

Session 8

OSHER Foundation
Integrative Medicine Centers

BRIEF HISTORY



Bernard Osher

Bernard Osher ⁽¹⁾

(1927-)

- Born and raised in Biddeford, Maine.
- In 1948, he graduated with a B.A. from Bowdoin College.
- In the 1950's, he owned and ran a large hardware store in Biddeford and a big amusement park in Old Orchard Beach.

Bernard Osher ⁽²⁾

(1927-)

- Worked at Oppenheimer & Company in New York, and then moved to California.
- There he became a founding director of World Savings Bank, (later Golden West).
- Golden West merged with the Wachovia Corporation, which was bought by Wells Fargo in 2008.
- He purchased the Butterfield & Butterfield auction house and in 1999, he sold it to eBay (\$260 million).

Bernard Osher ⁽³⁾

(1927-)

- Founded the Bernard Osher Foundation in 1977, to support higher education and the arts.
- He is known as "the quiet philanthropist."
- Since 2001, the Foundation has given funds to over 120 universities and colleges in the US.
- Is an advocate for the arts and good education.

Bernard Osher ⁽⁴⁾

(1927-)

- 80 % of the grants have gone to support educational programs, and 17% percent support arts organizations.
- The Osher Fellows Program, the Scholarships for University Reentry Students, and University of California at Berkeley's Incentive Awards Program received \$723 Million in 2006.
- The Osher Lifelong Learning Institutes (OLLI) have opened as part of these donations.
- 7 Integrative medicine programs now function in the US and Sweden.

Bernard Osher ⁽⁵⁾

(1927-)

- In 2005, Forbes listed him as the 584th richest man in the world, in 2006, he was 746th.
- In 2007, Businessweek, listed him as the 11th most generous philanthropist.
- He has given \$805 million to arts, educational, medicine, and social services.

Bernard Osher ⁽⁶⁾

(1927-)

- Married to Barbro Sachs-Osher (born 1940 in Stockholm), who is the Swedish Consul General in San Francisco, and chair of the Bernard Osher Foundation and of the Barbro Osher Pro Suecia Foundation.
- Barbro and Bernard Osher donated 10 million shares of Golden West Financial stock, worth \$US 723.2 million to the Bernard Osher Foundation.
- Money will be used for scholarships, performing-arts programs, higher-education projects, Integrative Medicine Centers.
- The Centers aim to integrate alternative approaches to medicine like reiki and touch healing into science-based medicine.

Bernard Osher ⁽⁷⁾
(1927-)

Osher plans to give away his entire fortune, as he has no heirs, but he enjoys the opportunity of helping members of several generations lead more fulfilling lives by his contributions.

