

The logo features a red square with a white stylized 'F' shape on the left. To its right, the text 'FUNG HEALTHCARE' is written in a large, bold, black sans-serif font, with 'LEADERSHIP SUMMIT 2016' in a smaller, black sans-serif font below it.

**FUNG
HEALTHCARE**
LEADERSHIP SUMMIT 2016

Leadership & Innovation in Healthcare

23 - 24 September 2016 | Grand Hyatt Singapore



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**FUNG
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The logo for the Fung Foundation, featuring the Chinese characters '馮氏' in a stylized font above a red square containing the letters 'FF' in white.

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iDSMED

The logo for iDSMED, featuring the text 'iDSMED' in a blue sans-serif font with a blue curved line above the letters 'S' and 'M'.



Patient-Centered, Sustainable Wellness with Chinese Medicine

Presented by
Dr. Mao Shing Ni, PhD, DOM, ABAAHP
Founder/Chancellor, Yo San University
Founder/President, Tao of Wellness



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The current trend of Western medicine with its disease-centric focus and evermore expensive drugs and procedures is unaffordable and unsustainable for majority of the people and governments in the world. The US alone spends upwards of 18% of its annual GDP on healthcare expense and yet ranked last in quality of care among 11 industrialized countries according to a 2014 Commonwealth Fund report. Is there a healthcare model that will enable people to live long, healthy and quality lives without bankrupting one's personal finance and a country's healthcare budget? Drawing from over 30 years of clinical and academic experiences in both Eastern and Western Medicine Dr. Mao will present a new healthcare paradigm of Sustainable Wellness that combines the disease intervention model of the West with the patient-centered, preventive and natural medicine of the East with a strong emphasis on personal responsibility and patient-provider partnership to achieve disease eradication while promoting health and wellness. Dr. Mao will share the results from the deployment of this new model. The ultimate goal of Sustainable Wellness is to enable people everywhere to enjoy and afford long, healthy and productive lives.



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Healthcare Spending / Percent of GDP 2014



United States	3 trillion	17.5%
China	590 billion	5.5%
Singapore	12 billion	4.9%

World Bank data 2014



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Healthcare Performance

US ranked last in healthcare performance among 11 industrialized countries

Commonwealth Fund Report 2014



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EXHIBIT ES-1. OVERALL RANKING

COUNTRY RANKINGS

Top 2*

Middle

Bottom 2*



	AUS	CAN	FRA	GER	NETH	NZ	NOR	SWE	SWIZ	UK	US
OVERALL RANKING (2013)	4	10	9	5	5	7	7	3	2	1	11
Quality Care	2	9	8	7	5	4	11	10	3	1	5
Effective Care	4	7	9	6	5	2	11	10	8	1	3
Safe Care	3	10	2	6	7	9	11	5	4	1	7
Coordinated Care	4	8	9	10	5	2	7	11	3	1	6
Patient-Centered Care	5	8	10	7	3	6	11	9	2	1	4
Access	8	9	11	2	4	7	6	4	2	1	9
Cost-Related Problem	9	5	10	4	8	6	3	1	7	1	11
Timeliness of Care	6	11	10	4	2	7	8	9	1	3	5
Efficiency	4	10	8	9	7	3	4	2	6	1	11
Equity	5	9	7	4	8	10	6	1	2	2	11
Healthy Lives	4	8	1	7	5	9	6	2	3	10	11
Health Expenditures/Capita, 2011**	\$3,800	\$4,522	\$4,118	\$4,495	\$5,099	\$3,182	\$5,669	\$3,925	\$5,643	\$3,405	\$8,508

Notes: * Includes ties. ** Expenditures shown in \$US PPP (purchasing power parity); Australian \$ data are from 2010.

Source: Calculated by The Commonwealth Fund based on 2011 International Health Policy Survey of Sicker Adults; 2012 International Health Policy Survey of Primary Care Physicians; 2013 International Health Policy Survey; Commonwealth Fund *National Scorecard 2011*; World Health Organization; and Organization for Economic Cooperation and Development, *OECD Health Data, 2013* (Paris: OECD, Nov. 2013).



Healthy Lives

The U.S. does poorly, ranking last on infant mortality and on deaths that were potentially preventable with timely access to effective health care and second-to-last on healthy life expectancy at age 60



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A small graphic of a white EKG line on a grey background, positioned to the left of the section header.

