

THE DO DIFFERENCE

It makes a difference when your physician is trained to truly listen. To pay more attention to you than your chart. To look beyond the symptoms and take the time to get to know you as a whole person.

Doctors of Osteopathic Medicine practice health care differently. They don't see patients. They see people. By combining the latest advances in medical technology with OMT, DOs offer their patients the most comprehensive care available in medicine today.

DOs believe there's more to good health than the absence of pain or disease. As guardians of wellness, they focus on prevention by gaining a deeper understanding of your lifestyle and environment, rather than just treating your symptoms.

Listening to you and partnering in your care are at the heart of their holistic, empathic approach to medicine. DOs are trained to promote the body's natural tendency toward health and self-healing. While they practice according to the latest science and use the latest technology, they also consider options to complement pharmaceuticals and surgery.

EXPERIENCE THE DO DIFFERENCE

For more information on osteopathic medicine or to find a DO in your area, visit DoctorsThatDO.org.

To order additional brochures, visit the American Osteopathic Association's online store at Osteopathic.org/store.

DOCTORS^{OF}
OSTEOPATHIC
MEDICINE



WHAT IS A

DO?

Did you know that there are two types of complete physicians in the United States—DOs and MDs?

Doctors of Osteopathic Medicine, or DOs, are fully licensed physicians who practice in all areas of medicine. Emphasizing a whole-person approach to treatment and care, DOs are trained to listen and partner with their patients.

UNIQUE APPROACH TO DIAGNOSIS AND TREATMENT

DOs see an interrelated unity among all systems of the body, each working with the other to heal in times of illness. DOs strive to help their patients be truly healthy—not just free of symptoms.

They also receive extra training in the musculoskeletal system, which is the body's interconnected system of nerves, muscles and bones. Through Osteopathic Manipulative Treatment, or OMT, DOs may use their hands to diagnose illness and injury and encourage your body's natural tendency toward self-healing.

EDUCATION AND TRAINING

Doctors of Osteopathic Medicine are one of the fastest-growing segments of health care professionals in the U.S. While DOs and MDs and have many things in common, DOs can bring an extra dimension to your health care through their unique skills.

- DOs and MDs both complete four years of basic medical education.
- After medical school, both DOs and MDs obtain graduate medical education through internships and residencies. This training typically lasts three to eight years and prepares DOs and MDs to practice a specialty, such as pediatrics, family practice, psychiatry, surgery or obstetrics.
- DOs receive special training in the musculoskeletal system, your body's interconnected system of nerves, muscles and bones.
- DOs and MDs must pass comparable examinations to obtain state licenses and both practice in fully accredited and licensed health care facilities.

YOUR PARTNER IN HEALTH

Doctors of Osteopathic Medicine are trained to first consider the person within the patient. DOs learn to look at the whole person, listening and working with their patients to help them get healthy and stay well.

DOs approach medicine from a unique perspective. They focus on prevention, tuning into how a patient's lifestyle and environment can impact their wellbeing. DOs believe there's more to good health than the absence of pain or disease. They strive to help patients be truly healthy in mind, body and spirit.

