



# Columbia Integrative Medicine Program

## *What is Integrative Medicine?*

### **What We Do:**

**Research**

**Clinical Care**

**Referral**

**Education**

Integrative Medicine refers to the partnership of Complementary and Alternative Medicine (CAM) techniques with conventional medical care for the purposes of enhancing health, preventing illness, or managing symptoms of disease. Integrative Medicine is finding its way into many academic and community health centers in an effort to provide the most holistic and effective care to patients.

A significant and growing number of patients utilize CAM therapies. Many CAM practices are derived from alternative belief systems and different ways of viewing the human body as well as diverse and sometimes ancient cultural traditions. Some popular CAM modalities include mind-body techniques (meditation, biofeedback, guided imagery, hypnosis), numerous forms of massage, various systems of medicine (Ayurveda, Chinese Medicine, Homeopathy), energetic or movement therapies (Acupuncture, Reflexology, Reiki, Tai Chi, Yoga) and various spiritual practices.

It is imperative that healthcare practitioners expand their knowledge base about the benefits and risks of such practices and be able to responsibly recommend them to optimize the care of patients. Integrative Medicine brings together the best of modern medical practice with valuable and, until recently, scientifically unexamined healing traditions from around the world.

Integrative  
Medicine  
will transform  
Healthcare  
via the  
innovative  
combination of  
state-of-the-art  
medical technology  
and vetted  
Complementary  
and Alternative  
Medicine practices.

### **Our Mission:**

To provide and investigate the use of integrative therapies as an adjunct to the conventional treatment of patients with or at risk for cardiovascular diseases.

## *The History of the Columbia Integrative Medicine Program*

The **Columbia Integrative Medicine Program** is housed within the **Department of Surgery at Columbia University, College of Physicians and Surgeons**. **Dr. Mehmet C. Oz** co-founded the program in the early 1990's and continues to serve as its Medical Director. In addition to conducting rigorous scientific research, the Program provides integrative services, such as mind-body techniques and somatic therapies, to patients admitted to the **Columbia University Medical Center** for cardiothoracic surgery.

## Goals of the Columbia Integrative Medicine Program

- To research the efficacy of integrative therapies on cardiovascular disease.
- To expand the availability of integrative therapies to patients, families and hospital personnel of the Cardiothoracic Surgery Division.
- To educate healthcare professionals via fellowships, internships, lectures and other educational programs.
- To incorporate the philosophy and practices of Integrative Medicine into the hospital system.

## Research

"It's imperative to the integrity of the field that we conduct rigorous scientific research to investigate the safety and efficacy of integrative modalities for the purpose of transforming healthcare."

~Erin L. Olivo,  
PhD, MPH

As healthcare providers, we are charged with the task of finding and testing the latest technologies to reduce suffering and maximize outcomes for our patients. The future of medicine requires that we challenge preconceptions and biases about good medical practice and healing. Integrative Medicine is the natural evolution of a new "Global Medicine" that incorporates the critical use of healing modalities that bridge different cultural practices and alternative therapies to state-of-the-art medical technologies. This evolution relies on a commitment to rigorous scientific research to establish the safety, efficacy, and adoptability of complementary and alternative therapies. To address this need, the **Columbia Integrative Medicine Program** has made research its top priority. Through collaboration with researchers within the University, nationally and internationally, our research has covered many areas of Integrative Medicine. Current research includes:

- Mindfulness-Based Stress Management for Patients with and at Risk for Heart Disease
- Effects of Lymphatic Drainage Massage Therapy in Reducing Edema in Patients Following Cardiac Surgery
- Mindfulness-Based Cognitive Therapy for Smoking Relapse Prevention
- Utilizing a Yoga Program to Improve Pulmonary Function in Patients with Congestive Heart Failure

