

Ten Years of Success

The UCSF Osher Center for Integrative Medicine was established in 1997 with a goal of transforming the way medicine is practiced. The center's team believes that the mind, body and spirit are all integral parts of living and that each area must be addressed to truly help a person live well and heal.

Ten years ago there were no academic medical centers offering integrative medicine components in research, education and patient care.

Today there are 42 academic centers of integrative medicine that have clinical, educational and research programs. The UCSF Osher Center was the first to have fully developed programs in all three areas.

Ten years ago no patients were seen at an integrative medicine clinic at UCSF.

Today there have been more than 22,000 patient visits at the UCSF Osher Center.

Ten years ago patients who could not afford the integrative care offered at the UCSF Osher Center had no where to turn.

Today the Osher Center's Community Care Fund has received over \$400,000 in donations, supporting more than 2,500 patient visits.

Ten years ago the UCSF Osher Center received \$3.1 million in research funding.

Today research Funding to the UCSF Osher Center has increased to over \$28 million, including two Center of Excellence Awards.

Ten years ago there were no opportunities to become trained in integrative medicine research.



Today there is an NIH funded postdoctoral training program in clinical research in integrative medicine.

Ten years ago integrative medicine content was not required at medical schools.

Today 25 hours of integrative medicine content are required in the curriculum at UCSF and half of the medical students receive additional training in integrative care by choosing an integrative medicine elective.

Ten years ago there were no opportunities for clinical training in integrative medicine at UCSF.

Today there is a teaching clinic for UCSF residents at the UCSF Osher Center.

Ten years ago there was a small office of complementary and alternative medicine at the National Institutes of Health (NIH).

Today the National Center for Complementary and Alternative Medicine (NCCAM) is one of the 27 institutes and centers that make up the NIH within the United States Department of Health and Human Services.

Ten years ago there were no national organizations for academic health centers of integrative medicine.

Today there are several, and the UCSF Osher Center is represented in their leadership.