Access to Care

People in the U.S. have the hardest time affording the health care they need. The U.S. ranks last on every measure of cost-related access. More than one-third (37%) of U.S. adults reported forgoing a recommended test, treatment, or follow-up care because of cost



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Health Care Quality

U.S. ranks in the middle. On two of four measures of quality—effective care and patient-centered care—the U.S. ranks near the top (3rd and 4th of 11 countries, respectively), but it does not perform as well providing safe or coordinated care



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A small graphic of a white EKG line on a red background, positioned to the left of the section header.

Efficiency

The U.S ranks last, due to low marks on the time and dollars spent dealing with insurance administration, lack of communication among health care providers, and duplicative medical testing. Forty percent of U.S. adults who had visited an emergency room reported they could have been treated by a regular doctor, had one been available. This is more than double the rate of patients in the U.K. (16%).



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Equity

The U.S. ranked last. About four of 10 (39%) adults with below-average incomes in the U.S. reported a medical problem but did not visit a doctor in the past year because of costs, compared with less than one of 10 in the U.K., Sweden, Canada, and Norway. There were also large discrepancies between the length of time U.S. adults waited for specialist, emergency, and after-hours care compared with higher-income adults



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Annual US Healthcare Spending: 3 trillion

• Hospital Care	972 billion	32%
• Physician and Clinical Services	604	20%
• Other Professional Services	85	
• Dental Services	114	
• Home Care Services	83	
• Nursing Care Facilities	156	
• Other Residential/Personal Care	150	
• Prescription Drugs	298	10%
• Durable Medical Equipment	46	
• Non-Durable Devices/OTC	57	
• 75% are for Chronic Disease Care		



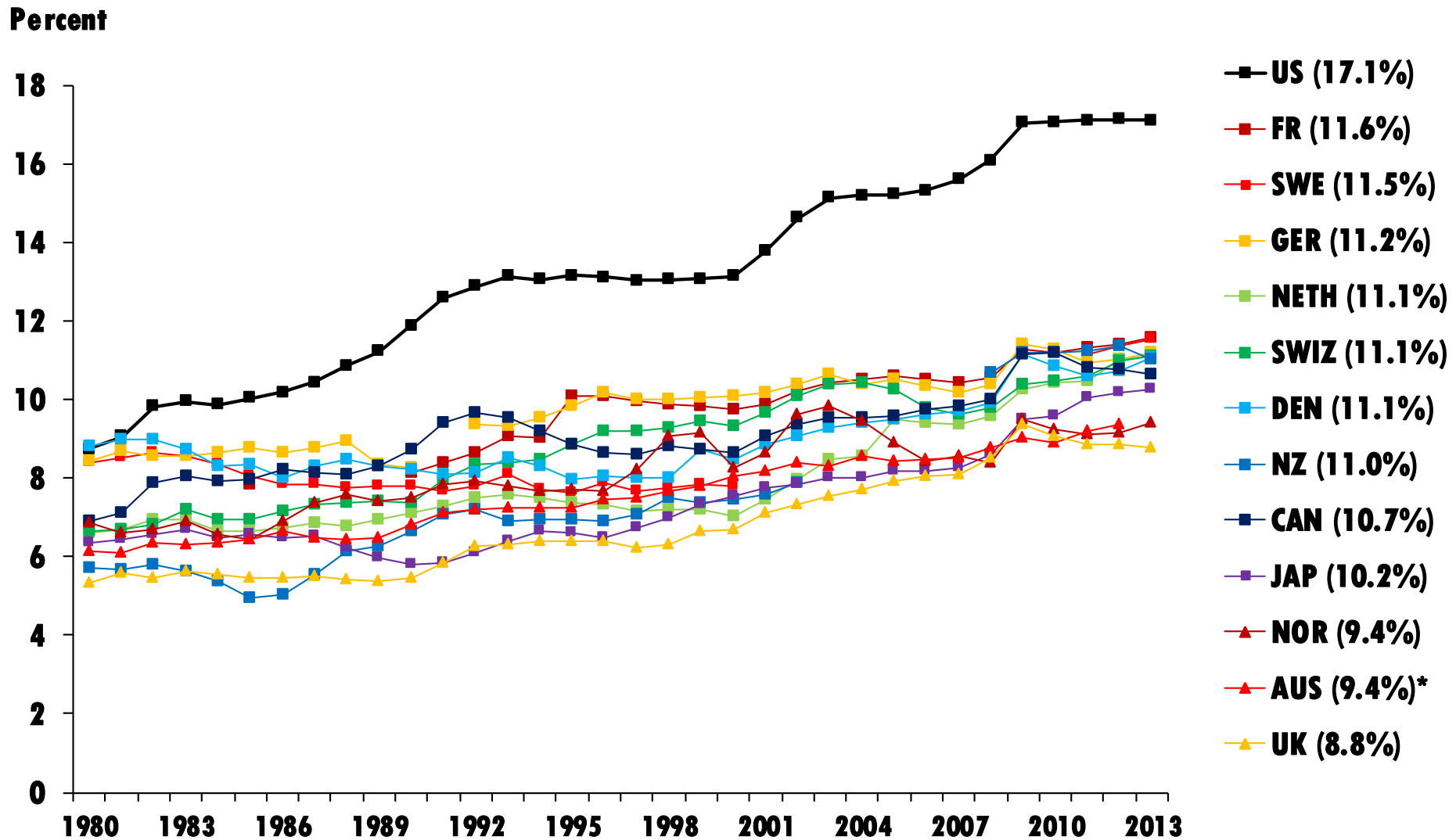
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Health Care Spending as a Percentage of GDP, 1980–2013



