



## NCCAOM Featured PDA Provider: Lee Hullender Rubin, DAOM, Dipl. O.M. (NCCAOM)<sup>®</sup>, L.Ac., FABORM



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### You specialize in reproductive medicine. How did you get interested in this field?

It is my first love of both clinical practice and research. When I was in graduate school at Bastyr University, I was fortunate to take TCM gynecology with Weiyi Ding, M.D. (China), Dipl. O.M. (NCCAOM)<sup>®</sup>, L.Ac., R.N., and an elective on special topics in gynecology with Cindy Micleu, L.Ac. Those teachers and their courses firmly planted the seed. My interest fully bloomed after I graduated and was mentored by an experienced and brilliant fertility acupuncturist in the Seattle area, Christina Jackson, DAHM, Dipl. Ac., Dipl. C.H. (NCCAOM)<sup>®</sup>, L.Ac., where I committed to reproductive medicine as a specialty. I thoroughly recommend mentorship with someone who works in your specialty of interest when first licensed. I genuinely love working with people trying to build their families, no matter which form it takes. It is the topic that infinitely interests me, and I never want to stop learning about it.

### You are employed at UCSF's Osher Center. What tips do you have for practitioners who want to work in a hospital-based practice?

Yes, I had the great fortune of working at UCSF for three years. Like many during the COVID-19 pandemic, my husband and I reflected on what was most important to us



and concluded it was family. We are currently relocating back to the Pacific Northwest to be closer to them. To your question, when working in a hospital-based setting, I think a hospital-based acupuncturist's most essential skills are flexibility and strong communication skills. It was my experience that in every part of the hospital, there were opportunities to clearly describe what acupuncturists do, how we are trained, and how we might support a patient with acupuncture. There are various settings from which this can happen: inpatient, alongside a medical procedure, or in a private appointment at an ambulatory clinic. There is a lot of interest in our work, but one of the barriers is reimbursement for acupuncture services. I'm hoping as demand grows, this will change.

### **What is Rosefinch Academy?**

Rosefinch Academy is a service of my clinical practice, Rosefinch Health. It is a new continuing education platform to deliver continuing education courses on topics I know and love. In my career, I've been fortunate to work in a variety of settings:

- Private practice
- Two IVF centers
- An integrative gynecology clinic
- A research unit at a medical school
- Three acupuncture schools
- An integrative medicine center at a leading medical school

I'm a clinician first, but I also became a clinical researcher to understand how acupuncture and the whole system of East Asian Medicine may help people conceive either with timed intercourse, in vitro fertilization, or frozen embryo transfer. I also studied the potential of acupuncture as a therapy for vulvodynia, a chronic vulvar pain condition. These practice and research experiences helped me combine real-world practice experience with clinical research and ultimately develop effective treatments that everyone can use. This platform allows me to easily share what I've learned over the last two decades.



## What inspired you to develop Acupuncture for Fertility continuing education courses?

Because of my research, teaching, and clinical experiences, I am often contacted with questions regarding how to support fertility patients, what the current research says, or the path to becoming a fertility specialist. In response, I finally decided to develop a series of courses to help new and established licensees become Fertility Acupuncturists. We are competent in many things when we graduate from our programs and become certified to practice. Still, there are unique skills and knowledge needed to become a specialist in Fertility Acupuncture. I wanted to offer “*Acupuncture for Fertility*” series of courses that are practical, easily accessible, and combine 1) conventional medical diagnosis and treatment (western); 2) East Asian Medicine assessment, diagnosis, and treatment; with 3) practical aspects of case management. While I am also an herbalist, I first wanted to prepare the “*Acupuncture for Fertility*” series that explicitly focused on acupuncture. It is the modality with which most fertility doctors are generally comfortable. The series will launch at the end of July. This series will help acupuncturists develop their expertise and forge professional relationships within their communities. And the “*Acupuncture for Fertility*” series will ultimately help acupuncturists effectively support those trying to conceive with a safe, drug-free therapy.

## What might someone be surprised to know about you?

I love karaoke. Give me a Pat Benatar or Linda Ronstadt song, and I’m a happy lady.

## What do you do when you are not working?

I’m not doing karaoke or any of my other favorite activities with the pandemic: going to museums or traveling. But I do enjoy spending time with my husband and our dog and going for walks together. I also read a lot about social justice and, of course, reproductive medicine. I recently finished *Countdown* by Shanna Swan. Currently, I am reading “*Caste*” by Isabel Wilkerson and continuing to absorb Sabine Wilms’ translations of “100 questions on gynecology” called “*Channeling the Moon*” Pts 1 & 2.