

SUTER SCIENCE SEMINARS 2024-25

Why Integrative Health Care?



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Friday, March 14, 2025

10:15 a.m. • Science Center, room 106

This seminar will introduce the concept of Integrative Medicine, and why it is essential to health care today.

Dr. Susan Gaylord is the Director of the Program on Integrative Medicine, University of North Carolina School of Medicine. She was trained as a research psychologist, receiving her PhD at Duke University. Her subsequent work at the School of Public Health and in the Program on Aging at the School of Medicine broadened her understanding of the importance of working with communities and underserved populations. In 1998, she received funding to found the Program on Integrative Medicine, with the mission of improving access to promising complementary and alternative therapies and integrative healthcare. Dr. Gaylord is also the director of the NIH-funded Research Fellowship in Complementary and Integrative Healthcare, which for almost 20 years has trained future leaders for academic medicine careers in research in integrative medicine. Her own research has focused on testing feasibility and outcomes of mindfulness training for multiple populations and health conditions.

Dr. Hongtao Li received medical training from Tongji Medical College, Huazhong University of Science and Technology, Wuhan, China. She worked as a resident doctor in the Department of Obstetrics and Gynecology at the First Hospital of Wuhan for four years. She then went on to earn her PhD in Biology from Indiana State University in 2009, concentrating in Immunology. Her dissertation focused on the impact of immuno-adjuvants on anti-lymphoma vaccine efficacy. Since then, she has completed two postdoctoral trainings in Integrative Medicine: the Indiana University School of Medicine–Terre Haute, and then the University of North Carolina at Chapel Hill. Her postdoctoral research focused on using immunological tools to examine mind-body exercise and its mechanisms. She also participated in a large NIH collaborative project on migraines during her UNC-Chapel Hill T32 fellowship. Dr. Li joined the EMU faculty in the fall of 2023.



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