* 2012.

Notes: GDP refers to gross domestic product. Dutch and Swiss data are for current spending only, and exclude spending on capital formation of health care providers.

Source: OECD Health Data 2015.



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FUND**

Exhibit 9. Select Population Health Outcomes and Risk Factors

	Life exp. at birth, 2013 ^a	Infant mortality, per 1,000 live births, 2013 ^a	Percent of pop. age 65+ with two or more chronic conditions, 2014 ^b	Obesity rate (BMI>30), 2013 ^{a,c}	Percent of pop. (age 15+) who are daily smokers, 2013 ^a	Percent of pop. age 65+
Australia	82.2	3.6	54	28.3 ^e	12.8	14.4
Canada	81.5 ^e	4.8 ^e	56	25.8	14.9	15.2
Denmark	80.4	3.5	–	14.2	17.0	17.8
France	82.3	3.6	43	14.5 ^d	24.1 ^d	17.7
Germany	80.9	3.3	49	23.6	20.9	21.1
Japan	83.4	2.1	–	3.7	19.3	25.1
Netherlands	81.4	3.8	46	11.8	18.5	16.8
New Zealand	81.4	5.2 ^e	37	30.6	15.5	14.2
Norway	81.8	2.4	43	10.0 ^d	15.0	15.6
Sweden	82.0	2.7	42	11.7	10.7	19.0
Switzerland	82.9	3.9	44	10.3 ^d	20.4 ^d	17.3
United Kingdom	81.1	3.8	33	24.9	20.0 ^d	17.1
United States	78.8	6.1 ^e	68	35.3 ^d	13.7	14.1
OECD median	81.2	3.5	–	28.3	18.9	17.0

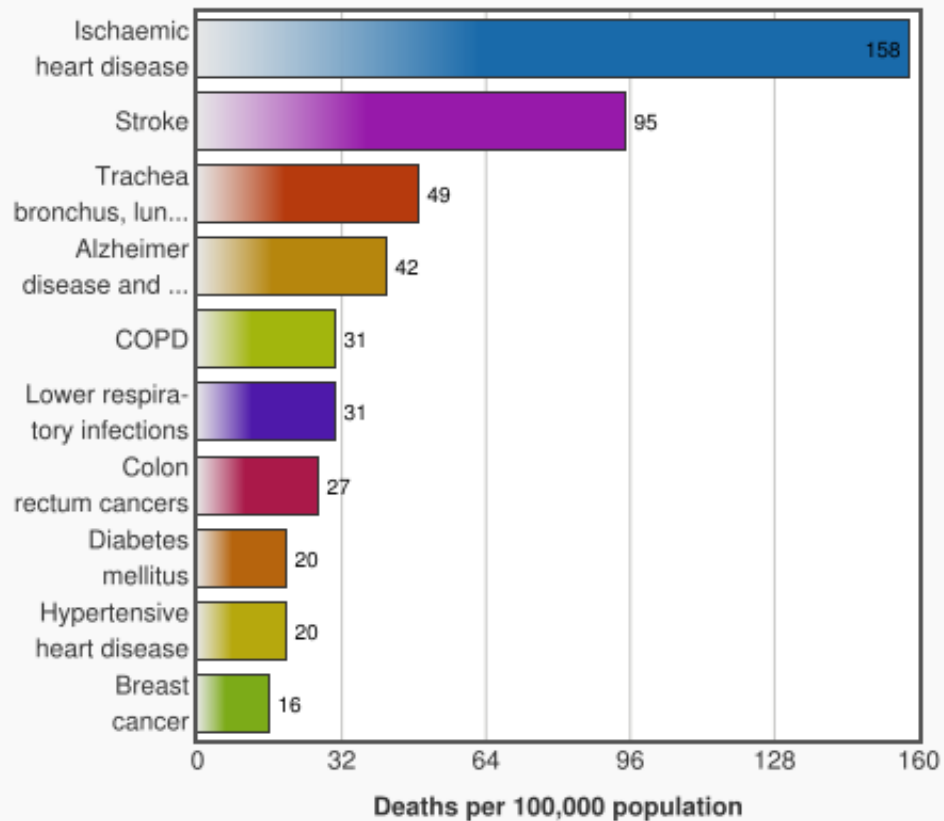
^a Source: OECD Health Data 2015.

