of deaths worldwide during the last two decades. The Centers for Disease Control and Prevention [2009] reports that 616,067 persons died from heart disease in 2007 in the United States [http://www.cdc.gov/nchs/fastats/lcod.htm] — more than from cancer, stroke, accidents or any other cause of death.

Part of the Internal Medicine specialty provides a focus on interdisciplinary and integrative approaches to enhance the clinical competencies of doctoral students and to increase cross-referrals with other healthcare providers. This multi-part cardiology curriculum identifies causes and current best practice for the prevention and treatment of coronary-related illness. Separate classes are offered on basic Western medicine approaches and advanced AOM theory and practice related to cardiology, and formal case study presentations are made by each Doctoral fellows during the quarter. Emphasis is placed on disorders which can be treated successfully with AOM. The principles of evidenced-based medicine are applied to the teaching of this course. Doctoral fellows are required to take an active role through preparation for class, participation in class and production of deliverables outside of class.

Course content:
Part of the Internal Medicine Specialization, this curriculum incorporates a multi-dimensional approach, featuring class sessions on basic Western medicine cardiology and advanced AOM cardiology theory and practice. In this course, pathology, OM and biomedical diagnosis, and treatment of cardiovascular diseases will be addressed. Commonly treated conditions, such as congenital heart defects, cardiovascular diseases, and heart failure, will be discussed. This includes the preparation and presentation of a case report or literature review over the course of the quarter in the Medical Presentation as a culminating exercise.

Course Objectives:
The educational objectives of this course are for doctoral students to reinforce the following competencies (2016 Revision):

1. APPLY the knowledge and skills of the fundamentals and mechanisms of Acupuncture and Oriental Medicine (AOM)
2. APPLY the knowledge and skills related to biomedical assessment
③ DEVELOP multiple modalities
④ EDUCATE others in Acupuncture and Oriental Medicine (AOM)
⑤ COMBINE and SYNTHESIZE concepts and ideas for professional growth
⑥ ANALYZE and EMPLOY research findings for clinical use

INSTRUCTIONAL MATERIALS:

Required Readings and Recommended Readings:
To be announced by instructor.

Method of Evaluation:
- Class attendance and participation
- Submission of course product on time

Course Requirements:
- Attending class lectures
- Submitting the course product via Google Slides and Drive Part 1 by 11:59 pm on the Monday prior to the 1st meeting weekend, make updates and revisions to Part 2 prior to the 2nd meeting weekend, and make updates and revisions to Part 3 prior to the 3rd meeting weekend.

Course Products:
One complete Medical Presentation
- Part 1 - Introduce Case and Topic:
  During the first meeting you will present a complete medical case report in PowerPoint format related to the topic of the quarter with patient information, treatment plan, description of at least three (3) possible modalities from didactic classes, result if there is any, or prognosis. Alternatively, a literature review may also present in lieu of a patient care report.
- Part 2 - Develop Case and Topic:
  During the second meeting incorporate commentary notes including but not limited to your answers to questions/comments from the advisory panel and peer cohort members, three (3) or more sources of reference supporting the answers, and modifications of treatment strategies if there is any.
- Part 3 - Reinforcement of Case and Topic:
  During the third meeting, incorporate additional commentary and notes as instructed for Part 2. Student should be familiar enough with the topic to discuss case from memory without referring to notes.

Complete any course assignments and quizzes administered by individual faculty.

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<tr>
<th>Assessment</th>
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<tr>
<td>Lecture:</td>
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Attendance and participation in lecture/lab

<table>
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<tr>
<th>Course Product</th>
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<tr>
<td>Med Presentation: Introduce</td>
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<td>Med Presentation: Develop</td>
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<tr>
<td>Med Presentation: Reinforce</td>
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Methods of Presentation include:
- Reading assignments
- Self-tested quizzes
- Case review
- PowerPoint slides
- Classroom lectures
- In-class demonstration
- Group discussion

Grading System:
A course product will be used to evaluate the learning progress of this course. The quality of course product will be determined by the guidelines given by the course faculty and letter grades (A, B, C, or F) will be assigned to students. An entire letter grade will be deducted if the final course product is turned in later than the deadline.

