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Integrative Medicine

We recently noticed a discussion on the WomenHeart Online Community about cardiologists who are also nutritionists or naturopaths. The ongoing conversation has been pretty interesting and focuses on Integrative Medicine (IM), a health care concept that has been steadily gaining both acceptance and popularity. In general terms, IM is a holistic approach to medicine which incorporates nutrition, exercise, and stress management into traditional medical treatments. Many academic medical centers around the United States — including those at Duke, Georgetown, and Harvard Universities — now have IM programs where patients can go to learn more about topics such as tai chi, massage, herbal supplements, and yoga. Some doctors are skeptical about this approach to medicine, citing concerns that patients will take unnecessary health risks by using nontraditional methods.

If Integrative Medicine is a concept you've been wanting to explore, make sure that you do your research and schedule time to discuss your interest with your doctor. Here's a good place to get started:

What Is Integrative Medicine?

(<http://www.webmd.com/a-to-z-guides/features/alternative-medicine-integrative-medicine>)