^b Includes: hypertension or high blood pressure, heart disease, diabetes, lung problems, mental health problems, cancer, and joint pain/arthritis. Source: Commonwealth Fund International Health Policy Survey of Older Adults, 2014.

^c DEN, FR, NETH, NOR, SWE, and SWIZ based on self-reported data; all other countries based on measured data.

^d 2012. ^e 2011.

Top 10 causes of death in high income countries 2012



U.S. - Higher Cost, Lower Quality – Why?

- Excess is driven by greater utilization of medical technology and higher prices
- Waste, inefficiency and human errors
- Lack of health literacy and personal accountability
- Low spending on social services that support health

Western Medicine

- The healthcare system we call conventional, allopathic Western medicine is less than a hundred years old
- The discovery of antibiotics and vaccinations have eradicated epidemics and deaths due to infections
- Surgery has repaired the wounded and saved many lives from wars, accidents and injuries
- Medical technology has improved detection, diagnosis and treatment of diseases
- Superb for acute medical incidents



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Chinese Medicine

- Five thousand years of continuous use and refinement
- Based on a paradigm of prevention, balance & harmony
- Emphasized self-care and personal responsibility
- Effective Patient-centered chronic disease care
- Natural and holistic modalities including acupuncture, bodywork, herbal and nutritional therapies, meditation, tai chi/qi gong and life coaching

So You Want to Live Long...

- How Will You Stay Healthy?
- How Will You Remain Productive?
- How Can You Afford it?



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The World is Aging

- US in 2014
 - 46.2 million over 65
 - 1 in 7 Americans
 - 14.5% US population
- The World in 2014
 - 700 million over 60
 - 1 in 10 people
 - 10% global population
- US in 2050
 - 98 million over 65
 - 1 in 5 Americans
 - 22% US population
- The World in 2050
 - 2 billion over 60
 - 1 in 5 people
 - 20% global population

UN Population Report 2015



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Out of Pocket Healthcare Spending U.S.

- 416 billion/2014
- 608 billion/2019
- Direct payments will increase at 9.5% per year, as employers increasingly add high deductible plans
- Co-payments will also increase 9.5% annually, as plans raise co-pay amounts and subject more products and services to co-payment
- Insurance Premiums will expand by 7.1% per year overall

Personal Medical Costs

- Majority of Americans spend more money on healthcare in the last two weeks than during his or her entire life



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Chinese Medicine & Sustainable Wellness

- Sustainable Wellness
- Whole person
- Prevention
- Self healing
- Personalized care
- Healing partnership
- Integration



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Sustainable Wellness

- The goal of Chinese medicine
- The active pursuit of the best level of functioning and balance of an individual's whole being: body, mind and spirit through
 - Good diet and nutrition
 - Regular exercise and bodywork
 - Mind-body practices
 - Supportive Environment
 - Therapeutic treatments: acupuncture
Herbal and nutritional therapies



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Chinese Medical Therapies

- Acupuncture
 - 20,000 studies on pubmed
 - Animal acupuncture has dispelled placebo claims
 - Used successful in pain management & drug rehab
 - Available in VA systems across the US
 - Acupuncture for mental illness as effective as psychotropic medication without side effects – NIH
 - Acupuncture increase activities of telomerase, restores functional balance



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Whole Person

- The focus of Chinese medicine
- Includes the person's inner and outer life and his or her relationship to people and the environment

Disease is a symptom of life out of balance
- Dr. Hua-Ching Ni



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Prevention

- The heart of Chinese medicine
- Promotes healthy lifestyles, energy balance, and prevention of illness instead of only disease treatment
- Eradicate root of a disease i.e. stove project

An ounce of prevention is worth a thousand tales of gold in cures!

