

# THE UNIVERSITY OF ARIZONA PROGRAM IN INTEGRATIVE MEDICINE



# THE FOUNDATIONS OF THE PROGRAM IN INTEGRATIVE MEDICINE

## THE VISION

The University of Arizona Program in Integrative Medicine was founded in 1994 in Tucson, Arizona by Dr. Andrew Weil. His vision was to create ...

“a world in which medicine was oriented toward healing rather than disease - where doctors believed in the natural healing capacity of human beings and emphasized prevention above treatment – where patients and doctors would be partners working toward the same ends.”

Since its founding, the Program has grown to become the leading integrative medical education provider in the world.



## THE MISSION

The Program’s mission is to lead the transformation of healthcare by creating, educating and actively supporting a community of professionals who embody the philosophy and practice of Integrative Medicine.

Our commitment is to live the values of Integrative Medicine, thus creating a unique model for transforming medicine

---

Major philanthropic organizations, like the Bravewell Collaborative fund the Program in Integrative Medicine because it is the best provider of IM education in the world.

Ann Lovell, Tucson, Arizona  
The David C. and Lura M. Lovell Foundation

## WHAT IS INTEGRATIVE MEDICINE?

Integrative Medicine (IM) is healing-oriented medicine that takes into account the whole person - all factors that influence a patient's health, wellness and disease are taken into consideration, including body, mind, spirit, lifestyle and community. An IM practitioner uses all appropriate therapies, both conventional and alternative, to facilitate the body's innate healing response.

Integrative Medicine emphasizes the therapeutic relationship between practitioner and patient. IM neither rejects conventional medicine nor accepts alternative therapies uncritically. Instead, practitioners are taught that good medicine is based in good science; it is inquiry-driven and open to new paradigms. Alongside the concepts of treatment, the broader concepts of health promotion and the prevention of illness are paramount.

## WHAT WE DO...

Since its inception, the Program in Integrative Medicine has focused its efforts on three domains: education, clinical care, and research - with the primary emphasis on education.

### Education

The Program offers a broad range of educational opportunities for healthcare professionals with an interest in learning and practicing the principles of Integrative Medicine. The majority of the Program's educational offerings are online, including our flagship program: The Fellowship in Integrative Medicine. We also offer a variety of shorter, in-depth CME courses for health professionals who want to deepen their knowledge about dietary supplements, botanical medicine, cutting-edge nutritional approaches for cardiovascular health and cancer, or the ancient medical system of Ayurveda. In addition to our online programs,



the Program sponsors a variety of educational conferences and presentations, including monthly Grand Rounds lectures at the Arizona Health Sciences Center and a nationally-recognized annual Nutrition and Health Conference.

### Clinical Care

The Program in Integrative Medicine has two clinical locations at the University of Arizona. Our physicians care for patients with medical conditions ranging from cancer to chronic conditions such as diabetes and heart disease as well as offering preventive care. Physicians act as consultants guiding patients to facilitate healing by using a wide range of therapies from both conventional and alternative traditions.

### Research

The Program in Integrative Medicine's goal is to contribute rigorous scientific research on the integration of complementary and alternative therapies with conventional medicine. We focus on three areas: educational research, corporate health research, and methods to study clinical outcomes in Integrative Medicine.

**Educational research** –Educational evaluation and research is built into all of our fellowship and educational programs.

We examine the development of knowledge, the changes in attitudes, and the acquisition of skills among our trainees.

**Corporate research** – The Corporate Health Improvement Program (CHIP) was established at the Program in Integrative Medicine in 2004. Developed by Dr. Kenneth R. Pelletier, CHIP is a collaborative research and development program between the University of Arizona and Fortune 500 companies, including Dow, Ford, Nestle, NASA, IBM, Medstat, Mercer, National Grid, Prudential, American Specialty Health, and Scottsdale Hospital. CHIP is an important resource for U.S. businesses seeking to adopt new healthcare initiatives that will reduce their medical costs and enhance the health and productivity of their employees.

**Methodological research** – Our research team is working to advance Integrative Medicine study design. We focus on questions such as: how can we study complex packages of care such as those used by a majority of patients? Is Integrative Medicine as effective as conventional care? Does it save money? Our goal is to create a practice-based research network which will gather clinical outcomes data from our fellowship graduates.



