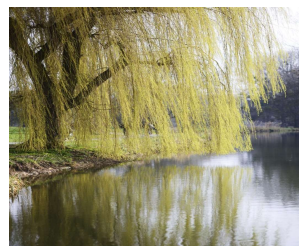




Objectives

- Define Integrative Medicine
- Describe common modalities and conditions for which patients use Integrative Medicine/CAM
- Review basic nutritional medicine, including physical exam findings and supplements from foods
- Review concepts of Osteopathic Manipulation including indications for use
- Review theory of and evidence for efficacy of acupressure and other traditional Chinese medicine
- Review modalities of aroma therapy

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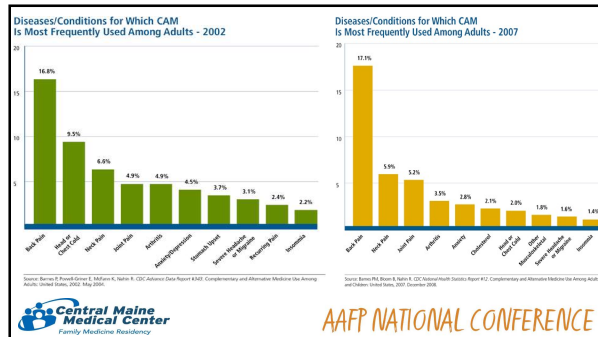
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Integrative Family Medicine *healing oriented medicine*

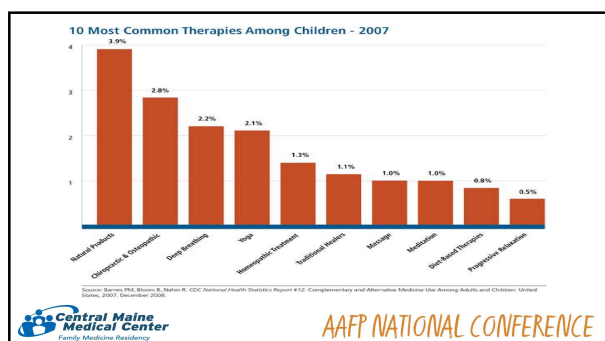
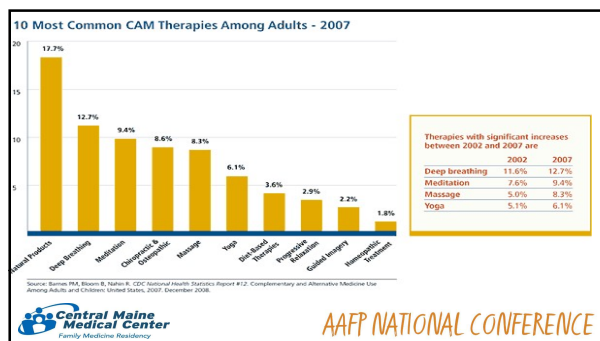
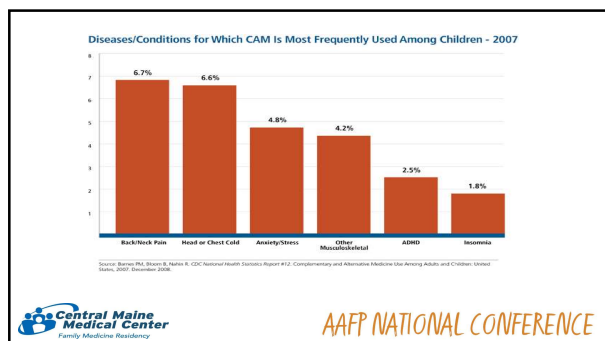
- Whole person (body, mind, spirit)
- All aspects of lifestyle, health promotion and prevention of disease
- Therapeutic relationship
- *Utilizes all appropriate, evidence-based therapies to achieve health*
- Also encourages wellness of caregivers



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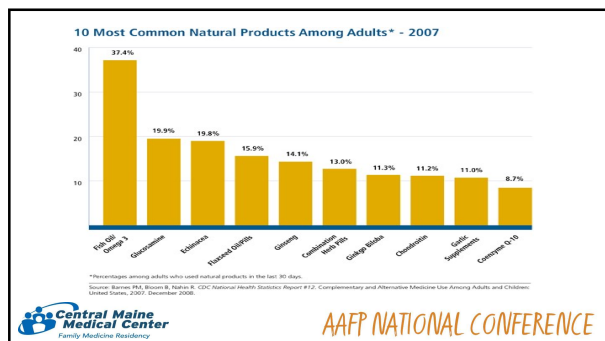


Have you spoken with your patients about CAM activities they do?

- In a study done by NCCAM and AARP, 2/3 of people > 50 are using CAM
- LESS than 1/3 of those people discussed their CAM use with their providers



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Looking at the Evidence

- First look: Consider Natural Standard
- <http://www.naturalstandard.com/>
- Look up by disease (osteoarthritis)
- Look up by modality or therapy
 - Glucosamine
 - Osteopathic Manipulation
 - Mind- Body Medicine
 - Acupuncture

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- www.consumerlabs.com
- www.nnfa.org
- www.nsf.org
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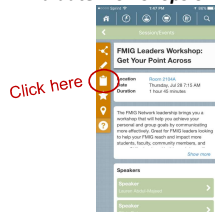
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