--Sun Si Miao, famous Chinese physician



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Self Healing

- The power of self healing is innate in all of us
- The aim of Chinese medicine practitioner is to educate patients to awaken and use this power to enhance the healing process through conducive mindset, diet and lifestyle
- Personal responsibility and accountability



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Personalized Care

- Individualized health care is key to effective healing
- Each person is unique and has a different nature and needs, therefore, require a customized approach to health care

A treatment plan must take into consideration a patient's constitution and predispositions, severity of illness, mental state, and other influential factors such as work, family, and environment

--Yellow Emperor's Classic of Medicine



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Healing Partnerships

- Chinese medicine is relationship-centered care
- Encourages the physician to listen to and guide the patient toward personal responsibility and full participation in the healing process
- Patient and practitioners function as student and teacher respectively and allows the physician to impart wisdom on a healthy way of life



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Integration

- Integration of Chinese and Western medical traditions offers the best available treatment options
- Chinese medicine promotes the use of natural, noninvasive healing practices as the first line of health care, but will not hesitate to collaborate with Western medicine in the use chemical and surgical intervention when necessary and critical



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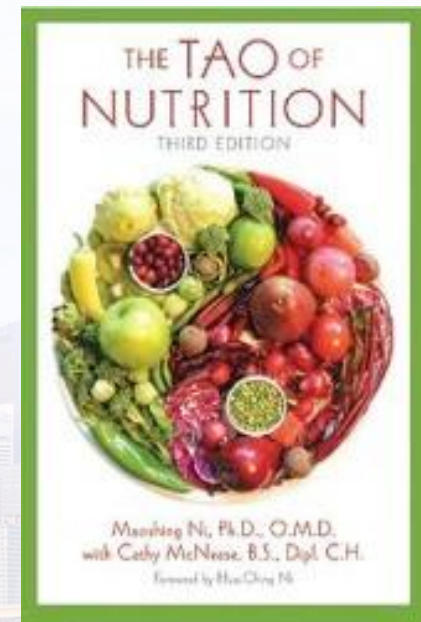
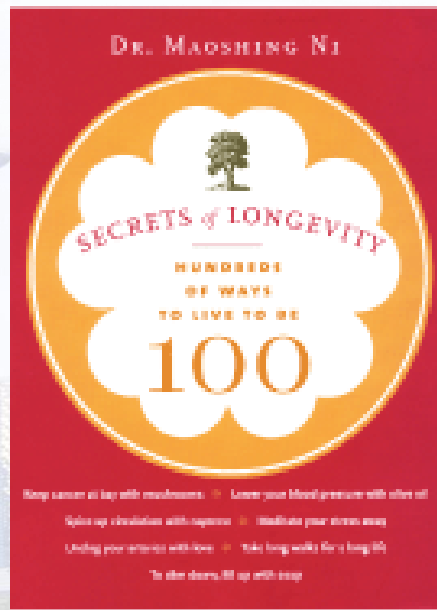
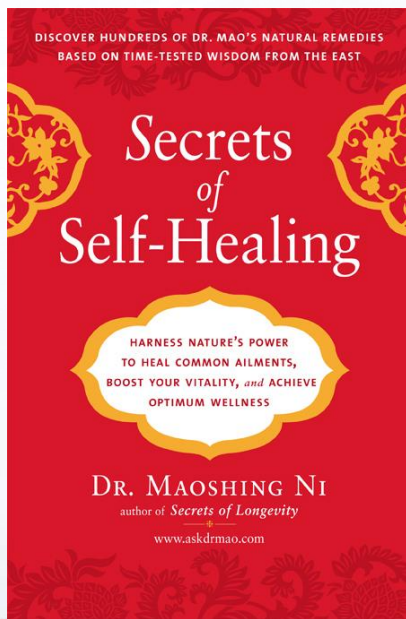
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Five Self-Care Techniques

- Diet and Nutrition
- Herbs and Supplement
- Exercise and Acupressure
- Lifestyle and Environment
- Mind and Spirit



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Diet and Nutrition

- Your are What Your Eat
- Functional Properties of Food
- Acid-Alkaline balance
- Balanced Optimal Performance zone (BOP)
- Food as Medicine
- i.e. Cinnamon regulates blood glucose, lowers insulin resistance



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Herbs and Supplements

- Rich Herbal Medicine Tradition
 - Herbs for Curing i.e. Artemisia
 - Herbs for Balancing i.e. Astragalus, fu long gan
 - Herbs for Regeneration i.e. Turmeric
- Dietary Supplements: the Modern Tonic
 - Nourishing Supplements i.e. Co-Q10
 - Therapeutic Supplements i.e. Omega 3 fatty acids



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Mind-Body Exercise and Acupressure

- Optimum Exercise Zone (60-80% of MHR)
- Tai chi and qigong for health and healing
- Integrating mind and body as one
- Acupressure to activate innate healing powers (i.e. Ren 17, Stomach 36, Kidney 1)



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Lifestyle and Environment

- Sleep hygiene, recreation, activities
- Planetary ecology and toxicity
- Living and working environment
- Rhythms and cycles--circadian influence