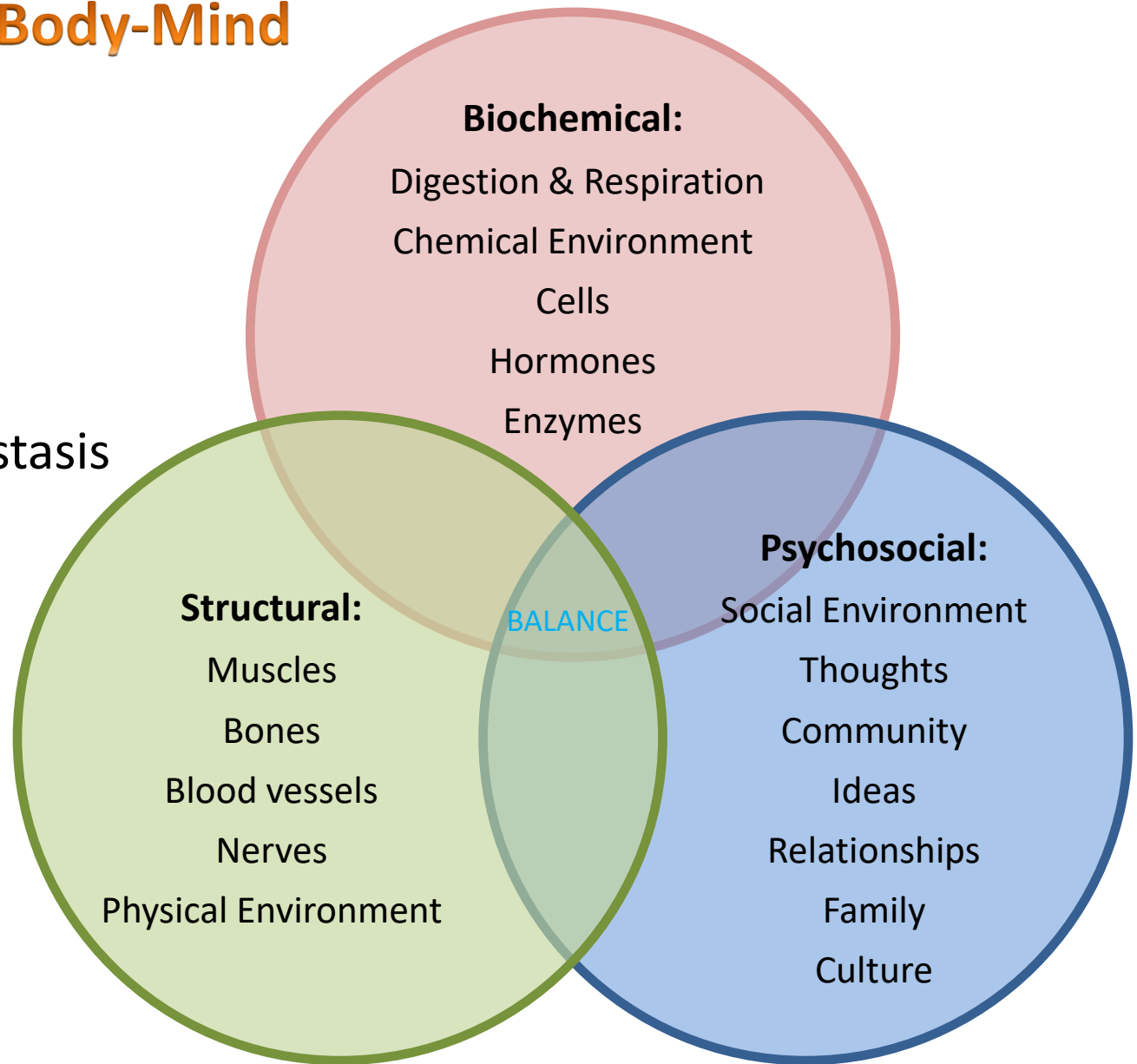
INTEGRATIVE MEDICINE

Integrative Medicine (IM) ⁽¹⁾

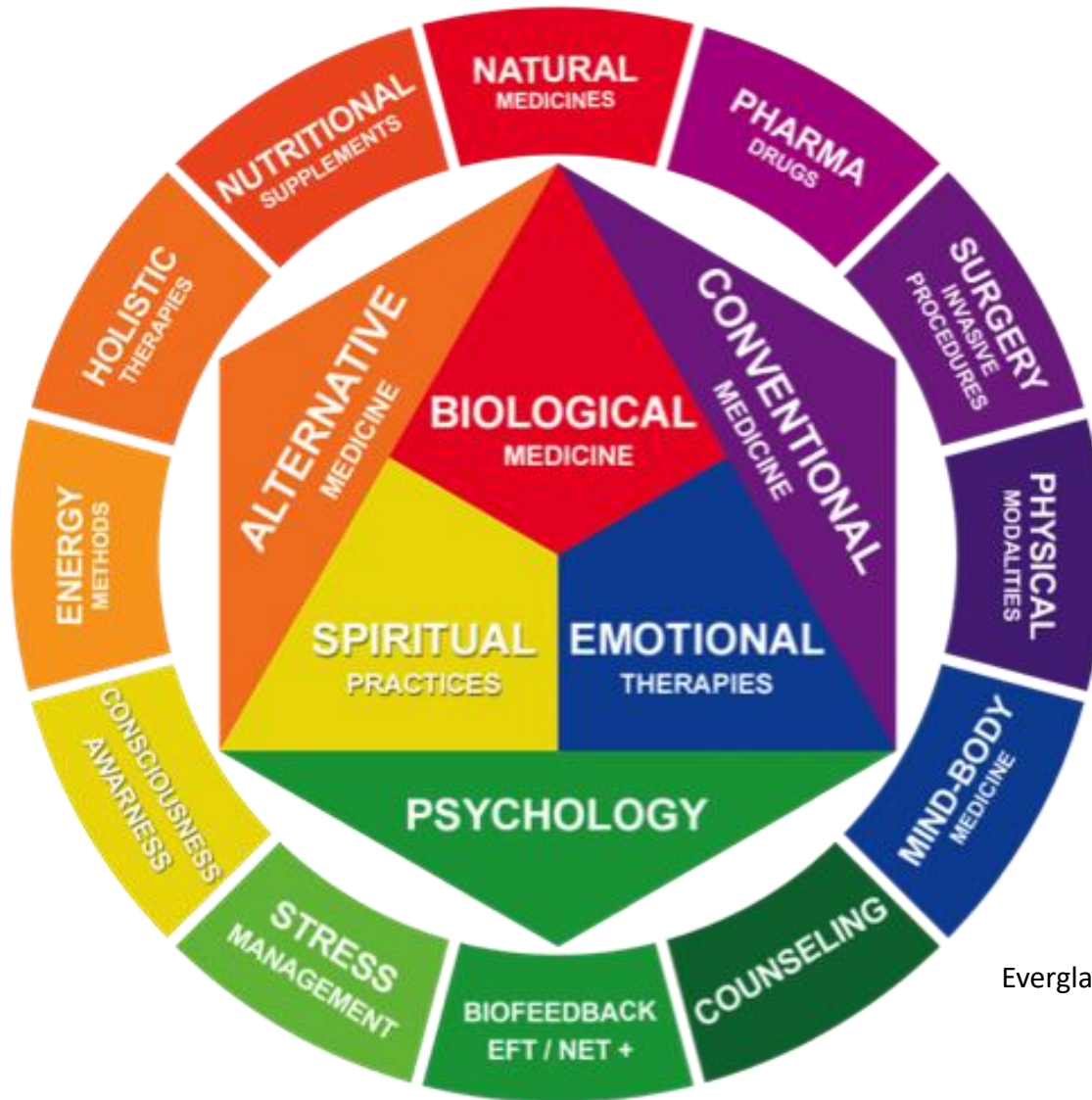
- Health depends on the three interdependent “Realms”, supported by an energy life force.
- The body has a natural tendency towards a state of internal balance (homeostasis).
- This equilibrium helps boost the body’s self healing powers and long-term good health.

3 Realms of the Body-Mind

BALANCE = Homeostasis



Integrative Medicine (IM) (2)



Integrative Medicine (IM) ⁽³⁾

- Healing-oriented medicine that considers the whole person, including all aspects of lifestyle.
 - Emphasizes the therapeutic relationship between practitioner and patient.
 - Is informed by evidence.
 - Makes use of all appropriate therapies.
- Prevention of chronic stress and inflammation processes is a basic therapeutic strategy.
- Adequate nutrition is a means and a goal.

Integrative Medicine (IM) ⁽⁴⁾

- Appropriate use of both conventional and alternative methods facilitates the body's innate healing response.
- IM uses effective interventions that are natural and less invasive whenever possible.
- IM neither rejects conventional medicine nor accepts alternative therapies uncritically.

Integrative Medicine (IM) ⁽⁷⁾

IM can help people with cancer, persistent pain, chronic fatigue, fibromyalgia and many other conditions better manage their symptoms and improve their quality of life by reducing fatigue, pain and anxiety. Some methods:

- Acupuncture
- Animal-assisted therapy
- Aromatherapy
- Dietary supplements
- Massage therapy
- Music therapy
- Meditation



National Center for
Complementary and
Integrative Health

NCCIH

NCCIH ⁽¹⁾

- The National Center for Complementary and Integrative Health is a division of the National Institutes of Health (NIH).
- Its mission is to define, through rigorous scientific investigation, the usefulness and safety of complementary and alternative medicine interventions and their roles in improving health and health care.

NCCIH ⁽²⁾

- In 1991: Office of Alternative Medicine (OAM).
- In 1998: National Center for Complementary and Alternative Medicine (NCCAM).
- In 2014: National Center for Complementary and Integrative Health (NCCIH).
- Attempt to mitigate criticism, to avoid the term *alternative*, and to distance itself from having funded studies of questionable merit.

