At the Osher Center for Integrative Medicine we believe in healthcare that addresses the whole person, acknowledges the connection between lifestyles and health, includes all safe and effective options for treatment, and embraces the complexity of the human body.

Melinda Ring, MD, Director
Our Vision for Integrative Medicine

Our vision is a healthcare system in which all appropriate conventional and complementary approaches are used to optimize health, promote whole-person wellness, and prevent chronic disease.

Our major priorities are to:

- Deliver exceptional whole-family integrative care and underwrite the provision of care for patients with varied disease types that would benefit immensely from the compassionate and innovative care provided through integrative medicine. Collaborations exist for the benefit of patients with cancer and those suffering from a neurological disease or from heart conditions. With an expansion of clinical faculty members and patient space, we seek to expand services from newborns to the aging public;
- Initiate new evidence-based research projects and enhance this knowledge through dissemination. The Osher Center for Integrative Medicine has been chosen as one of the 10 leading integrative medicine centers to participate in BRAVENET’s PRIMIER launch. This is a landmark study for which we will collect data on patient care outcomes in integrative settings. Further we will initiate our own research work such as the current ACTIVATE Cancer Care, a pre- and post-acupuncture assessment for patients undergoing chemotherapy as part of their cancer treatment;
- Establish a full spectrum of medical education programs aimed at expanding the knowledge and attitudes of current and future physicians and the community-at-large. Northwestern Integrative Medicine has established a benchmark of high-quality symposiums for patients as well as national medical conferences. We also offer ongoing educational programs for students earning their medical degrees. We place a strong value on educating the future generation of physicians to appreciate the value inherent in integrative medicine principles, while providing valuable knowledge to the public on current best practices.

Five categories of complementary and alternative medicine may facilitate the healing process:

- Mind/Body medicine, such as yoga, tai chi, and meditation;
- Energy therapies, such as Reiki and healing touch;
- Manual therapy, such as massage, chiropractic therapy, and craniosacral therapy;
- Culturally-based healing traditions, such as Traditional Chinese Medicine and homeopathy; and
- Pharmacological and biological therapies, such as dietary approaches, vitamins and herbs.
**Definition of Integrative Medicine**

Integrative Medicine is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing.


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**THROUGH NORTHWESTERN MEDICINE, WE INTEND TO CREATE A NATIONAL EPICENTER FOR HEALTHCARE, EDUCATION, RESEARCH, COMMUNITY SERVICE, AND ADVOCACY.**

**NORTHWESTERN MEDICINE**

Northwestern Memorial Hospital and Northwestern University Feinberg School of Medicine are seeking to impact the health of humankind through Northwestern Medicine. We aspire to be the destinations of choice for people seeking quality healthcare; for those who provide, support, and advance that care through leading-edge treatments and breakthrough discoveries; and for people who share our passion for educating future physicians and scientists. Our commitment to transform healthcare and to be among the nation’s top academic medical centers will be accomplished through innovation and excellence. The Osher Center for Integrative Medicine is one of our drivers of innovation, known as the Innovation Engines at Northwestern Medicine. As a matrix organization, our innovation engines interact in a cross-cutting manner with our Northwestern Medicine Institutes.