

TRADITIONAL MEDICINE VS FUNCTIONAL MEDICINE

ASPECT	TRADITIONAL MEDICINE	FUNCTIONAL MEDICINE
FOCUS	Disease-oriented; focuses on symptoms and specific diseases.	Health-oriented; focuses on overall well-being and prevention, addressing root causes of health issues.
APPROACH	Reactive; intervene after symptoms appear.	Proactive; emphasizes prevention and maintaining optimal health.
TREATMENTS	Uses pharmaceuticals and surgery.	Utilizes a variety of natural therapies, lifestyle changes, and nutrition.
PATIENT INVOLVEMENT	Limited; patients follow prescribed treatments without active involvement.	Patients actively participate in their health decisions and lifestyle changes.
HEALTH MAINTENANCE	Focuses on managing and mitigating diseases.	Focuses on enhancing health and preventing diseases through holistic practices.
CUSTOMIZATION	Standardized based on FDA and AMA model.	Highly personalized; considers individual differences in lifestyle, environment, and genetics.
DURATION OF TREATMENT	Limited to the duration of symptoms or disease management.	Long-term; aims for lifelong health improvements and maintenance.
OUTCOME MEASURES	Measured by the control or elimination of symptoms.	Success measured by improved functional lab test levels, quality of life, prevention of illness, and overall vitality and wellness.
PRACTITIONER ROLE	Serves as the authority who directs the course of treatment.	Acting a Mentor and Coach, collaborating with the patient to achieve health goals.
EDUCATIONAL FOCUS	Education on the symptom or disease; and how to take the prescribed medications.	Education on lifestyle, dietary changes, and natural therapies to empower patients in their own health management.
INSURANCE COVERAGE	Yes, the practitioner will only perform or recommend care that is will be covered by insurance.	NO, as our goal is to actually perform the tests and offer alternative solutions that are NOT covered by insurance; and should be reason for seeking out Functional Medicine in the first place.

DR LORI PUSKAR