

Center for Functional Medicine



Our Mission to Transform Healthcare

The enormous threat of chronic disease is a societal problem that must be solved. Functional Medicine is the solution that will drive this change. Cleveland Clinic is unrivaled as the first academic medical center in the United States to incorporate a Functional Medicine practice. The Cleveland Clinic Center for Functional Medicine is revolutionizing healthcare, introducing a new way of thinking about health and disease, addressing the root causes of chronic disease and optimizing health by treating the body as an integrated system.

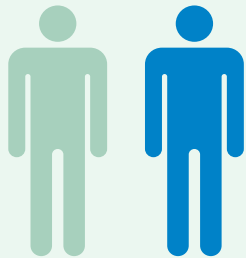


“Through Functional Medicine and changes to my diet, I’m not a diabetic anymore. I’ve never had an issue with my legs again. Within the first 8 months [of visiting the Cleveland Clinic Center for Functional Medicine], I felt like, ‘Oh my gosh, I’m getting my life back!’ Functional Medicine has changed my life completely. I’m healthy and alive again.”

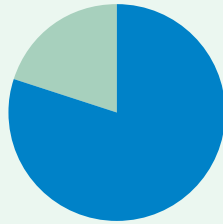
Jean Clancy Carroll, a patient of the Center for Functional Medicine who suffered from scleroderma, lupus and type 2 diabetes.

The Epidemic of Chronic Disease

Cleveland Clinic is dedicated to tackling one of the most urgent healthcare problems of our time: the punishing burden of chronic disease. Failure to address this reality threatens the health and wellbeing of the world for generations to come.



Chronic disease affects **one in two Americans**.



Costs associated with conditions like diabetes, arthritis, heart disease and obesity account for more than **80% of total healthcare spending in the United States**.

The management of chronic disease is projected to cost more than **\$47 trillion worldwide over the next 20 years**.

\$47
TRILLION

An Ongoing Need for Support

Cleveland Clinic is a leader in Functional Medicine, and we need support in three priority areas—research, community outreach and education—to dramatically shift the trajectory of how chronic disease affects individuals and the economy. With your help, we can achieve better healthcare results, and greatly reduce healthcare spending.

Five Pillars of Healthcare Transformation



Clinical Center of Excellence



Transformation of Medical Education



Innovation / Research



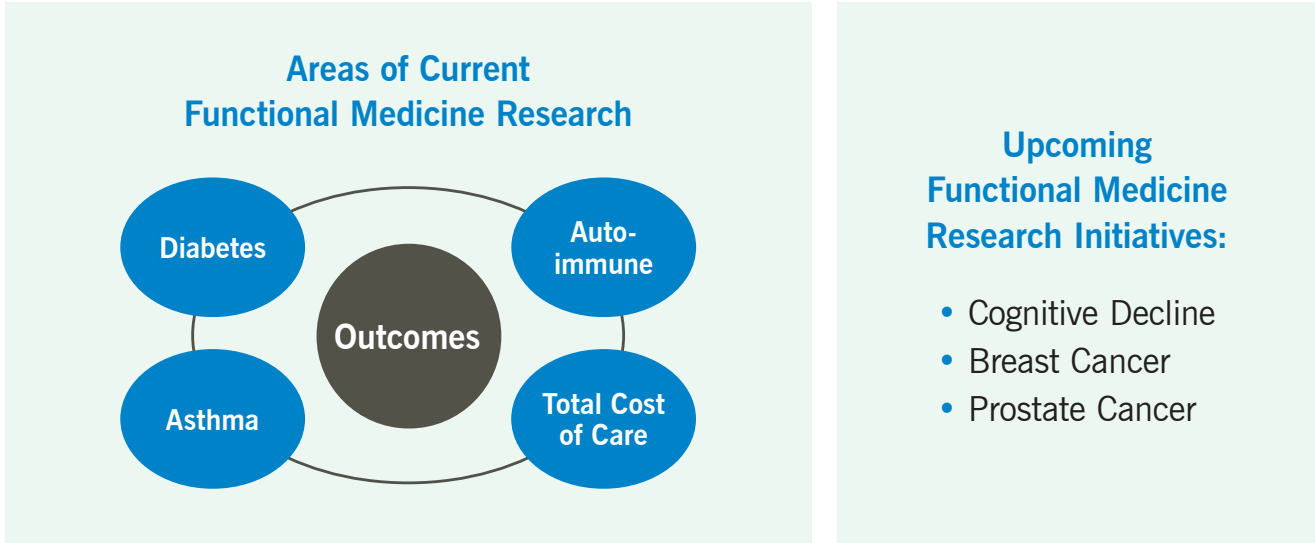
Population Health and Community Medicine



