

■ WONGU NEWS

Wongu Announces New Academic Dean and Clinic Director

At the beginning of the Fall term, Sang Hyun Lee, OMD, was appointed as Academic Dean and Clinic Director. Dr. Lee had served as Adjunct Professor since 2020 and succeeds Dr. Vim Osathanugrah.

Dr. Lee brings to Wongu a passion for advancing Oriental Medicine through community health initiatives and outreach. His experience initiating community presentations as outreach associate at South Baylo created a vibrant student and community relationship. For the past five years, Dr. Lee served in three health clinics in Los Angeles providing patient care from West Hollywood to Compton.



Sang Hyun Lee, OMD

Dr. Lee holds a B.S. in Evolutionary and Ecological Biology from University of California at Los Angeles; a MS in Oriental Medicine from South Baylo; and a Doctor of Acupuncture and Oriental Medicine from Emperor's College.

Dr. Lee will work closely with students, faculty and staff at Wongu to create more collaborative academic and clinical practice opportunities, and to continue our pursuit of graduating highly competent and compassionate Oriental Medicine doctors.

Dr. Sang Hyun Lee has already initiated over seven community events in the Fall term that expanded the Wongu University community. Welcome Dr. Lee!

■ WONGU ALUMNI ASSOCIATION

WSA Clubs Return for the Fall Term

The Fall 2021 term saw the return of the Language club, Needling club, and Test Prep club. The Language club was run by Dr. Jin where she went over both OM terms and as well as everyday Mandarin terms and phrases. The Needling club was also run by Dr. Jin and free-hand needling was covered. The Needling club was open to all students, regardless whether they had taken techniques classes or not. The Test Prep club was run by Dr. Brandt and met online. She went over various test-taking strategies and discussed test questions. This is a

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Congratulations!

WONGU STUDENTS PASSED NEVADA BOARD EXAM

RACHEL ONG
MARIA ARABIA
AEJA KIM (12/29)
AUTUMN LEAVITT (12/29)

PASSED

WSA Clubs Return for the Fall Term

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great club to be in for any student, but is very beneficial for those who are preparing for any form of testing. Take advantage of these clubs, and if you would like to form your own club, feel free to email wsa@wongu.edu or leave a message in the suggestion box.



Photo Courtesy: americansouthwest.net

La Madre Springs Trail in Red Rock Canyon

La Madre Springs Trail

WSA hosted a group hiking trip on Sunday, November 14 at 8AM. A few students, staff, and faculty came together to hike La Madre Springs Trail in Red Rock Canyon, which is considered a moderate

trail. If you are interested in hiking and would like to recommend a trail, feel free to email wsa@wongu.edu or leave a message in the suggestion box.



Thank you to everyone who participated in the Thanksgiving Potluck. The Wongu community had a wonderful time with friends, family and colleagues.



Annual Toy Drive



WSA hosted its annual Toy Drive in partnership with the Wongu Health Center. For the month of November until December 9th, WSA was collecting new unwrapped toys and gently used blankets and jackets at the WHC lobby. Those who donated received a \$5 clinic voucher.

the toys to Shade Tree. The Compassion Initiative is a nonprofit organization that services the roofless and less fortunate communities of the Las Vegas Valley.

The Shade Tree Organization provides safe shelter to homeless and abused women and children in crisis.

The blanket and jackets were picked up by the Compassion Initiative and the WSA Community Liaison, Danielle, delivered

Thank you to the Wongu community for your contributions this holiday season. The donations were very much appreciated!

Wongu served various activities for the community

During the Fall 2021 quarter, the Wongu community led by the new Academic Dean/Clinic Director, Dr. Lee, participated in various community outreach activities. We provided information about traditional Chinese medicine (TCM), our school, and auriculotherapy via ear seeds.

Auriculotherapy is a form of alternative medicine based on the ear microcosm. In TCM, the outer ear reflects the entire body with about 39 standardized points. By stimulating acupoints on the ear with ear seeds, we can treat various mental and physical conditions in other parts of the body. Ear seeds are seeds from the Vaccaria plant (Wang Bu Liu Xing 王不留行) and are placed on an acupoint with a small sticker. Patients then can stimulate the point by pressing on the ear seed at their leisure every few hours. The ear seeds typically stay on the ear for a few days and should not be kept for longer than a week.

