Integrative Medicine: A Comprehensive Approach to Personalized Care

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Scripps Green Hospital Grand Rounds
San Diego, CA
March 30, 2011

Faculty Disclosure

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What is our Health Care “System”

- Uncoordinated – no coherent approach or infrastructure
- Disease-event oriented; find it – fix it
- Reactive
- Physician-directed with little patient engagement
- Not personalized, standardized or safe
- Expensive

Concepts of Disease

Reductionism: Single factor

Causative Factor: Disease

Emergence: Multiple factors

Sensitive Risk

Environmental Factors

Predict It

Personalize It

Irreversible

Damage

Understanding Health, Disease and Complexity

Understanding Disease

1900s

Gene Theory
Chemistry
Physiology
Pathology
Physics
Find It
Fix It

2000s

Genomics
Proteomics
Metabolomics
Systems Biology
Informatic
Micro/Nano Processing

Find It
Fix It

Predict It
Personalize It
Concepts of Disease

Reductionism: Single factor
- Causal Factor
- Disease

Emergence: Multiple factors
- Baseline Risk
- Environmental Factors
- Enhanced Health and Well-Being

The Facts

- Health is fundamental and a personal resource.
- Health and well-being is more than no disease.
- Health care be enhanced and diseases prevented/mitigated.
- Health risks and advantages are personalized and can be approached accordingly.
- Capabilities for improvement are expanding rapidly.

What is Personalized Medicine

Tools
- Health risk assessment
- Susceptibility markers
- Pathogenic pathway indicators
- Disease activity indicators
- Drug metabolism indicators
- Targeted therapies
- Companion diagnostics
- Adverse reaction predictors

Applications
- Health planning
- Disease minimization
- Diagnostic precision
- Therapy selection
- Pathogenesis tracking
- Patient engagement

Personalized Health Planning

- Current health assessment and status
- Health risks assessment
- Therapeutic/wellness plan
- Health risk tracking
- Patient engagement
**Current Scenario**

- Breast Mass
- Primary Care Physician
- Surgeon
- Medical Oncologist
- Biopsy

**Personalized Cancer Care Plan**

- Onset
- Remission
- Onset Evaluation
- Re-Selection
- Tracking and Refining Therapies

- Advanced Clinical Decision Support
- Personalized Diagnosis
- Risk Models
- Companion Diagnostics
- Targeted Therapies
- Adverse Reaction Indicators
- Disease Activity Indicators

**Integrative Medicine**

- The best of science-based medicine
- Personalized health planning
- Coordinated care
- Awareness/engagement
- Nutrition
- Movement/exercise
- Stress reduction
- Complementary and alternative approaches

**Model for Personalized Health Plan**

- Health Assessment
- Personal Health Plan
- Health Coaches
- Health Care Team
- Health Resources

**Glycyrrhizinic acid alters Kaposi sarcoma-associated herpesvirus latency, triggering p53-mediated apoptosis in transformed B lymphocytes**

What Is Integrative Medicine?

Orienting the health care process to create a seamless engagement by patients and caregivers in the full range of physical, psychological, social, preventive, and therapeutic factors known to be effective and necessary for the achievement of optimal health over the course of one’s life.

- Personalized health planning
- Integrating approaches
- Integrating systems

Integration of resources to promote health, well-being and health care.