NCCIH (3)

Divides complementary/alternative medicine into:

- Natural products: dietary & herbal supplements.
- Mind-Body practices:
 - Meditation.
 - Yoga.
 - Meditation.
 - Qigong.
 - Acupuncture.
 - Spinal manipulation (chiropractic and osteopathic).
- Whole systems:
 - Homeopathy.
 - Naturopathy.
 - Traditional Chinese Medicine (TCM).
 - Ayurveda.

NCCIH (4)

- On August 29, 2018 the NCCIH announced Helene Langevin as the new director.
- She was previously the director of the Osher Center and professor of medicine at Harvard Medical School.
- Langevin "...believes that the stretching of connective tissue is how a number of CAM modalities "work", such as chiropractic, massage, and...acupuncture".
- She has been studying acupuncture since the 1990s.

Your Tax dollars at Work: NCCIH Grants

Purpose	Result	Grant US\$
362 Diabetes projects	No results reported	\$110 Million
Inhaling lavender & lemon scents to promote wound healing	No supporting evidence	\$374,000
Does prayer treat disease?	No results reported	\$22 Million
Effect of prayer on glioblastoma	No results reported	\$823,000
Can magnets cure arthritis, carpal tunnel or migraines?	No supporting evidence	\$2 Million
Coffee enemas for pancreas cancer	No supporting evidence	\$406,000
Effect of energy healers on rabbits fed high cholesterol diet	No results reported	\$250,000

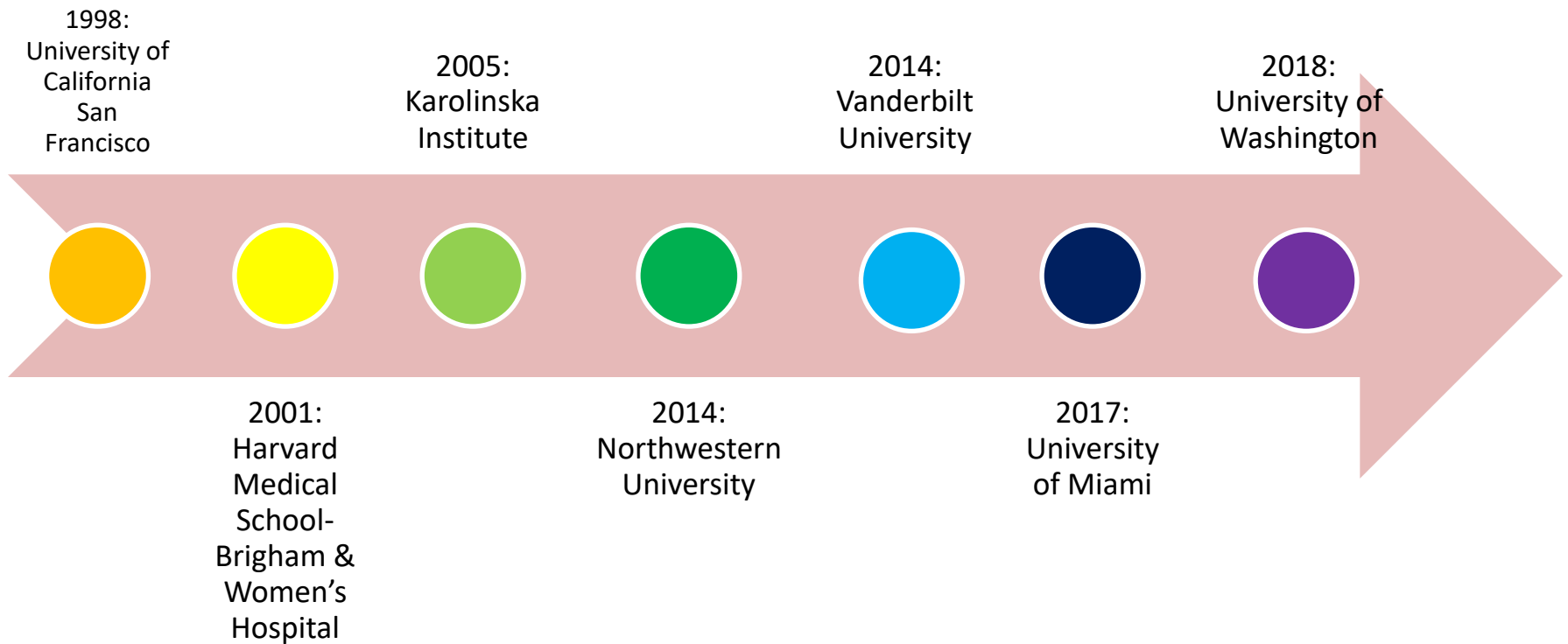


OSHER COLLABORATIVE

FOR INTEGRATIVE MEDICINE



Osher Integrative Medicine



Osher Integrative Medicine

The 7 grant recipients operate in conjunction with respected medical schools and medical centers.