## THE FELLOWSHIP IN INTEGRATIVE MEDICINE

- Online
- Experiential
- Research-based
- Community-oriented
- Life-changing

The Fellowship in Integrative Medicine is a nationally recognized, two-year, distance-learning certification program that goes beyond simply delivering content; it weaves the philosophy, techniques and practical applications of Integrative Medicine with the personal values and beliefs of the health care provider. Since its inception in 2000, the Fellowship has enrolled over 350 Fellows, creating a vibrant community of healthcare professionals.

Designed for physicians, nurse practitioners and physician assistants, the 1,000-hour program utilizes state-of-the-art online educational techniques and incorporates three intensive one-week experiential sessions in Tucson. Fellows of the Program learn to incorporate the philosophies and techniques of IM into their clinical practices, advance research in the field and create and lead academic programs.

### Why the fellowship?

The incidence of chronic health problems in the U.S. is growing at an alarming rate. Studies show that this generation may be the first to not live as long as the one before. More and more people are suffering from conditions that are brought on, or exacerbated by, lifestyle choices such as poor nutrition and lack of exercise. Physicians are discovering that the current model of medicine is ill-equipped to handle chronic diseases. Healthcare professionals must rise to meet this new challenge – to refocus their practices in order to better serve their patients.

The Fellowship teaches you a new way of caring for patients, with the emphasis on the individual, not simply the disease; on prevention, not simply treatment; allowing you to reconnect with the humanity of practicing medicine without having to leave your practice. The Program provides a forum



for exploring the best of complementary, alternative and conventional medicine. It provides a unique opportunity to engage in thoughtful dialogue with faculty, researchers and colleagues committed to deepening our understanding of health and illness and broadening our skills for caring for patients.

Fellows learn how to:

- Interpret the scientific evidence of complementary and alternative medicine
- Counsel patients about the safe use of dietary supplements and botanical medicines
- Establish effective relationships with patients who use a diverse array of medical practices and treatments
- Harness the mind-body connection to improve patient outcomes
- Dialogue with patients about modalities and practices not taught in conventional medical education, such as Traditional Chinese Medicine, Ayurveda, homeopathy, manual medicine, guided imagery, hypnotherapy and others

### Integrative Family Medicine (IFM)

In 2004, the Program in Integrative Medicine launched the combined Family Medicine Residency - Integrative Medicine Fellowship, which allows family medicine residents to complete the Program's Fellowship while pursuing their conventional family medicine residency at one of our six partner institutions. This is the first comprehensive curriculum to be introduced at the residency level and has received ACGME pilot status.

### Integrative Rheumatology

The Jones/Lovell Endowed Chair in Integrative Rheumatology funded this innovative Fellowship intended for practicing rheumatologists. Each year one or two full scholarships in the Program's Fellowship are awarded. Please visit our website for application instructions.

### Integrative Medicine in Residency (IMR)

The newest addition to the Program's educational programs, Integrative Medicine in Residency will create a 200 - 300 hour required curriculum for primary care residents.



Participating in the Fellowship is like being re-born into a different practice of medicine. It re-energizes, restructures and reframes your perspective of medicine.”

Ann Marie Chiasson, MD – 2004 Fellow, Associate Clinical Professor of Medicine, The University of Arizona, College of Medicine

The program will be piloted at seven medical residencies nationwide beginning in the summer of 2008. With the creation of IMR, the Program stands on the threshold of realizing a major goal: the incorporation of Integrative Medicine into medical education.

### Integrative Medicine Rotation

This month-long elective rotation, held twice yearly in the spring and fall, gives medical students and residents from around the country an in-depth exposure to Integrative Medicine.

### Nutrition and Health Conference

This annual education conference, co-sponsored by Columbia University, is the leading academic conference on nutrition and health in the U.S. Each year, an internationally-recognized faculty of physicians, researchers, educators, chefs and authors convene to present current nutrition and health research and its clinical and therapeutic applications. For more information on the nutrition conference, please visit [www.nutritionandhealthconf.org](http://www.nutritionandhealthconf.org).

### Online Courses

The Program offers several online courses on topics featured in our Fellowship curriculum, including Botanicals in Medicine, Nutrition & Health, and Introduction to Ayurveda. Online courses are self-paced and offer CME and CEU credits to physicians, nurses, registered dietitians and pharmacists. For more information on courses, or to register, visit our website: [integrativemedicine.arizona.edu](http://integrativemedicine.arizona.edu).

