

Dr Paul Lam



Dr Paul Lam, a family physician and lecturer at the University of New South Wales in Sydney, Australia, is a world leader in the field of tai chi for health improvement.

In 1974 he graduated from the University of New South Wales, Sydney. In 1984 he became a Fellow of the Australian College of Medical Acupuncture. Dr Lam has been a clinical teacher training post graduate doctors to be family physicians since 1984, and a conjoint lecturer at the Department of Community Medicine, University of New South Wales.



Dr Lam developed arthritis in his early teens as a result of malnutrition. This led him to begin studying tai chi. He went on to win one gold and two silver medals at the Third International Tai Chi Competition in Beijing (1993), achieving the highest aggregate score that year. He began teaching tai chi to his patients, set up his own school Better Health Tai Chi Chuan

(<http://www.betterhealthtcc.com.au/classes/classes-sydney/>) and later producing a range of best-selling tai chi instructional DVDs.



He is very well respected in tai chi circles, and is in high demand as an instructor/speaker. He has taught thousands of instructors around the world.



Dr Lam has composed several Tai Chi for Health programs that are supported by Arthritis foundations and organisations worldwide including the Arthritis Foundation of America, Australia, Osteoporosis Australia Arthritis Care, UK and Diabetes Australia.



The Centers of Disease Control and Prevention (www.CDC.gov) recommend his Tai Chi for Arthritis program for fall prevention.

The Australian, New Zealand, Singapore and Korean governments have adopted his Tai Chi for Health programs for fall prevention and health. Over five million people around the world practice his Tai Chi for Health programs.

He is the author of several books including *Teaching Tai Chi Effectively*, *Overcoming Arthritis*, *Tai Chi for Diabetes* and *Tai Chi for Beginners and the 24 Forms*.

He is a past president (1999, 2000 and 2001) and founder of the Tai Chi Association of Australia. In 2014 he again took up the post of president.

Dr Lam was a speaker at the America on Aging 2014 Conference in San Diego.

Dr Lam's memoir, *Born Strong*, will be published in early 2015.



Published Studies

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- E Lee, Aeyong Eom, Rhayun Song, Young Ran Chae. Factors Influencing Quality of Life in Patients with Gastrointestinal Neoplasms. *Journal of Korean Academy of Nursing*. 2008 ISSN 1598-2874 Vol (Ed.) 38(5)
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- Ching-Huey Chen, Miaofen Yen, Susan Fetzer, Li-Hua Lo, Paul Lam. The Effects of Tai Chi Exercise on Elders with Osteoarthritis: A Longitudinal Study, *Asian Nursing Research* December 2008 Vol 2 No 4

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- Song, R • , Eom, A., Lee, E. O., Lam, P • & Bae, S-C. (2009). Effects of Tai Chi combined with Self-help Program on Arthritic Symptoms and Fear of Falling in Women with Osteoarthritis. *Journal of Muscle and Joint Health*, 16(1), 46-54.
- Amanda M Hall, Chris G Maher, Jane Latimer, Manuela L Ferreira and Paul Lam. A randomized controlled trial of tai chi for long-term low back pain (TAI CHI): Study rationale, design, and methods. *BMC Musculoskeletal Disorders* 2009, 10:55 (28 May 2009).
- Eun Ok Lee, Young Ran Chae, Rhayun Song, Aeyong Eom, Paul Lam, and Margaret Heitkemper. Feasibility and Effects of a Tai Chi Self-Help Education Program for Korean Gastric Cancer Survivors, *Oncology Nursing Forum* • Vol. 37, No. 1, January 2010
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- Michelle DiGiacomo, Paul Lam, Beverly L. Roberts, Tang Ching Lau, Rhayun Song, Patricia M. Davidson. Exploring the Reasons for Adherence to T'ai Chi Practice. *The Journal of Alternative and Complementary Medicine*. December 2010, 16(12): 1245-1246.
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- Hua Ren, Veronica Collins, Sandy J. Clarke, Jin-Song Han, Paul Lam, Fiona Clay, Williamson and K. H. Andy Choo. Epigenetic Changes in Response to Tai Chi Practice: A Pilot Investigation of DNA Methylation Marks. *Evidence-Based Complementary and Alternative Medicine* Vol. 2012 (2012), Article ID 841810, 9 pages doi:10.1155/2012/841810

Presentations including:

- Keynote speaker invited by National Arthritis Foundation of Singapore and People's Association Singapore 2011, 2010, 2009, 2008 and 2007.
- Keynote speaker at the second International Tai Chi for Health conference in Indiana, USA 2010
- Invited speaker for the University of Kansas medical center in Kansas city November 2008
- Invited speaker of the Australian Annual Rheumatology conference 2008 in Adelaide on the topic of Tai Chi for kids and osteoporosis.
- Invited speaker and chair of the Tai Chi and exercise section of the 3rd International Complementary Medicine Research Conference 2008 in Sydney.

- Invited speaker at University of Bologna - the world's oldest University in Italy 2008.
- Keynote speaker of The first international Tai Chi for Health conference in Seoul, South Korea 2006
- Workshop on "Tai Chi for Back Pain" at the 5th interdisciplinary World Congress on Low Back and Pelvic Pain in Melbourne November 2004.
- Speaker at the 5th and 6th World Congress on Physical Activity and Aging in USA 1999 and Canada 2004
- Speaker at the Annual Scientific Conference of American Association of Diabetes Educators in Indianapolis, Indian, USA August 2004
- 34th and 37th Annual American College of Rheumatologists Scientific Conference USA
- National Conferences of the National Association for Gentle Exercise Leaders 2000 and 2001.
- National Educational conference for Australian Family Physicians
- Australia Chinese medical association's annual scientific conferences.

Also other conferences invited by arthritis Foundations, diabetes foundation and organisations, universities, health department and medical professional around the world at international, national and state levels.

2012 The Lorin Prentice Memorial Award by Victoria Arthritis