

# Integrative Medicine

## Learning objectives:

1. Discuss how integrative medicine relates to and can be interwoven with conventional approaches to the prevention, diagnosis, and management of chronic diseases.
2. Communicate effectively with patients about all aspects of their health and illness including biological, psychological, and social as part of a comprehensive history taking.
3. Advise patients about safe, evidence based, diet and lifestyle strategies for primary and secondary prevention of chronic disease.
4. Advise patients about practical strategies for reducing stress and enhancing resilience, including the use of mind body therapies such as simple relaxation techniques, meditation and biofeedback.

Year 1, Term 1

### In Principles of Biomedical Science:

- **Pathology:** primary and secondary cancer risk reduction interventions; Aging, oxidative stress and inflammation
- **Physiology:** Stress and mind body medicine

Year 1, Term 2

### Foundations I:

- **Gastroenterology:** The human gut microbiome
- **Respiratory:** Integrative approach to asthma and COPD
- **Cardiovascular:** Cardiovascular health and disease; Atherosclerotic heart disease

### Clinical Skills II: Motivational interviewing workshop

Year 2, Term 2

### In Foundations III:

- **Endocrinology:** Reducing the risk of type 1 and type 2 diabetes
- **Reproductive Health:** An integrative approach to managing common women's health conditions
- **Mental Health:** Integrative approach to depression and anxiety
- **Dermatology:** Integrative approach to common dermatologic conditions

Year 2, Term 1

### In Foundations II:

- **MSK:** Integrative approach to OA, RA, and gout
- **Neurology:** Reducing the risk of dementia

Year 3

### In Selected Topics in Medicine: Integrative Medicine

Year 4

### Integrative Medicine Elective