UCSF Osher Center for Integrative Medicine

Integrative Medicine Services
Your Life

You are unique. You are the one person on the planet who knows your body like no other, and we think it is fair to say that healthcare should reflect that simple fact.

You have specific needs and goals and most importantly, you have choices: how to live your life, how to remain in tune with your body, and how to take an active role in maintaining it.

Providing the finest care requires a more complete approach to health—one that focuses on the whole person.

Individualized Care.
Your Health

At the UCSF Osher Center for Integrative Medicine, we offer a dynamic approach to health, healing and prevention by integrating modern medicine with established health practices from around the world. We support your health and healing by offering:

Exceptional Care
Our licensed and credentialed practitioners have extensive skill, training and experience. The UCSF Medical Center is one of the nation's top 10 premier hospitals (for nine consecutive years) and best in the Bay Area (US News & World Report 2009).

Communication
We practice relationship-centered care in which the patient and practitioner form a partnership to help promote healing. Our practitioners carefully listen to your concerns and work with you to develop a healing plan specific to your needs.

Collaboration
Our practitioners work with you and with each other to determine the best treatment programs for you. When appropriate, our practitioners also collaborate closely with clinicians from other departments and institutions.

Personal Sustainability
We focus on prevention, health maintenance and early intervention. We provide you with information, exercises and self-care techniques to empower you to take control of your own health and support lifelong, whole-person healing.

Healing the Whole Person.
At the UCSF Osher Center for Integrative Medicine, we offer a dynamic approach to health, healing and prevention by integrating modern medicine with established health practices from around the world.

A telephone consultation with our Patient Navigator can help you determine which treatment, service or program is best for you. Please call 415.353.7720 or e-mail integrate@ocim.ucsf.edu to schedule your consultation.

Our practitioners are trained in both conventional and complementary therapies and offer a professionally guided, whole-person approach to your health care. We invite you to explore the services, treatments and therapies offered in our clinical practice.

**Integrative Medicine Services**

- Integrative Medicine Consultation
- Acupuncture and Traditional Chinese Medicine
- Integrative Women's Health
- Integrative Cancer Care
- Integrative Psychiatry and Psychotherapy
- Biofeedback
- Guided Imagery
- Manual Medicine/Spinal Manipulation
- Therapeutic Massage
- Ayurveda Consultation
Integrative Medicine Consultation
You will receive a professionally guided approach that takes into account multiple aspects of your health and lifestyle. We combine a range of therapies to provide you with an integrative plan.

Acupuncture and Traditional Chinese Medicine (TCM)
You will receive a professionally guided and personally oriented set of recommendations that combines a range of therapies, providing you with a holistic approach and an integrated treatment plan.

Integrative Women’s Health
Your consultation will offer a range of options such as herbs, supplements, nutrition, and mind-body methods for managing your unique women’s health concerns including menopause, sexual concerns, and others.

Integrative Cancer Care
You will receive a professionally guided and personally oriented set of recommendations that combines a range of therapies, providing you with a holistic treatment plan.

Integrative Psychiatry and Psychotherapy
Your consultation will nurture the spirit, focus on emotional wellness, and address life challenges, such as physical injury, interpersonal loss or chronic illness.

Biofeedback
You will learn to regain a level of relaxed awareness amidst chronic or acute stress and to become more aware of your own unique stress-response. Each biofeedback session is individually tailored and may include relaxation training, guided imagery or other therapies.

Guided Imagery
You will learn to use the imaginative capacity of your mind to improve physical, emotional or spiritual health, enhance peace of mind or prepare for surgery or other medical procedures.

Manual Medicine/Spinal Manipulation
You will receive a thorough diagnosis and treatment of reversible functional problems of the musculoskeletal system (muscles and joints) with particular attention to the spine. Techniques and hands-on therapies include:
osteopathy, chiropractic therapy, physical therapy, and breathwork techniques.

**Therapeutic Massage**
You will receive a personalized massage that combines techniques best suited to address your needs. Some of the styles offered are Swedish, Esalen, Deep Tissue, Pre-Natal, Acupressure, Shiatsu, Craniosacral, Reflexology, Orthobionomy and Counterstrain.

**Ayurveda Consultation**
Ayurveda (the ‘science of life’) has been practiced in India for more than 5,000 years. You will learn how to optimize well-being through careful attention to your lifestyle choices. You will receive an Ayurvedic wellness plan designed to restore or to enhance your unique constitution.

**Group Programs**

Our programs emphasize prevention as the cornerstone of good health and underscore how the Osher Center integrates the best of modern medicine with established practices from around the world in order to bring complete healthcare to all people. Visit our website for a complete list.

**Mindfulness Programs**
- Mindfulness-Based Stress Reduction
- Mindfulness-Based Childbirth and Parenting
- The Mind in Labor: Working with Pain in Childbirth

**Movement and Healthy Living**
- Tai Chi Chuan
- Therapeutic Yoga
- Laughter Yoga
- Ayurveda

**Cancer Care**
- Meditation and Guided Imagery for People with Cancer and Caregivers
- Spirituality and Cancer: Tapping into the Deeper Dimensions of Healing

**Surgery Care**
- Prepare for Surgery
Payment Information

We accept cash, check or credit cards for all services provided. All services are eligible for use with Healthcare Savings Accounts and Healthcare Reimbursement Accounts.

- We accept insurance for MD and NP visits.
- Prior authorization may or may not be required by your health insurance plan. Consult your policy or health insurance customer service agent to verify coverage.
- For people paying cash, not using health insurance, there is a 40% discount.
- For those with severe financial need who qualify, financial assistance is available from our Community Care Fund.

More information can be found on our website: www.osher.ucsf.edu or by calling or e-mailing our clinic at 415.353.7720 or integrate@ocim.ucsf.edu.
The UCSF Osher Center offers a dynamic approach to health, healing and prevention by integrating modern medicine with established practices from around the world.

Our mission is to transform the way medicine is practiced by conducting rigorous research on integrative approaches to health; educating students, health professionals, and the community; and treating patients with compassionate care that addresses all aspects of health and wellness—physical, psychological, social and spiritual.

**Contact Us**
To make an appointment, call or email:
415.353.7720, integrate@ocim.ucsf.edu.

To learn more about our services, hours and fees, please visit:
www.osher.ucsf.edu.