



News from Congressman

Tom Lantos

**12th Congressional District of California
San Mateo/San Francisco**

FOR IMMEDIATE RELEASE

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FOR INFORMATION CALL

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Multi-Million-Dollar Federal Grant to Support UCSF Research on Medical Effects of Meditation

San Mateo, CA -- Congressman Tom Lantos (D-San Francisco, San Mateo) today announced that an innovative research project on stress reduction and medicine at UC San Francisco will receive a new federal grant exceeding \$1 million.

"This kind of project does the University of California proud, and could be a major boon to patients in the Bay Area and nationwide," Lantos said. "It could well end up slowing the progression of a terrible disease and saving millions of dollars in medical treatment."

As part of a multi-million-dollar new program to support alternative medicine research, the National Institutes of Health (NIH) will allocate \$1,198,000 for the first year of a project by Susan Folkman, Ph.D. at UC San Francisco that explores the link between meditation, stress reduction and the immune system. The research is intended to determine whether certain types of meditation can help slow the progression of HIV and delay the need for treatment with antiretroviral drugs.

Folkman's work at UCSF's Osher Center for Integrative Medicine is a five-year study still in the planning phase; she hopes to enroll 330 people in a clinical trial to start in 2005. The grant is expected to be renewed each year. The funds come from the NIH's National Center for Complementary and Alternative Medicine.

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