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Mind and Spirit

- Stress Management i.e. meditation
- Mood Balance
- Social Support
- The Power of Faith



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Health Challenges and a New Reality

- Antibiotic resistant bacteria
- Other infections ebola zika etc
- Cardiovascular Disease
- Diabetes
- Cancer
- Other Degenerative diseases
- Autoimmune diseases
- Iatrogenic complications
- High cost and accessibility of healthcare



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Goals

- To increase performance on health outcomes
- To increase quality and quantity of life
- To delay onset and decrease occurrence of chronic diseases
- To remain productive, active and healthy into old age
- To decrease healthcare spending in both out of pocket expense as well as percent of GDP
- To celebrate longevity as a blessing



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Yo San University Foundation/Tao of Wellness

- Venice family clinic/Wise & Healthy Aging in the West Los Angeles area
- 52 subjects randomly selected for Wellness Program
- 49 subjects in control group
- Age range: 50-65
- Measurements: BP, A1C, CRP, HDL/LDL, Trig, creatinine, carotid ultrasound, O2, weight, etc.
- 6 months study



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Wellness Inventory and Score

- Personality tendencies
- Family History
- Health Status
- Exercise & Lifestyle
- Diet & Nutrition
- Where you live
- Where you work
- Social Life & Relationships
- Financial Health



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Diet, Lifestyle, Exercise & Stress Reduction

- Attended 1 nutrition class weekly
- Participated in 2 tai chi classes weekly
- Meditated 15 min daily with guided meditation CD
- Brisk walk 20 minutes 4x/wk
- Plant-based diet with fish 2x/wk
- Eliminated added sugar, substituted with stevia
- Limited alcohol to 1x/wk
- Received acupuncture treatments 1x/wk
- Prayed, worshipped at least 1x/wk



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Indicator	Participant	Control	Significance
Weight	Av wt loss 5.6 lb	Average wt gain 2.3 lb	Cardiovascular, diabetes
LDL	Av decrease of 21	Av increase 11	cardiovascular
HDL	Av increase of 11	Av decrease 7	cardiovascular
Triglyceride	Av decrease of 32	Av increase 9	Cardiovascular, diabetes
CRP	Av decrease of 1.2	Av increase 0.3	Cardiovascular, arthritis
A1C	Av decrease of 0.4	Av increase 0.2	diabetes
Creatinine	Av decrease of 0.2	No change	Kidney function
O2 saturation	Av increase of 2%	Av decrease of 1%	Lung function
Carotid U/S	Av decrease of occlusion by 5%	No change	cardiovascular
BP	Av decrease 13/6 mmHg	Av increase 7/3	cardiovascular
Pain	Av decrease 3/10	No change	Arthritis, inflammation

- Average reduction of out-of-pocket expense of \$851
- Average Increase in Wellness Score of 16 points
- Potential future savings in expensive medical intervention



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The next major advances in health of the American people will come from the assumption of individual responsibility for one's own health and a necessary change in lifestyle for the majority of Americans.

**--John H. Knowles, Former
President, Rockefeller Foundation**



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So What's Next

- Promote Sustainable Wellness as essential for better health outcome
- Integrate Chinese medicine and Western medicine collaboratively in healthcare systems
- Increase health literacy



INSPIRATIONS



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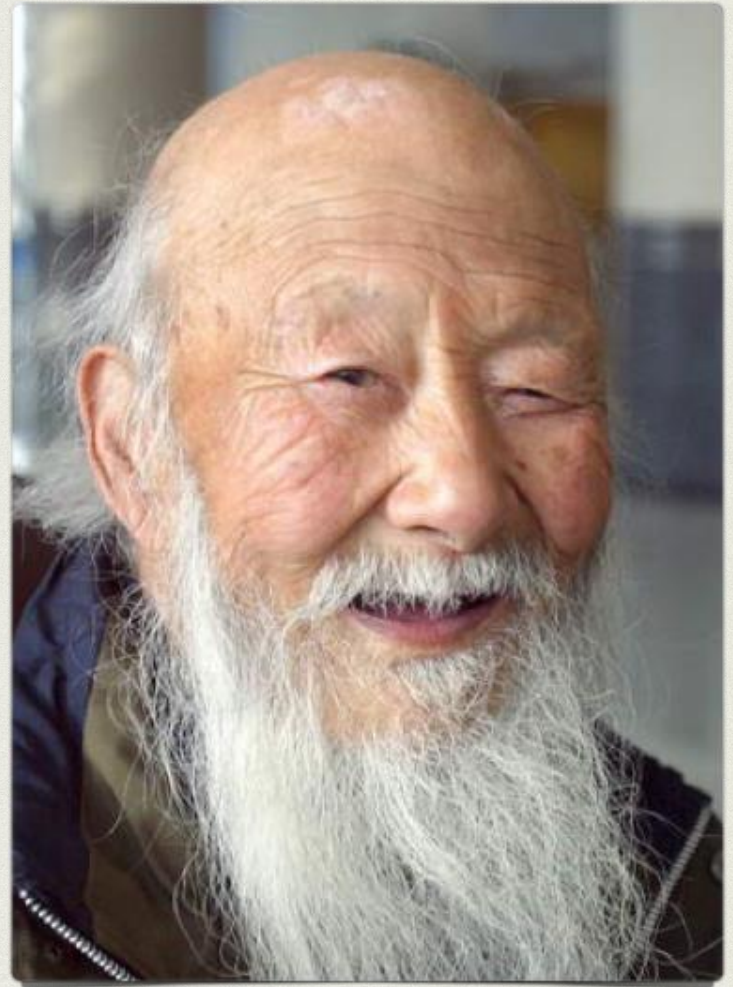
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Retired doctor
looking for new
bride--must be
under 50

