Osteopathic Medicine
Making a difference since 1892
What is Osteopathic Medicine

- Osteopathic medicine provides all of the benefits of modern medicine including prescription drugs, surgery, and the use of technology to diagnose disease and evaluate injury.

- Osteopathic medicine offers the added benefit of hands-on diagnosis and treatment through a system of therapy known as osteopathic manipulative medicine (OMM).

- Osteopathic medicine emphasizes helping each person achieve a high level of wellness by focusing on health promotion and disease prevention.
Osteopathic medicine was developed in 1874 by Dr. Andrew Taylor Still, who pioneered the concept of "wellness" and recognized the importance of treating illness within the context of the whole body.

Dr. Still studied medicine and apprenticed under his physician father. After becoming a licensed MD, he served as a surgeon in the Union Army during the Civil War.

After the Civil War and following the death of three of his children from spinal meningitis in 1864, Still concluded that the orthodox medical practices of his day were frequently ineffective, and sometimes harmful. He devoted the next ten years to studying the human body and finding better ways to treat disease.

His research and clinical observations led him to believe that the musculoskeletal system played a vital role in health and disease and that the body contained all of the elements needed to maintain health. Still believed that by correcting problems in the body's structure, through the use of manual techniques now known as osteopathic manipulative treatment, the body's ability to function and to heal itself could be greatly improved. He also promoted the idea of preventive medicine and endorsed the philosophy that physicians should focus on treating the whole patient, rather than just the disease.
Osteopathic Medicine Today

- Dr. Still’s beliefs formed the basis of a new medical approach, **osteopathic medicine**. Based on this philosophy, Dr. Still opened the first school of osteopathic medicine in Kirksville, Missouri in 1892.

- Physicians licensed as Doctors of Osteopathic Medicine (DOs), like their allopathic counterparts (MDs), must pass a national or state medical board examination in order to obtain a license to practice medicine.

- DOs provide comprehensive medical care to patients in all 50 states and the District of Columbia, teach in both MD and DO schools, have unlimited practice rights in over 65 countries, participate in medical missions abroad, and otherwise perform in the same capacities as MDs.

- There are more than 74,000 DOs practicing in the United States in a wide range of medical specialties including surgery, anesthesiology, sports medicine, geriatrics, and emergency medicine. About 20% of incoming medical students attend DO schools.

- DOs also serve as healthcare policy leaders at the local, state, and national levels. In addition, an increasing emphasis on biomedical research at several of the osteopathic colleges has expanded opportunities for DOs interested in pursuing careers in medical research.
Just for fun: What’s the ideal medical specialty for your personality?

- EMERGENCY MEDICINE?
- FAMILY MEDICINE?
- INTERNAL MEDICINE?
- OBSTETRICS AND GYNECOLOGY?
- OSTEOPATHIC MANIPULATIVE MEDICINE?
- NEUROMUSCULOSKELETAL MEDICINE?
- PEDIATRICS?
- SURGERY?

Application Process

▪ Prerequisite courses are the same in MD and DO programs.
▪ Students must take MCAT and participate in clinical activities (ideally spending time with a DO). Service, communication skills, and cultural competency are also emphasized.
▪ Some schools require a letter of recommendation from a DO.
▪ Students complete the AACOMAS “common application” along approximately the same timeline as MD programs.
▪ Many students apply to both MD and DO programs in the same application year.
What Osteopathic Medical Schools Want

Personal qualities are just as important to osteopathic medical schools as coursework. Osteopathic medical schools are looking for students who:

▪ Are well-rounded
▪ Demonstrate strong communication and interpersonal skills
▪ Have a record of community service
▪ Have a record of leadership
▪ Have some clinical experience
▪ Have participated in a variety of extracurricular activities
▪ Come from diverse backgrounds
▪ Are motivated to pursue a career in medicine
▪ Possess knowledge of osteopathic medicine
▪ Have shadowed a physician, specifically an osteopathic physician if one is available