Here are a few of the events Wongu participated in: Hangul Day (Oct 9); Health Fair at Community Outreach Medical Center (Oct 15); Health & Wellness Expo at Santa Fe Casino (Oct 23); ACDC Stick or Treat (Oct 31); Veterans Family Festival (Nov 6); NV Asian American Festival (Nov 12-14; Hopi Indian Reserve (Nov 25).



Health Fair at Community Outreach Medical Center

ACDC Stick or Treat



NV Asian American Festival



Veterans Family Festival



Hangul Day



Health & Wellness Expo at Santa Fe Casino

Injection Therapy Certification Course Offered to Wongu Alumni

Dr. Tae Choo sponsored a 3-day seminar on Injection Therapy at Wongu University from November 25-27 for Wongu alumni. Acupoint Injection Therapy (AIT) is the injection of sterile biological substances such as herbal extracts, homeopathic medicines, vitamins, minerals and other nutrients by hypodermic needle into specific points and sites on the body to prevent and treat disease.

The primary lecturer was Jin H. Kim, Ph.D. in Oriental Medicine. Dr. Kim is a professor at Florida College of Integrative Medicine, Orlando, FL and practices acupuncture at Sage Wellness Center, Winter Park, FL. The three-day seminar included theory and techniques of acupoint injection therapy plus a very “hands on” practice session.



Students commented, “I experienced the benefits of AIT during the hands-on practice,” and “very well organized and



Dr. Kim demonstrated Acupoint Injection to students.

comprehensive review of course material as well as the required skills for clinical application.”

WONGU ALUMNI ASSOCIATION

Qigong – Self Care Activity

Hope Ihm, regional manager of Body & Brain Yoga Tai Chi and Tai Chi instructor, led 2 Qigong sessions during the Fall term. In these 1-hour sessions, Hope went through various Qigong movements to get the Qi flowing and restore balance to the body. She also went over the lung and large intestine meridians. If you missed the live sessions, recordings are available on the Fall 2021 WSA dashboard. Hope will also be joining the Wongu community as a professor for the Tai Chi class on Monday afternoons during the Winter 2022 term.



NEW
WSA T-SHIRTS
AVAILABLE!

The officers of Wongu Student Association (WSA) worked hard to bring you all new shirts. Presenting the newest color addition to the Wongu shirt collection: Ice Gray! It is available in sizes S, M, L, and XL at \$20 per shirt. There was a restock of the original black shirts as well. If you are interested in purchasing a shirt, contact Student Services officer, Joshua Lorenzana or WSA treasurer, Yuka Sakai. Get them soon while supplies last!



Herbal Highlight

茯苓 FU LING ~ PORIA ~

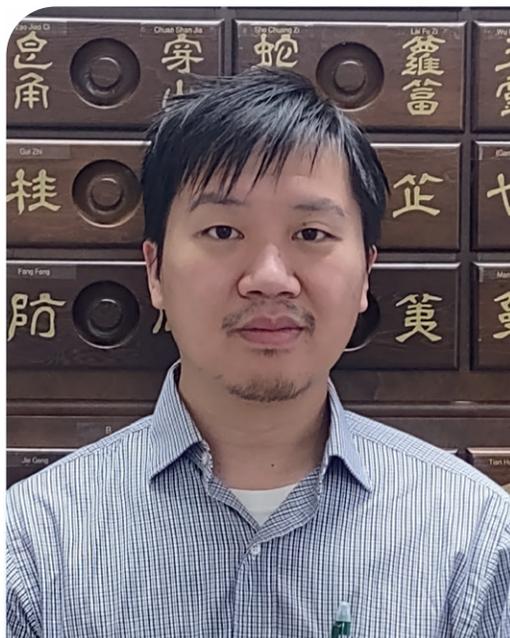
GEORGE PANG KUO HSU, MANAGER, WONGU HERBAL DISPENSARY

Fu Ling (茯苓), also known as the Poria mushroom, is a very widely used herb in Chinese medicine. Its properties are sweet, bland, and neutral in temperature. Fu Ling can be used to treat edema by promoting urination. It is also used to address loss of appetite, fatigue, and diarrhea by tonifying the Spleen and harmonizing the Middle Jiao. Additionally, Fu Ling can also be used for palpitations or insomnia by quieting the Heart and calming the spirit.