## Clinical Care & Referral

Direct interaction with patients (clinical care) is another major component of the **Columbia Integrative Medicine Program**. The following integrative therapies are available to patients undergoing cardiothoracic surgery at Columbia University Medical Center (CUMC): **Relaxation Skills Training & Stress Management, Massage/Somatic Therapy (Cranio-Sacral Therapy, Shiatsu, etc.), Health-Risk Reduction Counseling, Guided Imagery & Self-Hypnosis, Mindfulness Meditation, Cardiac Yoga & Stretching, and Family Caregiver Support**. Our goal is to assist in the establishment of a supportive and healing environment to enhance the recovery of the patient and the whole family. We provide holistic **pre-operative** counseling to help patients prepare for their surgery and **post-operatively** offer educational classes and individually tailored sessions to support patients in their recovery. We intend to teach methods for reducing stress and enhancing a sense of calm and relaxation that are practical and useful in an effort to promote the patient's ongoing health and well-being. For those interested, we also provide referral to integrative practitioners in the community when possible.

## Education

### For Patients & Families :

To empower patients to pursue their own healing, the Program offers resources including educational materials on yoga, guided imagery, relaxation, meditation, etc. Patients can meet with someone prior to surgery or during their hospital stay to discuss the field of Integrative Medicine and the potential benefits of incorporating mind-body techniques and other healing modalities into their daily lives.

### For Healthcare Professionals :

The Program is committed to increasing awareness of Integrative Medicine research and clinical issues among current and future healthcare professionals. Current endeavors include an **Internship Program**, a **Columbia Medical Student Clerkship**, a **Lecture Series** and the **Wellness at Work** Program.

**"Integrative therapies give patients a sense of participation and empowerment in their own healing."**

~Mehmet C. Oz, MD

## The Columbia Integrative Medicine Program Directors

### Co-Founder & Medical Director:

**Mehmet C. Oz, MD**, is a Professor, Vice Chairman of the Department of Surgery and cardiothoracic surgeon who incorporates Integrative Medicine into his practice. He is a graduate of Harvard University, the University of Pennsylvania School of Medicine, and the Wharton School of Business. Dr. Oz is the author of [Healing From the Heart: A Leading Heart Surgeon Explores the Power Of Complementary Medicine](#), published in 1998, the **#1 New York Times Bestseller** [You: The Owner's Manual \(An Insider's Guide to the Body That Will Make You Healthier and Younger\)](#), (2005), and the **New York Times Bestseller** [You: The Smart Patient \(An Insider's Handbook for Getting the Best Treatment\)](#) (2006).

### Director:

**Erin L. Olivo, PhD, MPH**, is a clinical psychologist who holds a joint faculty appointment in The Departments of Surgery and Psychiatry at Columbia University. Dr. Olivo is a graduate of Duke University, and holds master's degrees in both Public Health and Social Work from Columbia University. She received her doctorate in Clinical Psychology from Teachers College–Columbia University. Her clinical and research experience includes working with cardiology, oncology and psychiatric populations. She has both clinical and research interest in the use of mind-body strategies in both medical and mental health settings.

## Support Opportunities

Individuals and corporations can support research that will help us understand how Integrative Medicine modalities enhance healing and transform Healthcare as we know it. Please help the Columbia Integrative Medicine Program further its efforts in research, clinical care and education by making a tax-deductible donation.

To donate, please make a check payable to "**Columbia University Department of Surgery**" and note separately that you would like to contribute to the Columbia Integrative Medicine Program. Mail your contribution to: William J. Horan, Senior Director of Development, Columbia University Medical Center, 100 Haven Avenue, Suite 29D, New York, New York 10032 (P: 212.304.7203, e-mail: [wjh2104@columbia.edu](mailto:wjh2104@columbia.edu)).



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*To learn more about the  
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please call us at 212.342.0002  
or visit our website:  
[www.ColumbiaIntegrativeMedicine.org](http://www.ColumbiaIntegrativeMedicine.org)*

## *The Columbia Integrative Medicine Program Team: Who We Are*

- Mehmet C. Oz, MD, Co-Founder & Medical Director
- Erin Olivo, PhD, MPH, Director
- Melissa Stewart, LCSW, CHT, Clinical Services Coordinator
- Brooke Dodson-Lavelle, MA, Research Coordinator
- Jeremy Tallent, Research Coordinator
- Licensed Massage Therapists
- Fellows & Interns

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