

What is Integrative Medicine?

Integrative Medicine combines modern medicine with established practices from around the world. Through this union, integrative practitioners are better able to relieve suffering, reduce stress, and maintain the well-being of their patients.



UCSF and Integrative Medicine

Established in 1864, the University of California, San Francisco (UCSF) is a world-renowned center of science, scholarship, and health care, with 4,000 graduate students, 1,000 postdoctoral fellows, and 15,200 faculty and staff, including an internationally acclaimed team of scientists and physicians. From the discovery of cancer-causing oncogenes, to the first successful fetal surgery, to the revolutionary cloning of DNA, UCSF has earned a reputation of the highest caliber for excellence in research, teaching, and patient care.

In 1997, under the visionary leadership of Dean Haile Debas and support from the Bernard Osher Foundation, UCSF established the Osher Center for Integrative Medicine. To date, the Center has received two Center of Excellence Awards from the National Institute of Health as well as other significant NIH funding; developed twenty-five hours of required curricula for medical, nursing and pharmacological students, and seen over twenty thousand patient visits.

The UCSF Osher Center for Integrative Medicine is working to transform health care by:

Conducting rigorous research to build an evidence base in integrative healing practices;

Educating medical students, health professionals and the public about integrative medicine; and

Creating new integrative models of clinical care that emphasize prevention, patient empowerment and whole person healing.

Why is this Important?

Healthcare today has been reduced to disease care:

Doctors spend most of their time working on a specific disease or body part with little or no focus on the whole person—which is what we need not only to cure disease, but to also maintain health and live as fully as possible.

The healthcare crisis is curable: The economic impact of the most common preventable chronic disease is estimated to be more than \$1 trillion. That has to change and the time is now.

The potential impact is great: Our treatments are not an adjunct to conventional medicine; rather they are integrated together with a focus on prevention, health maintenance, early intervention and patient-centered care. Integrative medicine holds the power to improve public health and reduce care-related costs for our nation and beyond—ensuring a better health care future for all.