Philanthropy

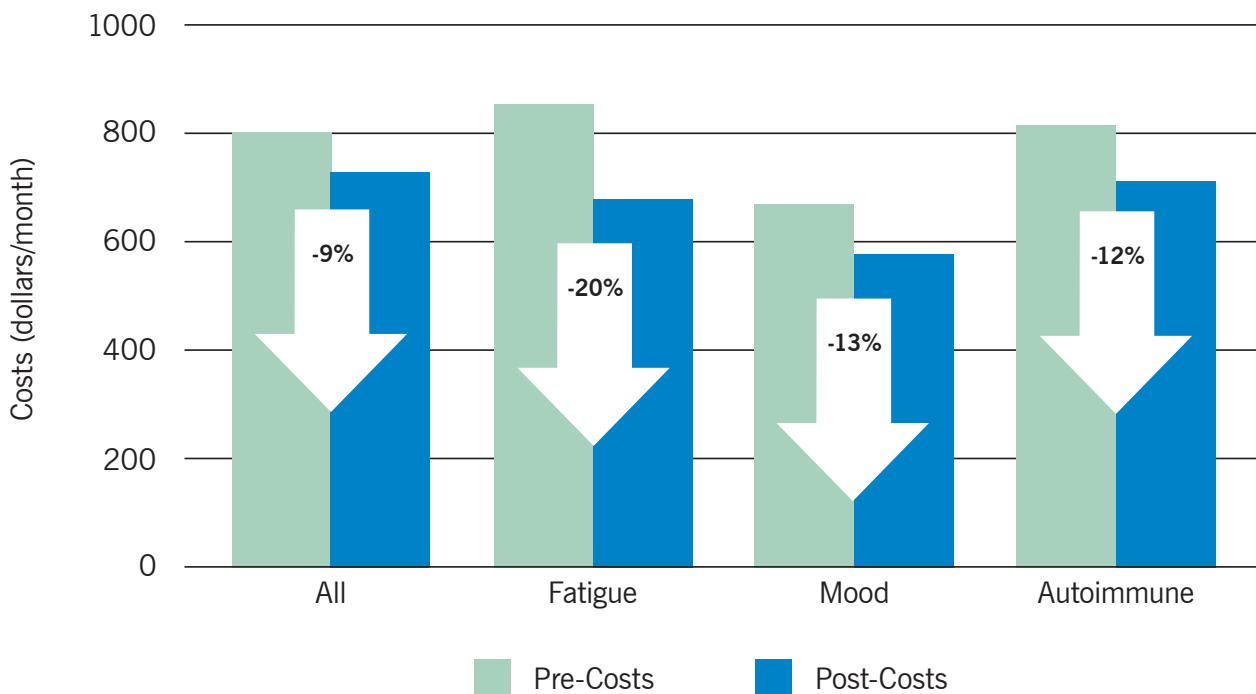
Research

The Cleveland Clinic Center for Functional Medicine is establishing the evidence base for Functional Medicine’s effectiveness. This research will prove the role of Functional Medicine in better outcomes and lower healthcare costs, which will significantly reduce the threat of chronic disease.



Measuring Outcomes and Costs

This chart indicates decreased costs for patients at the Cleveland Clinic Center for Functional Medicine overall, and for those treated for chronic fatigue, mood disorders and autoimmune disorders. This illustrates fewer specialty visits needed and lower costs for Functional Medicine treatments compared to the usual standard of care, thus proving the power of Functional Medicine to transform healthcare at its very core.



Community Outreach



The Center for Functional Medicine’s signature community program is the Daniel Plan. Founded on biblical principles and adaptable to any denomination, the Daniel Plan is a faith-based wellness program accessible to communities through local churches.

We know that our social networks affect disease and health management. The Daniel Plan program takes healthcare out of the hospital and into the community. Through health literacy education, cooking classes, recipe sharing, and mentorship and support, the Daniel Plan promotes dramatic lifestyle changes to help treat chronic conditions, including diabetes, obesity and hypertension. This program illustrates Functional Medicine as community-based care without walls, where our neighbors, friends and families are participants in our day-to-day wellness.

Education

The Cleveland Clinic Center for Functional Medicine is leading a cultivation strategy to expand the awareness, accessibility, and application of Functional Medicine as a proven clinical model. Educational programs will introduce the greater medical community to Functional Medicine and its unique model of care, which focuses on identifying and therapeutically targeting the “root cause” of chronic disease.

»» Awareness

- Grand Rounds
- Roundtable Programs
- Case Report Publications
- Research Outcomes Publications
- Expansion of Nutrition Education via Cleveland Clinic Lerner College of Medicine

»» Accessibility

- Diversification of Education Models
- Medical Student Clinical Elective
- Residency Elective Rotations

»» Application

- Fellowship and Observership Programs

Help Us Transform Healthcare

The Center for Functional Medicine has made incredible progress toward transforming healthcare, but we still have so much work to do. We cannot maintain this momentum without your help.

For more information about how you can support healthcare transformation through research, community outreach and education programs at the Cleveland Clinic Center for Functional Medicine, please contact giving@ccf.org.