Attendance:
Professionalism and Full and Prompt Attendance: To pass any course (separate from academic performance) all students must meet requirements for professionalism in coursework.

Professionalism includes full and prompt attendance: students are discouraged to miss no more than 1 class meeting in the 8 class course module each quarter. Students are expected to inform the DAOM Office prior to being absent. Multiple absences may adversely affect Student Academic Progress. If a student misses more than 5 consecutive days because of an illness or an emergency, he or she must provide documentation for review to the Doctoral Dean.

Students who arrive more than 15 minutes to class or leave class before it ends will be given 1/2 absence towards attendance. Students who repeated leave and return to class late from a break or leave during the class or who disrupt the class in other ways may earn an F in that class and/or be referred to the Academic Dean for professionalism.

If a student exceeds 8 days per year (16 days of the program) for any reason the student will be automatically withdrawn.
### COURSE SCHEDULE: (SYLLABUS IS SUBJECT TO CHANGE)

<table>
<thead>
<tr>
<th>Class</th>
<th>Date</th>
<th>Lecture</th>
<th>Faculty</th>
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<tbody>
<tr>
<td>1</td>
<td>10/13/16</td>
<td>The Treatment of Hypertension with TCM, TCM Therapy on Hyperlipidemia</td>
<td>Qiu, Zhuoyi</td>
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<tr>
<td>2</td>
<td>10/14/16</td>
<td>Cardiology and EKG</td>
<td>Zhou, Wei</td>
</tr>
<tr>
<td>3</td>
<td>10/15/16</td>
<td>Nutrition for Cardio Health</td>
<td>Chang, Christine</td>
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<tr>
<td>4</td>
<td>10/16/16</td>
<td>Chinese Herbs for Treating Cardiac Disorders</td>
<td>Zhang, Ji</td>
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<tr>
<td>5</td>
<td>11/3/16</td>
<td>Functional Cardiology – Cardiovascular Disease Biomarkers</td>
<td>Williams, JE</td>
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<tr>
<td>6</td>
<td>11/4/16</td>
<td>Functional Cardiology – Traditional &amp; Medical Acupuncture for Cardiovascular Disease</td>
<td>Williams, JE</td>
</tr>
<tr>
<td>7</td>
<td>12/8/16</td>
<td>TCM Adjunctive Treatment of Common Arrhythmias, TCM Adjunctive Therapy on Coronary Artery Disease (CHD)</td>
<td>Qiu, Zhuoyi</td>
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<tr>
<td>8</td>
<td>12/9/16</td>
<td>Case-Based Cardiology and Physical Examination</td>
<td>Qiu, Zhuoyi</td>
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DAOM Course Information

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<thead>
<tr>
<th>Course Title</th>
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<tbody>
<tr>
<td>Class 1</td>
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<tr>
<td>The Treatment of Hypertension with TCM</td>
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<table>
<thead>
<tr>
<th>Faculty Name and Credentials</th>
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<tr>
<td>Dr. Zhouyi Qiu, MD (China), LAc</td>
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<th>Faculty Contact</th>
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<tr>
<td><a href="mailto:yilinacupuncture@yahoo.com">yilinacupuncture@yahoo.com</a></td>
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<th>Course Description</th>
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<tr>
<td>Hypertension is the most common condition seen in primary care and leads to myocardial infarction, stroke, renal failure, and death if not detected early and treated appropriately. The lecture covers TCM theory of hypertension, lecturer's practical experience, modern TCM clinical studies of hypertension, and RCTs of treating hypertension with TCM or integrative medicine.</td>
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<tr>
<td>Course Objectives:</td>
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<tr>
<td>- The student will be able to utilize the course contents to make clinical decisions in the treatment of hypertension.</td>
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<tr>
<td>- The student will know how to identify “Red Flags” that require a referral to a Western Medicine doctor.</td>
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<tr>
<td>- The student will have knowledge of evidence-based medicine to evaluate the efficacy and safety in treating hypertension with TCM</td>
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Hyperlipidemia affects approximately 71 million adults in the United States. The major complications of hyperlipidemia including angina, heart attack and stroke. The lecture covers TCM theory of hyperlipidemia, lecturer's practical experience, modern TCM clinical studies of hyperlipidemia, and RCTs of treating hyperlipidemia with TCM or integrative medicine. |
| Course Objectives: |
| - The student will be able to utilize the course contents to make clinical decisions in the treatment of hyperlipidemia. |
| - The student will know how to identify “Red Flags” that require a referral to a Western Medicine doctor. |
| - The student will have knowledge of evidence-based medicine to evaluate the efficacy and safety in treating hyperlipidemia with TCM |