Doctor Guan
105



Matriarchal
farmer with 5
generations living
together

Mrs. Yang

101



94 year-old track
star from
Vancouver,
canada

Olga Kotelko



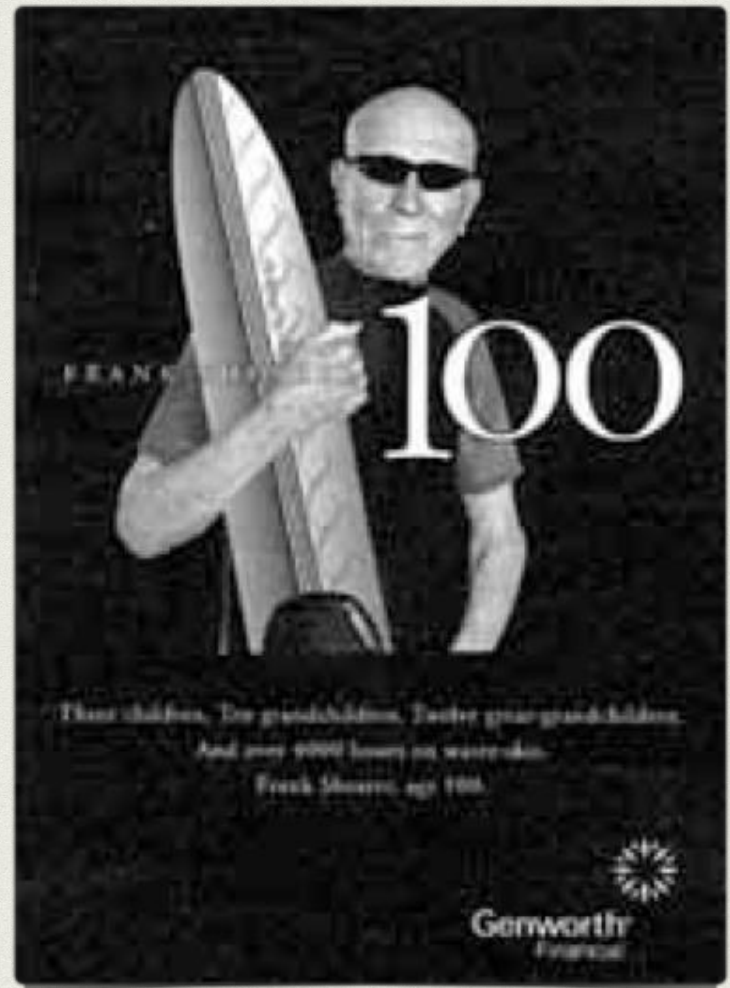
95 year old
tennis player--
unofficial poster
boy for US open