# Osteopathic Medical School Curriculum

*Check with individual colleges of osteopathic medicine for specifics*

<table>
<thead>
<tr>
<th>Year 1</th>
<th>Year 2</th>
<th>Years 3 and 4</th>
<th>Other Clinical Clerkships</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anatomy</td>
<td>Gerontology</td>
<td>Emergency Medicine</td>
<td>Anesthesiology</td>
</tr>
<tr>
<td>Physiology</td>
<td>Cardiology</td>
<td>Family Medicine</td>
<td>Cardiology</td>
</tr>
<tr>
<td>Clinical Skills</td>
<td>Gastrointestinal System</td>
<td>Internal Medicine</td>
<td>Gastroenterology</td>
</tr>
<tr>
<td>Radiology</td>
<td>Hematopoietic System</td>
<td>Obstetrics and Gynecology</td>
<td>Laboratory Medicine</td>
</tr>
<tr>
<td>Microbiology and Immunology</td>
<td>Pharmacology</td>
<td>Psychiatry</td>
<td>Oncology and Hematology</td>
</tr>
<tr>
<td>Neuroscience</td>
<td>Endocrinology</td>
<td>Pediatrics</td>
<td>Hematology</td>
</tr>
<tr>
<td>Histology</td>
<td>Psychiatry</td>
<td>Psychiatry and Behavioral Science</td>
<td>Orthopedics</td>
</tr>
<tr>
<td>Biochemistry</td>
<td>Respiratory</td>
<td>Surgery</td>
<td>Otorhinolaryngology</td>
</tr>
<tr>
<td>Pathology</td>
<td>Ethics and Jurisprudence</td>
<td></td>
<td>Pulmonary Medicine</td>
</tr>
<tr>
<td>Doctor/Patient Communication</td>
<td>Family Medicine</td>
<td></td>
<td>Radiology</td>
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<td></td>
<td>Genitourinary System</td>
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<td></td>
<td>Reproductive System</td>
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### Core Clinical Clerkships

- Emergency Medicine
- Family Medicine
- Internal Medicine
- Obstetrics and Gynecology
- Osteopathic Principles and Practices
- Pediatrics
- Psychiatry and Behavioral Science
- Surgery

### Other Clinical Clerkships

- Anesthesiology
- Cardiology
- Gastroenterology
- Laboratory Medicine
- Nephrology Neurology
- Oncology and Hematology
- Orthopedics
- Otorhinolaryngology
- Pulmonary Medicine
- Radiology

[https://www.aacom.org/docs/default-source/cib/bgom.pdf](https://www.aacom.org/docs/default-source/cib/bgom.pdf)
Osteopathic Medical Schools that Princeton alums have attended recently

- Arizona School of Osteopathic Medicine
- Idaho College of Osteopathic Medicine
- Lake Erie College of Osteopathic Medicine
- DeBusk College of Osteopathic Medicine
- Michigan State University College of Osteopathic Medicine
- Philadelphia College of Osteopathic Medicine
- Rowan School of Osteopathic Medicine
- Touro College of Osteopathic Medicine – California
- Touro College of Osteopathic Medicine – New York
- University of New England College of Osteopathic Medicine
- University of the Incarnate Word School of Osteopathic Medicine
- Virginia College of Osteopathic Medicine

https://www.aacom.org/docs/default-source/cib/bgom.pdf
Learn more about the growing field of osteopathic medicine and get the latest information on admission requirements for the country’s colleges of osteopathic medicine.

Discover dual degree opportunities.

Find out about application deadlines and financial aid.

Get tips on acing the admissions interview.

Learn more about the Colleges of Osteopathic Medicine (COM) and find the right COM for you.

https://choosedo.org/student-guide/
Princeton Alumni DO Spotlight

Dr. Jennifer Caudle studied anthropology and music at Princeton, then attended UMDNJ School of Osteopathic Medicine (now named Rowan University School of Osteopathic Medicine), and now serves on their faculty. She appears regularly on the Today show, Dr. Oz, and other news programs as a health expert while maintaining her teaching appointment and clinical practice.

Watch her YouTube video about why she became a DO.

www.drjencaudle.com/about
For More Information

- AACOM Information for Applicants: [www.aacom.org/become-a-doctor/how-to-apply-to-osteopathic-medical-college](http://www.aacom.org/become-a-doctor/how-to-apply-to-osteopathic-medical-college)
- Pre-SOMA Facebook: [www.facebook.com/pre.soma](http://www.facebook.com/pre.soma)
- AACOMAS application for osteopathic medical school: [aacomas.liaisoncas.com/applicant-ux/#/login](http://aacomas.liaisoncas.com/applicant-ux/#/login)
- American Osteopathic Association: [osteopathic.org/](http://osteopathic.org/)
- Doctors of Osteopathic Medicine: Find a DO Database: [doctorsthatdo.org](http://doctorsthatdo.org)
- The DO Magazine: [thedo.osteopathic.org/](http://thedo.osteopathic.org/)