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<th>Schedule/Outline</th>
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9 to 10:15:
- Diagnosis of HTN
- TCM Differential Treatment of HTN
- Acupuncture demonstration
10:15 to 10:30: MORNING BREAK FIXED TIME
10:30 to 12:00
- TCM clinical studies progress and RCTs on HTN
- Evaluation of safety and effectiveness in treating HTN with TCM
- Challenges and prospective TCM treatment of HTN

12 to 1: LUNCH BREAK FIXED TIME
1 to 2:15:
- Diagnosis of hyperlipidemia
- TCM Differential Treatment of hyperlipidemia
- Small group activities
2:15 to 2:30: AFTERNOON BREAK FIXED TIME
2:30 to 3:30:
- TCM clinical studies progress and RCTs on hyperlipidemia
- Evaluation of safety and effectiveness in treating hyperlipidemia with TCM
- Challenges and prospect on TCM treatment of hyperlipidemia
3:30 to 4:00
- Case study
- In class written assessment

Pre-Course Reading and/or Assignment:

Reading Assignments for pre-course review:
- Zhuoyi Qiu, The Treatment of Hypertension with TCM 2016, Hand out

Class Product/Assignment:

☐ In class assessment (Short 10-20 questions on course content and/or readings)
Course Title

| Class 2 | 10/14/16 | Cardiology and EKG |

Faculty Name and Credentials

| Dr. Wei Zhou, PhD |

Faculty Contact

| WZhou@mednet.ucla.edu |

Course Description

This course will introduce the basic concepts of cardiac imaging and EKG in diagnosis of abnormal heart function. The doctoral students will learn how to perform the exams and read reports through case study.

The course will cover basic cardiac anatomy and physiology, cardiac electrophysiology, basic concepts of echocardiography and electrocardiogram, and procedures.

After the course, the doctoral students are expected to read the fundamental results from the reports and be able to evaluate the cardiac function.

Schedule/Outline

- 9 to 10:15: **Anatomy of the heart**
- 10:15 to 10:30: MORNING BREAK FIXED TIME
- 10:30 to 12: **Circulatory Physiology, Lab: BP measurement, Calculate pressure-rate product**
- 12 to 1: LUNCH BREAK FIXED TIME
- 1 to 2:15: **EKG basics, Lab: set up EKG electrodes and read EKG**
- 2:15 to 2:30: AFTERNOON BREAK FIXED TIME
- 2:30 to 4: **Acupuncture in cardiovascular regulation**

Pre-Course Reading and/or Assignment:

Reading Assignments for pre-course review:

- Please review lecture notes uploaded to Google Drive.
Please select one below and please email a copy of it 2 weeks prior to meeting weekend.

☐ N/A
Course Title

| Class 3 | 10/15/16 | Nutrition for Cardio Health |

Faculty Name and Credentials
Christine Chang, DAOM, MTOM, LAc

Faculty Contact
dr.changw@gmail.com

Course Description

- A healthy diet should include diversity of foods and to maintain a healthy weight. Lifestyle factors, including nutrition, play an important role in the etiology of Cardiovascular Disease (CVD) including physiology, etiology, pathophysiology, and diagnosis in Western and Eastern.
- Present the nutritional unbalance for cardiac disorders including coronary heart disease, arrhythmia, asthma, and heart failure etc. and how can be best achieved by changing diets and lifestyle.