They support integrative medicine activity in:

Promote health and wellness by combining modern medicine with complementary therapies and established healing practices.

Education:

Professionals and lay people.

Research:

New or unconfirmed therapies.

Clinical services:

Patient care.

Osher Integrative Medicine

Complementary Approaches

- Acupressure.
 - Acupuncture.
 - Ayurvedic healing.
 - Exercise.
 - Guided imagery.
 - Herbal remedies.
 - Massage
- Tai Chi
 - Mindfulness-based meditation.
 - Nutrition.
 - Traditional Chinese Medicine.
 - Yoga.

In addition to regular diagnostic and treatment methods: lab tests, diagnostic imaging, psychology, physical therapy, physicians, nurses.



KAROLINSKA INSTITUTE

Karolinska (1)

Psychobiological perspectives are applied to investigate determinants of physical and mental well-being.

These perspectives are applied to optimize and complement clinical care to better meet the needs of the whole patient.

The work is focused on both basic and applied knowledge to understand mechanisms for placebo, pain and self-rated health.

Other objectives are treatment for pain, stress and common mental disorders.

Health systems perspective includes work to standardize the use of patient-reported outcomes.

The center has no clinical practice of its own, but it collaborates closely with care units, especially at the Gustavsberg's primary care center outside Stockholm.

Karolinska (2)

