

OSHER CENTER FOR INTEGRATIVE HEALTH AT NORTHWESTERN UNIVERSITY



SHAPING THE FUTURE OF INTEGRATIVE MEDICINE

The Osher Center for Integrative Health at Northwestern University is committed to **providing leadership in integrative medicine that fosters whole-person healthcare** through innovative and impactful education, research, and advocacy.

An Emerging Field Across the US

Today, nearly two-thirds of Americans are using some form of complementary medicine to treat common health concerns, including pain, colds, anxiety, depression, gastrointestinal disorders, and sleeping problems.¹ Concurrently, more than half of US physicians recommend integrative treatments.²

In combination with conventional medicine, integrative medicine is a health practice that expands our “toolbox” of safe and effective therapeutic modalities. These modalities include acupuncture, meditation, nutritional counseling, dietary supplements, manual medicine, behavioral medicine, integrative women’s health, and primary care.

Supporting An Evolving Healthcare System

At the Osher Center for Integrative Health, we recognize that the healthcare landscape is constantly evolving. From the rising national healthcare costs, physician burnout, and cases of PTSD to the opioid crisis and social epidemic of loneliness, we view our current healthcare challenges as opportunities to introduce new integrative care models into the mainstream and to underscore the positive benefits of integrative medicine for optimal health.

Since the establishment of our integrative medicine program at Northwestern Medicine in 1997, our center is nationally recognized for driving awareness, acceptance, and training for integrative medicine. We have been featured by peer-reviewed medical journals, including *The New England Journal of Medicine*, *Academic Medicine*, and *Alternative and Complementary Therapies*. Our staff members are also regularly cited as medical experts in the press, from *The New York Times* and *Fox 32 Chicago* to *Shape Magazine* and *NPR*.

In April 2014, our program was named the Osher Center for Integrative Medicine (now Osher Center for Integrative Health) at Northwestern University in recognition of an extraordinary gift of endowment from San Francisco businessman Bernard Osher. Established as one of seven international academic centers within the Osher Collaborative for Integrative Medicine, this gift also supports Northwestern’s investment in our education, research, advocacy, and clinical care models. In collaboration with faculty across the international network, our center continues to amplify the collective impact of the Osher Collaborative on health and wellbeing across the globe.

Our Vision for Whole-Person Healthcare

We envision a future in which integrative medicine informs healthcare policy and the provision of patient care to optimize health, prevent chronic disease, and promote universal wellness.

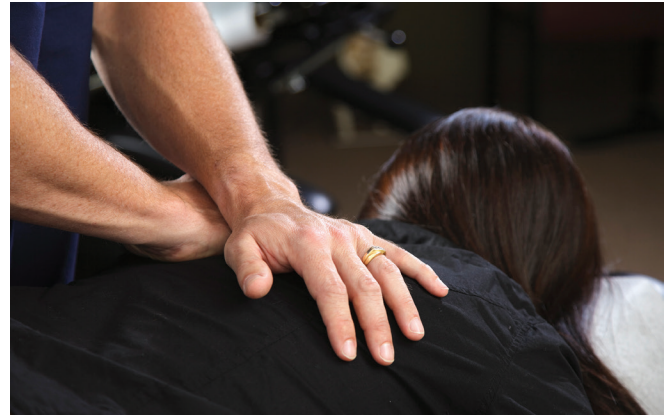


“At the Osher Center for Integrative Health, we are evolving healthcare to address the whole person, acknowledge the connection between lifestyles and health, include all safe and effective options for treatment, and embrace the complexity of the human body.”

Melinda Ring, MD, FACP, ABOIM
Executive Director

¹National Institutes of Health’s National Center for Complementary and Integrative Health, 2012

²The Journal of Alternative and Complementary Medicine, 2020



Our center's major priorities are to:

Educate the Next Generation of Healthcare Leaders

- Develop educational programs that fill gaps in current medical training, including the expansion of our nationally acclaimed culinary medicine curriculum, *Cooking Up Health*.
- Train medical students to honor patient preferences for the inclusion of safe and evidence-informed approaches outside of mainstream biomedicine.
- Support providers to better nurture our community with integrative methods for combating burnout.
- Leverage expertise of our faculty to develop a multilevel curriculum for broader reach and maximum impact.

Propagate Evidence-Based Benefits of Integrative Medicine

- Conduct collaborative research to advance science behind integrative medicine, guided by three areas of inquiry:



- Drive innovative research, such as our ACU HEART pilot study: an evaluation of the feasibility and acceptability of acupuncture following open-heart surgery.
- Foster an interdisciplinary research community at Northwestern and across Chicagoland institutions, including training investigators and mentoring postdoctoral research fellows.
- Disseminate key findings and evidence-based knowledge by hosting biennial research symposiums, attending national medical conferences, and contributing to scientific and media publications.

Influence National and Local Healthcare Delivery

- Incorporate our thought leadership into public policy, clinical care, and research to demystify integrative approaches on a local and national scale.
- Host educational and community events, such as grand rounds, conferences, and our Mind-Body Community Day.
- Partner with community organizations to provide culturally sensitive education to enhance public health.

Grow and Sustain Our Impact

- Engage broad-based community and foundational support to develop faculty, grow programs, and ensure ongoing impact.
- Enhance local awareness through engagement of our Integrative Medicine—Advising With Awareness, Resources, and Education (IM-AWARE) philanthropic advisory council and junior council.

What is Integrative Medicine?

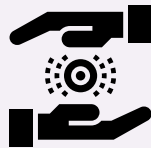
We are one of seven international academic Osher Centers within the Osher Collaborative for Integrative Medicine. Together, we are driving the future of healthcare by advancing integrative medicine, which:

- 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 professions to achieve optimal health and healing.
- Applies rigorous scientific research methods to evaluate physiological and therapeutic mechanisms, efficacy, and use of approaches in society as they affect health, resiliency, and well-being.
- Educates practitioners, public, and policy to appreciate and address the full range of physical, emotional, mental, social, spiritual, and environmental influences that affect health.

Our innovative clinical care model spans five categories to facilitate healing:



Mind/Body Medicine



Energy Medicine



Manual Therapy



Whole Healing
Tradition



Pharmacological &
Biological Therapies

An Invitation to Collaborate

Northwestern Memorial HealthCare 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.

An Invitation to Partnership

At the Osher Center for Integrative Health, we recognize that the future of individual care and ultimately, our healthcare system, revolves around introducing new integrative care models into the mainstream. We are dedicated to taking a leadership role alongside the seven other Osher Centers for Integrative Health to make our mark on academic medicine, community outreach, and public policy.

We invite interested individuals and groups to support the Osher Center with a gift towards our current priority, endowed professorships, as well as immediate-use gifts for breakthrough research, training, outreach opportunities, and other high-impact initiatives at our center. Thanks to our generous and dedicated supporters and Bernard Osher, the benefactor who named our center, we are able to pursue our vision and make a greater societal impact, one patient at a time.

For more information on the Osher Center for Integrative Health, please visit
feinberg.northwestern.edu/sites/ocih/