What is Integrative Medicine? Integrative Medicine combines biomedical care with appropriate complementary and alternative therapies to heal and preserve the health of the patient’s body, mind, and spirit. It emphasizes the individual’s capacity for self-healing and offers an approach to care that is personalized, collaborative, and comprehensive. The American public is increasingly demanding care that combines the best of western medicine with complementary and alternative medicine (CAM). According to various estimates, between 40 - 60% of the American public uses CAM.

Why do people use CAM? Many people suffer from symptoms and conditions that are not adequately managed by biomedicine. Integrative medicine provides additional options for reducing pain and suffering, promoting healing, and preserving health and well-being.

Is there a scientific basis for integrative medicine? The scientific base for integrative medicine is growing. For example, we know that:

- **Acupuncture** reduces the frequency and severity of chemotherapy-related nausea and vomiting.
- **Mind-Body Approaches** reduce anxiety and support the immune system.
- **Chiropractic treatments** reduce low back pain.
- **Therapeutic massage** reduces pain of osteoarthritis.
- **Lifestyle programs** that include low fat diet, exercise, group support, and meditation can reverse the effects of cardiovascular disease.

The National Center for Complementary and Alternative Medicine (NCCAM) was established at the National Institute of Health to support the funding of rigorous research and disseminate the findings to health professionals and the public.

Can integrative medicine reduce the cost of care? In some cases, integrative approaches can reduce the cost of care. For example, Blue Shield of California distributed a “guided imagery” instructional tape to women prior to their scheduled hysterectomy. Women who used guided imagery had shorter hospital stays and used fewer medications. Their total hospital charges were $2,003 less than women who had not received tapes.

What is the Consortium of Academic Health Centers for Integrative Medicine? The Consortium is a group of 41 medical schools with programs in integrative medicine who are committed to advancing rigorous scientific studies, creating new models of care, and educating health professionals and the public about integrative care options.

For more information on the Consortium or to inquire about membership, please visit www.imconsortium.org.
Consortium of Academic Health Centers for Integrative Medicine

Members

Albert Einstein College of Medicine of Yeshiva University
Continuum Center for Health and Healing
www.healthandhealingny.org

Boston University School of Medicine Program in Integrative Cross Cultural Care
www.bumc.bu.edu

Columbia University
Richard and Hinda Rosenthal Center for Complementary & Alternative Medicine
www.rosenthal.hs.columbia.edu

Duke University
Duke Integrative Medicine
http://www.dukeintegrativemedicine.org

Georgetown University
School of Medicine
http://www8.georgetown.edu/departments/physiology/cam/index.html
http://som.georgetown.edu

George Washington University
Center for Integrative Medicine
www.integrativemedicine.gwu.com

Harvard Medical School
Osher Institute
www.osher.hms.harvard.edu

Johns Hopkins University
Center for Complementary & Alternative Medicine
www.hopkinsmedicine.org/cam

Laval University
Integrated Approach in Prevention
www.cours.fmed.ulaval.ca/modules/approach-integree/accueil

Mayo Clinic
Complementary and Integrative Medicine Program
www.mayoclinic.org/general-internal-medicine-rit/cmc.html

McMaster University; Michael G. DeGroote School of Medicine
The Family Practice Centre for Integrative Health and Healing
www.fpcihb.com

Northwestern University Feinberg School of Medicine
Northwestern Memorial Physician’s Group Center for Integrative Medicine
www.nmpg.com

Oregon Health and Science University
Women’s Primary Care and Integrative Medicine, Center for Women’s Health
www.ohsu.edu/cam
www.ohsuwomenshealth.com/services/doctors/integrative.html

Stanford University
Stanford Center for Integrative Medicine
http://www.stanfordmedicine.org/clinical-services/clinics/complementary-medicine

Thomas Jefferson University and Hospital
Jefferson Myrna Brind Center of Integrative Medicine
jeffline.jefferson.edu/mybcim
www.jeffersonhospital.org/cim

Vanderbilt University
Vanderbilt Center for Integrative Health
www.vch.org

Wake Forest University School of Medicine Program for Holistic & Integrative Medicine
http://www1.wfuhs.duke.edu/phim

Yale University
Integrative Medicine @ Yale
cam.yale.edu
Integrative Medicine Center at Griffin Hospital
www.imc-griffin.org

University of Alberta
Complementary and Alternative Research and Education (CARE)
www.care.ualberta.ca

University of Arizona
Program in Integrative Medicine
www.integrativemedicine.arizona.edu

University of California, Irvine
Susan Samueli Center for Integrative Medicine
www.scim.uci.edu

University of Colorado, Los Angeles Collaborative Centers for Integrative Medicine
www.uclamindbody.org

University of Iowa, Iowa City Center for Integrative Medicine
www.oher.ucf.edu

University of Colorado at Denver School of Medicine
The Center for Integrative Medicine
www.ucdenver.edu/integrative

University of Connecticut
School of Medicine
www.uconn.edu

University of Hawaii-Manoa
John A. Burns School of Medicine
Department of Complementary and Alternative Medicine
www.jabsom.hawaii.edu/jabom

University of Kansas
Program in Integrative Medicine
http://integrativemed.kumc.edu

University of Maryland
Center for Integrative Medicine
www.compmed.umm.edu

University of Massachusetts
Center for Mindfulness
www.umassmed.edu/cfm

University of Medicine and Dentistry of New Jersey
Institute for Complementary & Alternative Medicine
www.ucdenver.edu/icam

University of Michigan
Integrative Medicine
www.med.umich.edu/umim

University of Minnesota
Center for Spirituality & Healing
www.csb.umn.edu

University of New Mexico Health Science Center
http://hsc.unm.edu/som/cfl

University of North Carolina at Chapel Hill
Program on Integrative Medicine
pim.med.unc.edu

University of Pennsylvania
CAM at Penn
www.med.upenn.edu/cam

University of Pittsburgh
Center for Integrative Medicine
http://integrativemedicine.upmc.com

University of Texas Medical Branch
UTMB Integrative Health Care
cam.utmb.edu

University of Vermont College of Medicine
Program in Integrative Medicine
www.med.uvm.edu/integrativemed

University of Washington
UW Integrative Health Program
www.uwcam.org

University of Wisconsin-Madison
UW Integrative Medicine Program
www.uwhealth.org/integrativemed
www.fammed.wisc.edu/integrative