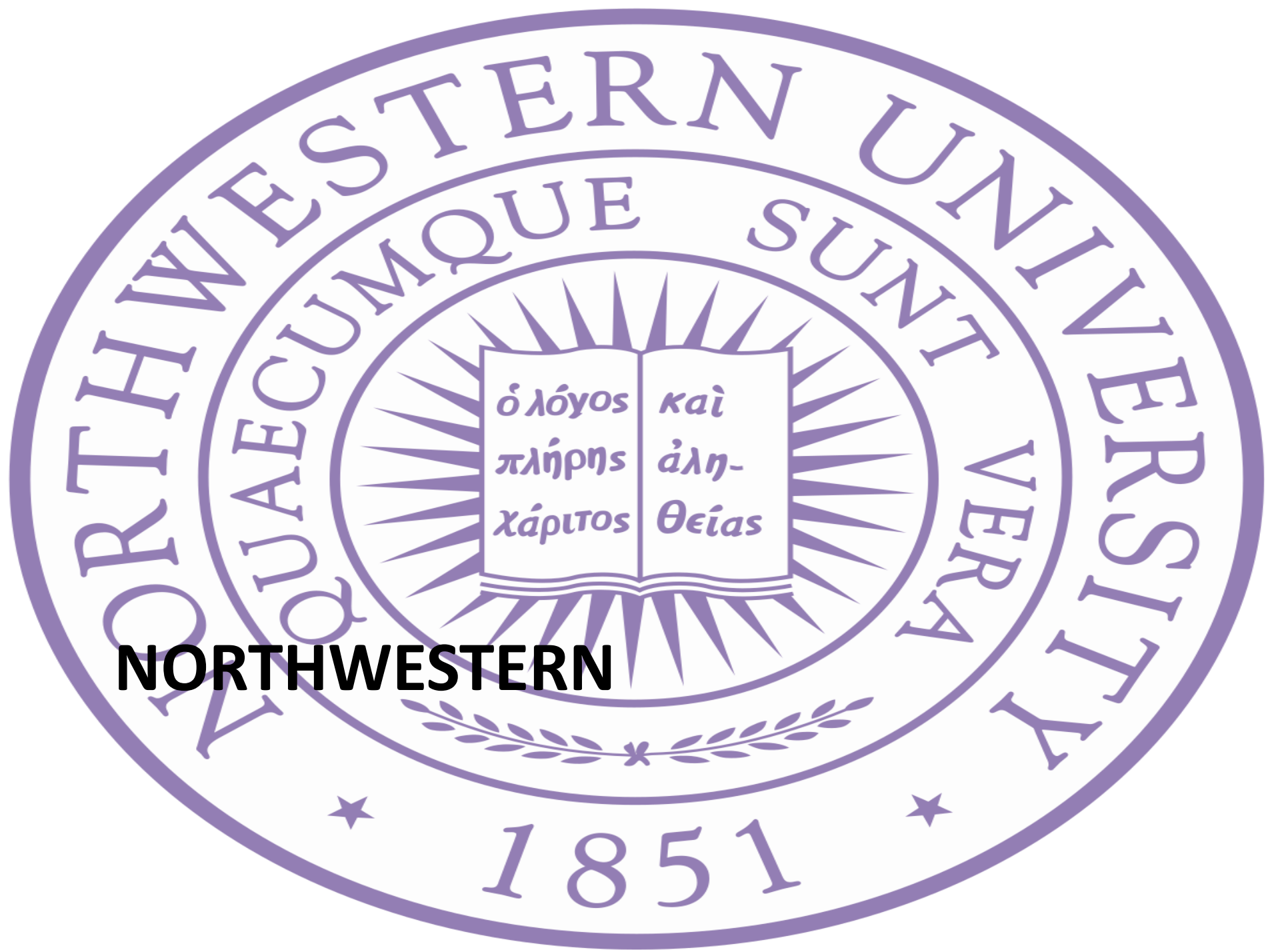
Research

- *Mechanisms of placebos beyond consciousness: A collaborative project between Osher Stockholm and Osher Harvard investigating the effects of subliminal cues on the placebo responses.*
- *Neuroimmune communication: The project addresses the interplay between the nervous and the immune system in healthy individuals and in subjects with chronic inflammatory disorders.*

Karolinska ⁽³⁾

Research

- *Acupuncture, placebo and alternative treatments:* Standard and sham acupuncture strongly reduce nausea and vomiting evoked by cancer radiotherapy. In this new series of studies, the non-specific treatment effects, in particular the patients expectations, will be manipulated through the interaction with the therapist.



NORTHWESTERN

Northwestern

OSHER Center

- Northwestern Memorial Hospital founded its program in Integrative Medicine in 1977.
- The clinical program sees thousands of patients every month, and the research team investigates the benefits and mechanisms of integrative medicine.
- Became the resource in integrative medicine for the Feinberg School of Medicine, Northwestern Medicine and the Chicago-area community.
- In 2014, the program was named the Osher Center for Integrative Medicine to recognize a generous gift from the Bernard Osher Foundation.

Northwestern

OSHER Center

Philosophy and practice of caring for patients which includes:

- Authentic medicine: What patients and providers believe in their hearts and minds is the right treatment, informed by their beliefs, values and experiences.
- Everyday medicine: It's the way you live your life, the food you eat, the environment you live in, the relationships you maintain.
- Simply, medicine: It is using the best approach to help you not just treat disease, but flourish in your life.
- Focus on science-based practices that acknowledge the body's natural healing capacity.
- Combination of conventional Western medicine with practices from around the world to better relieve suffering.

Northwestern

OSHER Center

Before the first visit:

- Fill out a 16-page Functional Nutrition (Naturopathic Consultation) form.
- Fill out a 4-page Personal and Family Health history form.
- Fill out a 2-page Nutrition Therapy Introduction Questionnaire.
- Fill out a 4-page Chiropractic Medical History form.

Northwestern OSHER Center

Health
Psychology.

Nutrition
and
Diabetes
Education.

Integrative
Medicine
Consults.

Internal
Medicine &
Family
Medicine.

Chiropractic
Medicine.

Fitness and
Wellness
Coordinator.

Acupuncture &
Chinese Herbal
Medicine.

Massage
Therapy &
Energy Work.

Northwestern

OSHER Center

- Northwestern University and Northwestern Medicine faculty, staff, undergraduates, graduate students, residents, fellows and postdoctoral students all qualify and are welcome for membership in the Osher Center as Affiliates.
- Currently evaluating LAVENDER (**L**everaging **A**ffect and **V**aluing **E**mpathy for **N**urturing **D**octors' **E**motional **R**esilience), a program to increase positive emotion and preserve well-being in medical students.

