



Pennsylvania Osteopathic  
Medical Association



## The Osteopathic Difference

The Pennsylvania Osteopathic Medical Association (POMA) represents more than 9,000 licensed osteopathic physicians, residents, interns and 2,600 students across Pennsylvania. Doctors of Osteopathic Medicine (DOs) – also known as osteopathic physicians – are fully licensed physicians who practice in all areas of medicine. POMA members deliver care in every county in Pennsylvania. Our ranks include pediatricians, family physicians, radiologists, internists, orthopedic surgeons, trauma surgeons among many other specialties. We are trained in every aspect of medical care and treat all medical conditions.

POMA also works closely with The Pennsylvania Osteopathic Family Physicians Society (POFPS), which represents 3,000 osteopathic family physicians, residents and interns in the state; The Philadelphia College of Osteopathic Medicine (PCOM) and the Lake Erie College of Osteopathic Medicine (LECOM). LECOM offers degree programs in Greensburg, at Seton Hill University.

**“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 their grandchildren. That’s continuity. That’s getting to know the whole family.”**

*POMA President*

*Joan Grzybowski, DO, Family Physician*

*AOA Board Certified Family Medicine*

One of  
**POMA’s Missions**  
is to promote  
public health:

**Elevate and  
maintain  
high standards  
of osteopathic  
education;**

**Collect and  
disseminate  
such knowledge  
to educate  
and improve  
patient care.**

**Stimulate  
research and  
investigation;**

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



- More than 6,000 new osteopathic physicians (DOs) joined the nation’s work force in 2017. (American Osteopathic Association, 2018)
- One in four medical students in the U.S. attends an osteopathic medical school, with enrollment increasing approximately 25% every five years. (American Osteopathic Association, 2018)
- In 2017, LECOM ranked #1 for the most people competing for admission to medical schools across the nation, according to U.S. News & World Report, ahead of Drexel University, Temple University, and Thomas Jefferson University, three other Pennsylvania schools that ranked in the top 10. (Kowarski, 2018)

# 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 treating symptoms. DOs help patients become healthy in mind, body and spirit using a whole person approach.

## Holistic Care

DOs use all of the technology available in modern medicine today. DOs are also trained in the use of manual techniques that help re-balance the structure and function of the body.

These treatments include soft tissue techniques, gentle muscle resistance and directed pressure to trigger points. OMM is based on the idea that the body's structure and function are inter-related and, when in balance, the body functions at its best.

## Osteopathic physicians receive ...

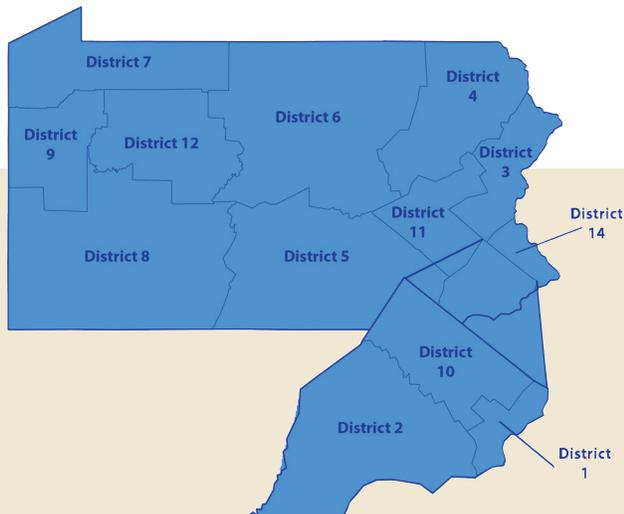
**Extensive exposure to a wide range of medical specialties throughout medical school and residency training.**

### TRAINING & EDUCATION



**12,000 to 16,000 hours of supervised postgraduate medical education during their residency training.**

**Over 8,000 hours of basic medical science education in medical school.**



### The Delaware County Daily Times

"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 an entire generation."  
*Dr. Mark Monaco, DO, Family Physician, AOA Board Certified Family Medicine*  
July 17, 2018

### The Meadville Tribune

"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."  
*Dr. Frank Tursi, DO, Family Physician, AOA Board Certified Family Medicine, July 19, 2018*

**Working with our volunteer leadership teams in 13 districts, POMA members join together for continuing education seminars and roundtable discussions with lawmakers and policymakers.**