Lee Starr



101 year old waterskiing champion

Frank Shearer



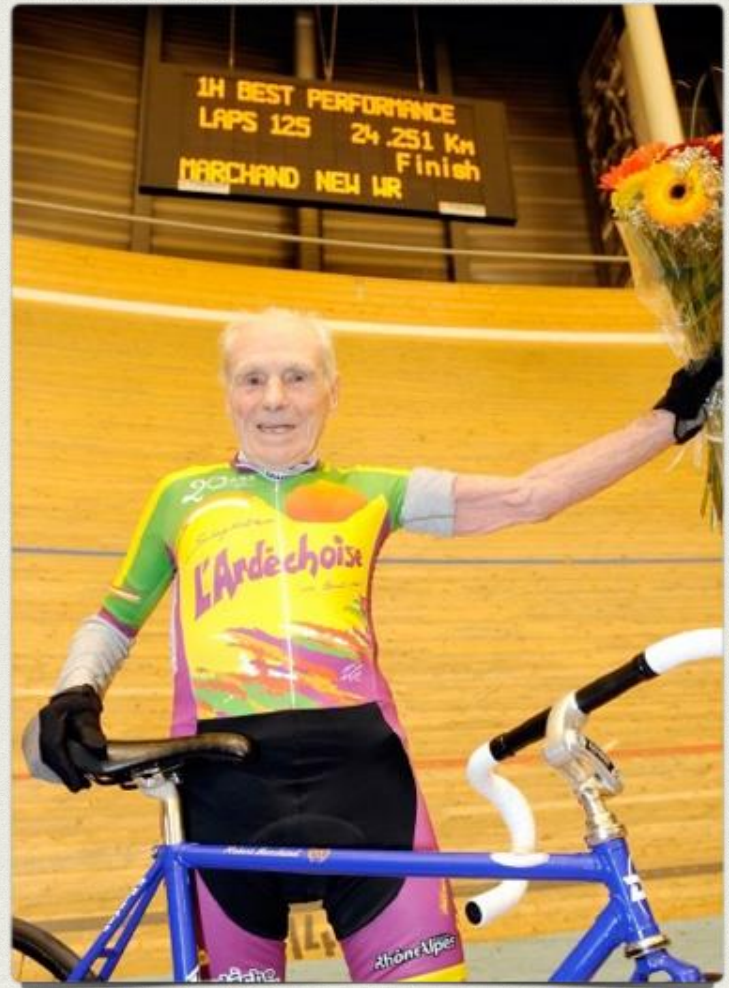
Woman
Celebrates 100th
birthday with 1/4
mile swim

Margaret Wachs



French cyclist set
1-hour speed
record at 100

Robert Marchand

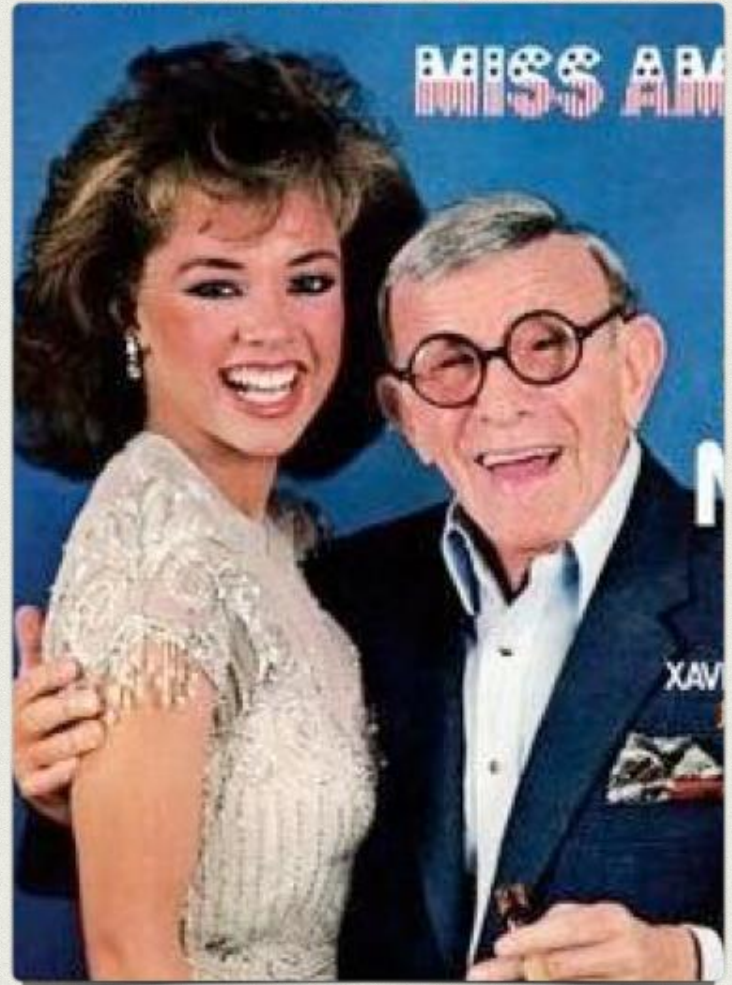


woman
celebrates 90th
birthday by
skydiving

Marion Stangler



George burns
at 99



one more...

Sherry

Find your purpose

Help the world

leave a positive legacy



*LIVE LONG
LIVE STRONG
LIVE HAPPY*



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