Northwestern Consultations for IM

Management and oversight
of dietary supplements

Education of patients on
integrative and
complementary approaches

Consultations and
Direct Referrals:

Conditions not fully treated
by conventional medicine :

- IB Syndrome/GI issues.
- Chronic pain.
- Fibromyalgia.
- Chronic fatigue syndrome.

Management of bioidentical
hormones for
perimenopause/menopause

- Integrative primary care.
- Acupuncture.
- Massage.
- Energy medicine.
- Chiropractic.
- Naturopathic.
- Nutrition.
- Smoking cessation.
- Counseling.

Addressing patient concerns
about adrenal and thyroid
health

Weight-management
strategies

Northwestern

OSHER Center

- “Energy medicines are a gentle intervention with the ***potential*** to improve care and complement the efforts of Western physicians.”
- “Energy treatments aim to heal imbalances in the energy fields ***purported*** to be in and around the human body.”
- “Reiki is a spiritual, vibrational healing practice based on an Eastern belief in energy that supports the body’s innate healing abilities and promotes balance through all the human systems.”
- “In Healing Touch, practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health.”

Northwestern Corporate Wellness

Benefits

- Decreased absenteeism.
- More energetic employees.
- Reduced healthcare costs.
- Increased employee satisfaction.
- Higher productivity.

Services

- Nutrition lunch-and-learn sessions
- Weight management classes.
- Work-related stress relief activities
- Smoking cessation.
- Exercise programs:
 - Walking programs.
 - Physical fitness.
 - Meditation
 - Yoga.
 - Tai Chi.
 - Pilates.

VANDERBILT

Advancing
new possibilities
for healing



Osher Center for
Integrative Medicine
AT VANDERBILT

VANDERBILT  HEALTH

Vanderbilt ⁽¹⁾

OSHER Center

Integrative Medicine emphasizes:

- Affirming the practitioner-patient relationship.
- Focusing on the person as a whole.
- Applying scientifically proven treatment methods.
- Using all appropriate therapies for optimal health and healing.

Vanderbilt ⁽¹⁾

OSHER Center

Integrative
Medicine
Team
includes:

- Acupuncturists.
- Doctors.
- Health Psychologists.
- Massage Therapists.
- Mind-Body Movement Instructors.
- Nurse Practitioners.
- Nutrition Coaches.
- Physical Therapists.

Vanderbilt (2)

OSHER Center

Clinical Services Offered

Acupuncture.

Group Therapy.

Health Coaching.

Massage Therapy.

Mind / Body Counseling.

Nutrition Coaching.

Pain Education Group.

Physical Therapy.

Therapeutic Yoga.

Vanderbilt (3)

OSHER Center Classes & Programs



Healing
Qigong.



Mindful
Eating.



Mindfulness-
Based Stress
Reduction.



Mindfulness
& Positive
Psychology
Skills.



Tai Chi.



Yoga for
Chronic
Pain.

Vanderbilt

OSHER Center

Who can benefit:

- People coping with chronic pain, cancer, diabetes, heart disease and long-term conditions.
- People seeking resources and support for their overall wellness journey.



What to expect:

- Integrative health consultation with a doctor or nurse practitioner.
- They create a custom plan tailored to your needs and quality of life goals.



Areas of focus:

- Finding the cause of your pain
- Emotional coping skills
- Medication evaluation
- Nutrition
- Pain education
- Therapeutic movement





UNIVERSITY of WASHINGTON

University of Washington ⁽¹⁾

- Established in July 2018.
- Want to transform healthcare in the region by integrating traditional and complementary wellness approaches into patient care.
- Nurture new and transformational models of care:
 - That are patient-centered.
 - Acknowledge the role of lifestyle as a major determinant of health.
 - Respect the healing approaches of diverse cultures.
 - Emphasize patient empowerment.
 - Focus on prevention and whole-person healing.

University of Washington (2)

- People using a complementary approach often keep the conventional and complementary providers and practices separate.
- Integrative health care brings together conventional and complementary healthcare in an intentional, coordinated manner.
- Holistic approach and open communication between practitioner and patient supports both parties working together to achieve the patient's health care goals.

Other IM Programs

- Duke University.
- Mayo Clinic.
- George Washington University.
- Purdue University.
- Drexel University.
- University of Bridgeport.
- University of Arizona.
- Everglades University.