Schedule/Outline

- 9 to 10:15: **Etiology and Pathogenesis of Cardiac Disorders**
- 10:15 to 10:30: MORNING BREAK FIXED TIME
- 10:30 to 12: **Nutrition and coronary heart disease**
- 12 to 1: LUNCH BREAK FIXED TIME
- 1 to 2:15: **Nutrition and high cholesterol, Hypertension**
- 2:15 to 2:30: AFTERNOON BREAK FIXED TIME
- 2:30 to 3:30: **Nutrition for cardio health during four seasons**
- 3:30 to 4: **Question and Answer**

Pre-Course Reading and/or Assignment:

Reading Assignments for pre-course review:

- Please review lecture notes uploaded to Google Drive.

Class Product/Assignment:
Course Title

Chinese Herbs for Treating Cardiac Disorders

Faculty Name and Credentials

Dr. Ji Zhang, DAOM, LAc

Faculty Contact

jiherbs@gmail.com

Course Description

- Describe the biomedical approach to cardiac disorders including pertinent, physiology, etiology, pathophysiology, and diagnosis in Western and Eastern medicine.
- Present the biochemical, pharmacological and Chinese medical information of Chinese herbs for cardiac disorders including coronary heart disease, arrhythmia, congestive heart failure, and shock etc. and how can be best achieved by the integration of Western and Chinese medicine procedures.
- Construct Chinese medical syndrome differentiation and treatment of cardiac disorders.
- Examine current Chinese medical treatment principles of evidence-based medicine in the selection and evaluation of Chinese medical therapies for cardiac disorders.

Schedule/Outline

- 9 to 10:15: Etiology and Pathogenesis of Cardiac Disorders
- 10:15 to 10:30: MORNING BREAK FIXED TIME
- 10:30 to 12: Herbs and coronary heart disease
- 12 to 1: LUNCH BREAK FIXED TIME
- 1 to 2:15: Herbs and Arrhythmia, Congestive Heart Failure
- 2:15 to 2:30: AFTERNOON BREAK FIXED TIME
- 2:30 to 3:30: Herbs and Hypertension
- 3:30 to 4: Question and Answer

Pre-Course Reading and/or Assignment:
Reading Assignments for pre-course review:
1. TREATMENT OF CARDIOVASCULAR DISEASES WITH CHINESE HERBS
   http://www.itmonline.org/arts/cardfail.htm
2. Traditional Chinese Medicine for Cardiovascular Health
3. Cardiovascular Disease and Chinese Medicine
   http://tcm.health-info.org/Common%20Diseases/heartdisease.htm
4. Frequency and co-prescription pattern of Chinese herbal products for hypertension in Taiwan

Class Product/Assignment:

☐ N/A
Course Title

| Class 5 | 11/3/16 | Functional Cardiology – Cardiovascular Disease Biomarkers |

Faculty Name and Credentials
Dr. JE Williams, OMD, L.Ac., FAAIM

Faculty Contact
drjewilliams@gmail.com

Course Description

This course examines laboratory tests for cardiovascular conditions. Students will learn how to objectively evaluate patients for the prevention and intervention of cardiovascular diseases. They will develop safe and effective functional and metabolic therapeutic strategies that are consistent with Oriental Medicine principles for the prevention and treatment of common cardiovascular conditions.

Schedule/Outline

- **9:00 to 10:15: Introduction to Functional Cardiology Assessment:** In this lecture, Western views of cardiovascular disease patterns are introduced:
  - Review of cardiovascular conditions amiable to Oriental medicine therapies.
  - Gender-specific, age differences, and lifestyle as factors in cardiovascular disease.
  - Etiology of preventable cardiovascular diseases.
  - Comorbidity with a focus on type 2 diabetes and obesity.
  - Review of evidence-based research and references.
- **10:15 to 10:30:** MORNING BREAK
- **10:30 to 12:00: Traditional and Advanced Lipid Testing:** This lecture discusses the value and interpretation of standard and advanced lipid profiles:
  - Lipid Panel: total cholesterol, triglycerides, HDL, LDL
  - Lipid Ratios: HDL/LDL and HDL/TRIG
  - VAP Profile: how to determine which patients benefit from advanced LDL testing and intervention
  - NMR Profile: how to determine which patient benefit from advanced HDL testing and intervention
- **12:00 to 1:00:** LUNCH BREAK
- **1:00 to 2:15: Advanced Biomarkers of Inflammation:** This lecture reviews the clinical use of inflammatory markers associated with vascular inflammation,
including:
- Homocysteine
- C-Reactive Protein
- Galectin-3
- Lp-PLA2
- Myeloperoxidase