### Grand Rounds

Held on the first Thursday of the month at the Arizona Health Sciences Center, this lecture series presents a wide range of Integrative Medicine topics. Presentations are available for viewing in person or online via streaming video. Register to view a current or previous presentation at our website: [integrativemedicine.arizona.edu](http://integrativemedicine.arizona.edu)



## CONTACT US

To reach us via U.S. mail,  
please write to:  
P.O. Box 245153  
Tucson, AZ 85724-5153

For general information about the Program,  
please call: (520) 626-6417

To make a clinic appointment,  
please call (520) 626-6489  
FAX: (520) 626-3518

For more information on the Program's  
many education programs and initiatives,  
please contact the following individuals:

Fellowship – Moira Andre,  
(520) 626-2865 or  
[afinfo@email.arizona.edu](mailto:afinfo@email.arizona.edu)

Online courses – Tanya Olson,  
(520) 626-3489 or  
[afsupport@email.arizona.edu](mailto:afsupport@email.arizona.edu)

Development – Ann-Eve Cunningham,  
(520) 626-3488 or  
[annevec@email.arizona.edu](mailto:annevec@email.arizona.edu)

Marketing – Alicia Held Morris,  
(520) 626-4893 or  
[aliciahm@email.arizona.edu](mailto:aliciahm@email.arizona.edu)

## OUR DIRECTORS

**Andrew Weil, MD** – Founder & Director,  
Clinical Professor of Medicine and Public  
Health, Jones/Lovell Endowed Chair in  
Integrative Rheumatology

**Victoria Maizes, MD** – Executive  
Director, Associate Professor of Clinical  
Medicine, Family and Community Medicine  
and Public Health

**Tieraona Low Dog, MD** – Director  
of Education, Clinical Assistant Professor  
of Medicine

**Randy Horwitz, MD, PhD** – Medical  
Director, Assistant Professor of Clinical  
Medicine

**Kenneth R. Pelletier, PhD, MD (hc)**  
Corporate Health Improvement Program  
Director, Clinical Professor of Medicine

**Iris Bell, MD, PhD** – Director of Research  
Education, Professor of Family Medicine

**Ann-Eve Cunningham** – Director of  
Development and Community Affairs

## ACCOMPLISHMENTS

- The leading provider of IM education worldwide
- Developed the first and most comprehensive academic curriculum in Integrative Medicine
- Trained over 200 Fellows – many of whom are leaders in the field of Integrative Medicine
- Created the first family medicine/IM combined residency in the U.S.
- Developed the first Integrative Medicine residency program
- Our faculty and graduates have contributed to the field by writing the leading textbooks on Integrative Medicine, as well as XX textbook chapters and numerous articles
- Co-founded the Consortium of Academic Health Centers for Integrative Medicine – a consortium of deans and leading academic centers from Duke, Harvard and other leading medical schools

“The program offered me exactly what I needed in my life at that time, as far as fulfilling my need to learn. But along with it came a life transforming experience in exposing me in an erudite, academic and evidence-based fashion to information about other modalities in Integrative Medicine with which I had not been so familiar. This then allowed me, upon graduation, to go back to the UCSF and say I want to practice IM consultation for patients living with and beyond cancer. I’m now Director of Clinical Programs for the Osher Center for Integrative Medicine at UCSF, advising patients on how to integrate various modalities into their lives. That wouldn’t have been possible if it weren’t for the Fellowship at the Program in Integrative Medicine and the knowledge that I gained.”

Donald Abrams, MD – 2004 Fellow  
Director of Clinical Programs, Osher Center for Integrative  
Medicine at The University of California, San Francisco



The defining principles of integrative medicine are...

We believe patients and practitioners are partners in the healing process - all factors that influence a patient's health, wellness and disease are taken into consideration, including body, mind, spirit and community. An IM practitioner uses appropriate conventional and alternative methods to facilitate the body's innate healing response - striving to provide effective interventions that are natural and less invasive whenever possible.

Integrative Medicine neither rejects conventional medicine nor accepts alternative therapies uncritically. Instead, integrative medicine practitioners are taught that good medicine is based in good science; it is inquiry-driven and open to new paradigms. Alongside the concepts of treatment, the broader concepts of health promotion and the prevention of illness are paramount. We believe practitioners of integrative medicine should exemplify its principles and commit themselves to self-exploration and self-development.



THE UNIVERSITY OF ARIZONA  
PROGRAM IN  
Integrative Medicine

PO Box 245153  
Tucson, AZ 85724-5153  
520-626-6417 office  
520.626.3518 fax  
520.626.6489 clinic

[www.integrativemedicine.arizona.edu](http://www.integrativemedicine.arizona.edu)