

WHAT IS INTEGRATIVE MEDICINE?

Integrative Medicine is a new approach to medical care that brings patient and practitioner together in a dynamic partnership dedicated to optimizing the patient's health and healing. This approach focuses on the whole person, recognizing that the subtle interactions of mind, body, spirit and community have a direct impact on vitality and well-being.

How Integrative Medicine Is Different

What Conventional Medicine Does	AND	What Integrative Medicine Does
- Manages disease	AND	Optimizes Health
- Treats symptoms	AND	Treats the whole person
- Finds the problem and fixes it	AND	Identifies the risk and minimizes it
- Uses hi-tech, biomedical interventions	AND	Uses hi-touch, whole person approaches
- Reacts to existing health issues	AND	Anticipates possible health issues and promotes prevention

How Conventional Medicine Works		How Integrative Medicine Works
- Intervenes as needed		Plans across the life span
- Relies on the patient to achieve health goals		Supports the patients to achieve health goals
- Directed by the physician		Guided by a partnership among patient, physician, and a team of clinical experts