- **2:15 to 2:30:** AFTERNOON BREAK
- **2:30 to 4:00:** **Genetic Markers and Nutrient Biomarkers:** This lecture reviews the clinical value of functional, genetic mutations, and nutritional tests, including:
  - MTHFR gene mutation
  - Nitric Oxide saliva strips
  - Vitamin D3, Vitamin E, Coenzyme Q10, and Omega-3 fatty acids

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**Pre-Course Reading and/or Assignment:**

Reading Assignments for pre-course review:
PDFs for journal articles provided by instruction.
Laboratory websites as listed:
- Cleveland Heart Lab - http://www.clevelandheartlab.com/NM
- NMRlipoProfile - http://www.clevelandheartlab.com/tests/nmr-lipoprofile/N
- Boston Heart Diagnostics - http://www.bostonheartdiagnostics.com/

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**Class Product/Assignment:**

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<td>Functional Cardiology – Traditional &amp; Medical Acupuncture for Cardiovascular Disease</td>
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<tr>
<td>Dr. JE Williams, OMD, L.Ac., FAAIM</td>
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<td><a href="mailto:drjewilliams@gmail.com">drjewilliams@gmail.com</a></td>
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**Course Description**

This course focuses acupuncture therapy for cardiovascular conditions. Students will learn safe and effective acupuncture protocols for the prevention and treatment of common cardiovascular diseases. Point selection and patterns are based on an understanding of how traditional Oriental Medicine views heart and blood vessel diseases, including relationships to other organs and illnesses. We will explore research findings and evidence-based models for acupuncture in cardiovascular disease like hypertension and stroke. The focus of this course will be hands-on practicum including point selection and needling techniques.
• **9:00 to 10:15: Introduction to Acupuncture Therapy for Cardiovascular Diseases:** In this lecture, both Eastern and Western views of cardiovascular disease patterns and health conditions are discussed. Topics include:
  - Review of cardiovascular conditions amiable to acupuncture, including hypertension, stroke, and angina.
  - Gender-specific and age differences in cardiovascular disease.
  - Evidence-based research and references

• **10:15 to 10:30:** MORNING BREAK

• **10:30 to 12:00: TCM Understanding of Cardiovascular Disease:** This lecture discusses the Oriental medicine view of CVD including the anatomy, physiology, and etiology of cardiovascular disease according to TCM:
  - Organs and Meridians: Heart and Pericardium, Kidney and Liver
  - TCM differential diagnostics for heart and vessel diseases
  - Most effective acupuncture points for disease specific cardiovascular conditions
  - Demonstration and practicum

• **12:00 to 1:00:** LUNCH BREAK

• **1:00 to 2:15:** Practicum for tonification and sedation according to meridian therapy.

• **2:15 to 2:30:** AFTERNOON BREAK

• **2:30 to 4:00:** Practicum for CVD treatment according to zang-fu theory.

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**Pre-Course Reading and/or Assignment:**

Reading Assignments for pre-course review:
PDFs for journal articles provided by instruction.
Laboratory websites as listed:
- Cleveland Heart Lab - [http://www.clevelandheartlab.com/NM](http://www.clevelandheartlab.com/NM)
- NMRLipoProfile - [http://www.clevelandheartlab.com/tests/nmr-lipoprofile/N](http://www.clevelandheartlab.com/tests/nmr-lipoprofile/N)
- Berkeley Heart Lab& Quest Diagnostics - [http://questdiagnostics.com/home/patients/tests-a-z/heart-disease.html](http://questdiagnostics.com/home/patients/tests-a-z/heart-disease.html)
  - Boston Heart Diagnostics - [http://www.bostonheartdiagnostics.com/](http://www.bostonheartdiagnostics.com/)

