



The POMA Foundation is proud to be a Healthy Lifestyle Partner of the PIAA.

The POMA Foundation is the philanthropic arm of the Pennsylvania Osteopathic Medical Association, supporting the osteopathic community and their patients across Pennsylvania.



Did you know there are two types of physicians who are fully licensed to practice medicine in the United States? While many are familiar with MDs, Doctors of Osteopathic Medicine (DOs) – also known as osteopathic physicians – bring a unique, patient-centered approach to every medical specialty. From the first days of medical school, DOs are trained to look beyond the symptoms, to treat the whole person: mind, body and spirit.

Osteopathic Physicians...

- » Care for patients in all medical specialties: pediatrics, family medicine, psychiatry, sports medicine, anesthesiology, emergency medicine, orthopedic surgery, radiology, and many more.
- » Hold prominent positions in medicine today, including overseeing medical care for the President of the United States, the NASA medical team, Olympic athletes, and our uniformed services.
- » Understanding how lifestyle and environmental factors impact your well-being, DOs look beyond the symptoms and take the time to get to know their patients as a whole person.
- » Understand how the body's systems are interconnected and how each one affects the other. DOs can effectively treat muscles and joints to relieve pain, promote healing and increase overall mobility using osteopathic manipulative medicine.

“Osteopathic medicine is really about treating the whole patient and the whole family. It requires a personal touch and building a relationship with patients. Over the years, I have diagnosed a young woman’s pregnancy and, years later, I find myself treating her children or even her grandchildren. That’s continuity. That’s getting to know the whole family.”

*Joan Grzybowski, DO
AOA Board Certified Family Physician
Philadelphia, PA*

Osteopathic medicine is one of the fastest-growing health care professions in the country!



- More than 7,800 new osteopathic physicians (DOs) joined the nation’s work force in 2023.*
- One in four medical students in the U.S. attends an osteopathic medical school, with enrollment increasing approximately 30% over the last five years.*
- The increased number of medical students pursuing osteopathic medicine has led to an increase of DOs under the age of 45. In 2023, 68% of osteopathic physicians in active practice are under the age of 45.*

*As reported in the American Osteopathic Association Osteopathic Medical Profession Report, 2023.



The Person Inside the Patient

Osteopathic physicians (DOs) are trained to treat the whole patient. DOs focus on prevention by applying a deeper understanding of a patient's lifestyle and environment, rather than just treating symptoms. DOs help patients become healthy in mind, body and spirit using a whole-person approach.

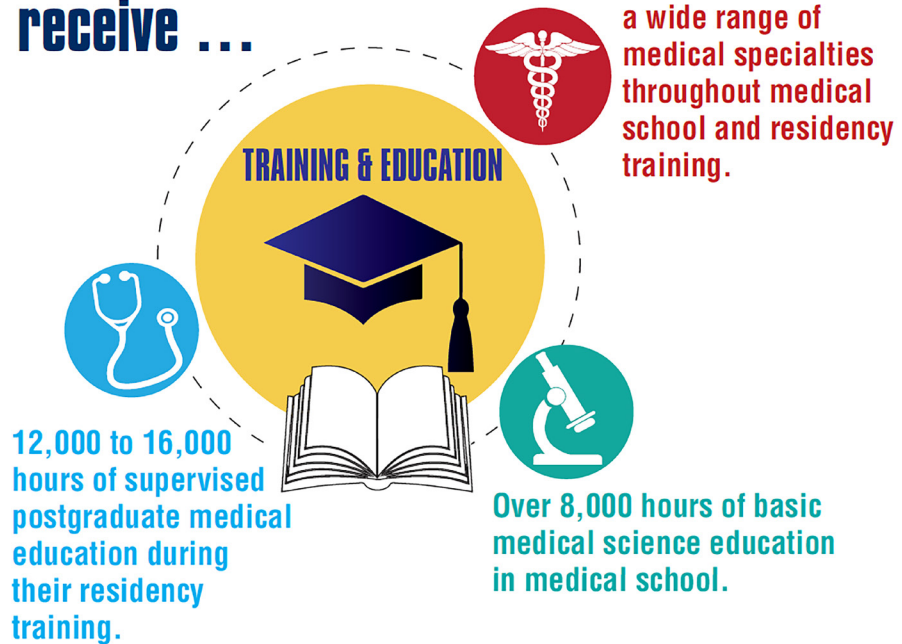
Whole Person Care

DOs are also trained to promote the body's natural tendency toward health and self-healing. To complement standard medical education, they receive specialized training in both the neuromusculoskeletal system and in osteopathic manipulative treatment (OMT). With the use of manual pressure or force, DOs work to restore functionality and/or remove barriers to motion and healing with a goal of reducing/eliminating the need for medication or invasive treatment. The body functions best when it is in balance.

"We think holistically and focus on how all the organs and the body's many systems work together. We get to know our patients' families and, in many instances, provide care for entire families for several generations."

*Mark Monaco, DO
AOA Board Certified Family Physician
Broomall, PA*

Osteopathic physicians receive ...



"When I say that I am seeing patients on any given day, I mean that I am seeing patients. We take the holistic view to patient care. We invest the time it takes to understand our patient's daily challenges, so we can develop appropriate treatment plans."

*Frank Tursi, DO
AOA Board Certified Family Physician
Erie, PA*

What's important to you?

Pennsylvania's 11,100 osteopathic physicians provide whole-person care for the entire family. They are ready to partner with you in your health journey.

Choose your DO at www.poma.org/myDO

For more information, please visit www.poma.org.