Different parts of Fu Ling actually have stronger effects on different properties. Fu Ling Pi (peel) is stronger in treating skin edema while Fu Shen (core) is stronger in its calming properties.



For inquiries or to book an appointment, please contact WHC at 702-852-1280.



Wongu's Herbal Dispensary Manager,
George Pang Kuo Hsu '19

ALUMNI NOTE

Alumni Spotlight

Pang Kuo (George) Hsu '19

Our current Herbal Dispensary Manager is one of our very own alumni, George Pang Kuo Hsu. With a BS in Kinesiology from UNLV, he was a graduate of Wongu's class of 2019. He was born in Taiwan but grew up in LA. Oriental Medicine (OM) has a major influence on Taiwanese culture, including food and lifestyle. But what made him really interested in it was when he was 5 years old, OM helped him avoid surgery.

At the Wongu Health Center, he is invaluable as the Dispensary Manager. His everyday tasks include inventory control, herb price and quality control, and assisting interns to compound herbal formulas.

He has currently passed 3 of the 4 NCCAOM National Board Exams and is hoping to finish his final exam by the end of January. Once he is licensed, George hopes to join an existing practice as an OMD. However, he is also interested in any research opportunities if available.

WSA LECTURES

SAAM Acupuncture

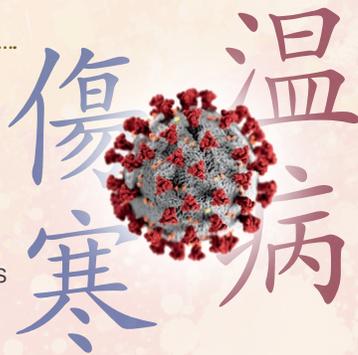
BY DR. CHOO

On Sunday, October 10, Dr. Choo gave an online presentation on SAAM acupuncture. SAAM acupuncture is representative of Traditional Korean Medicine and is based on the theory that the extremities are the root of the meridian and the trunk is the branch. Therefore, using acupuncture points on the extremities will benefit the “branches” aka the trunk. Dr. Choo discusses the environmental characteristics of each meridian and describes how and when they should be used. Benefits of SAAM include quick results and expanding treatment indications including emotional and consciousness issues. This is a required class in the Wongu curriculum covered in AC601 Advanced Acupuncture Therapeutics I, but this lecture is a great introduction and/or refresher. The recording of the presentation can be found in the Fall 2021 WSA conference tab.

COVID Treatment

BY DR. FANG

On Friday, December 3, Dr. Fang gave an online presentation on using TCM to treat respiratory issues, particularly COVID-19. He related the common symptoms of COVID-19 to TCM terms and concepts. How COVID-19 is treated is based on pattern differentiation, with both Shan Han and Wen Bing proving to be effective. Dr. Fang discusses commonly used points and formulas based on different stages of the disease from prevention to critical to recovery. With the virus still around, it would be beneficial to know what treatment options are available to you and your patients. The lecture slides and the recording of the presentation can be found in the Fall 2021 WSA files and conference tab respectively.



Benefits of Vitamin D

BY PAUL KAPSAR, NP

On Friday, November 19, Paul Kapsar, NP, gave an online presentation on the role and benefits of Vitamin D. Majority of the world population is Vitamin D insufficient or deficient. Vitamin D is important for the body because it regulates a variety of genes that are involved in the body’s immune response. It does not prevent or cure diseases on its own, but instead keeps the immune system strong and balanced so the body can protect itself. Kapsar also debunks a few Vitamin D myths, such as it is only a temporary fix or that it needs to be paired with Vitamin K2 to be absorbed. Practitioners and patients should be aware that many health issues may stem from simple causes such as a Vitamin D deficiency that can be easily addressed. The recording of the presentation can be found in the Fall 2021 WSA conference tab.



FACULTY NOTE

Welcome New Faculty

Maren Arabia, MD (Philippines), OMD. Maren is a Wongu University alumna, teaching Western medicine courses.

Tarman Aziz, MD. Dr Aziz is the former Wongu University Academic Dean. He returns to teach Western medicine courses online.

Adrianus Wong, MD (Indonesia), DAOM, Dongguk University. Dr. Wong joins Wongu teaching Western medicine and Oriental medicine courses.