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**Class Product/Assignment:**

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### Course Title

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<tr>
<th>Class 7</th>
<th>12/8/16</th>
<th>TCM Adjunctive Treatment of Common Arrhythmias</th>
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<td>TCM Adjunctive Therapy on Coronary Artery Disease (CHD)</td>
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### Faculty Name and Credentials

Dr. Zhuoyi Qiu, MD (China), LAc

### Faculty Contact

yilinacupuncture@yahoo.com

### Course Description

The lecture covers TCM theory of arrhythmias, lecturer's practical experience, modern TCM clinical studies of arrhythmias, and RCTs of treating arrhythmias with TCM or integrative medicine.

Course Objectives:
- The student will be able to utilize the course contents to make clinical decisions in the treatment of arrhythmias.
- The student will know how to identify “Red Flags” that require a referral to a Western Medicine doctor.
- The student will have knowledge of evidence-based medicine to evaluate the efficacy and safety in treating arrhythmias with TCM.

The presentation covers TCM theory of CHD, the lecturer's practical experience on CHD, modern TCM research progress of CHD, and the RCTs of CHD with TCM or integrative medicine.

Course Objectives:
- The student will be able to utilize the course contents to make clinical decisions in the treatment of CHD.
- The student will know how to identify “Red Flags” that require a referral to a Western Medicine doctor.
- The student will have knowledge of evidence-based medicine to evaluate the efficacy and safety in treating CHD with TCM.

### Schedule/Outline
9 to 10:15:
- Diagnosis of common tachyarrhythmias
- TCM differential treatment of tachyarrhythmias
- TCM research progress and RCTs of common tachyarrhythmias

10:15 to 10:30: MORNING BREAK FIXED TIME

10:30 to 11:30:
- Diagnosis of common bradyarrhythmias
- TCM differential treatment of bradyarrhythmias
- TCM research progress and RCTs of common bradyarrhythmias

11:30 to 12:00
- Evaluation of safety and effectiveness in treating arrhythmias with TCM or integrative medicine
- Challenges and prospect of TCM treatment on arrhythmias

12 to 1: LUNCH BREAK FIXED TIME

1 to 2:15:
- Diagnosis of CHD
- TCM differential treatment of CHD

2:15 to 2:30: AFTERNOON BREAK FIXED TIME

2:30 to 3:30:
- Modern TCM research progress of CHD, and the RCTs of CHD with TCM or integrative medicine
- Evaluation of safety and effectiveness in treating CHD with TCM
- Challenges and prospect on TCM treatment of CHD

3:30 to 4: Q&A and Course Assessment

Pre-Course Reading and/or Assignment:

Reading Assignments for pre-course review:
- Zhuoyi Qiu, The Treatment of Common Tachyarrhythmias with TCM 2016, Hand out
- Zhuoyi Qiu, The Treatment of Common Bradyarrhythmias with TCM 2016, Hand out
- ZhuoYi Qiu, TCM Therapy on Coronary Artery Disease 2016, Hand out

**Class Product/Assignment:**

Please select one below and please email a copy of it 2 weeks prior to meeting weekend.

- In class quiz (Short 10-20 questions on course content and/or readings)
- In class assignment
- Homework/Product/Assignment Due Date: _____/_____/_____

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20 | P a g e
Course Title

Class 8 | 12/9/16 | Case-Based Cardiology and Physical Examination

Faculty Name and Credentials
Dr. Zhuoyi Qiu, MD (China), LAc

Faculty Contact
yilinacupuncture@yahoo.com

Course Description

TBD

Schedule/Outline

- TBD

Pre-Course Reading and/or Assignment:

Reading Assignments for pre-course review:
- TBD
Class Product/Assignment:

Please select one below and please email a copy of it 2 weeks prior to meeting weekend.

☐ TBD

Faculty Info:
Please check with instructor during class to get updated contact info.

Syllabus prepared by: Chris Ruth, DAOM, MTOM, LAc
Revised: 10/5/2016