

STATEMENT



Integrative Medicine in Cardiology

Cardiovascular medicine has a broad range of drugs and treatment methods at its disposal. Indeed, today it seems that almost anything is possible, especially in the area of interventional cardiology. Nevertheless, demographic aging means that cardiovascular morbidity is on the rise in the general population.

Nutrition, physical activity, and other lifestyle factors are cornerstones in preventive cardiology and treatment, and it is precisely in these areas that adjunctive complementary methods can play an important role. For us, the term “complementary” means making comprehensive lifestyle changes, including healthier eating, a structured daily schedule, regular exercise, and stress management, in addition to taking drugs to treat hypertension or heart failure. With integrative medicine, conventional and complementary approaches can be combined to produce the maximum preventive and therapeutic effect, as well as treatments that are tailored to the individual possibilities and resources of each patient.

The **Deutsche Gesellschaft für Kardiologie – Herz-Kreislaufforschung** has been supporting these efforts together with its partners, such as the Deutsche Herzstiftung, for many years. It is our hope that, over the long term, integrative medicine will facilitate the widespread use and acceptance of combined conventional and complementary methods, leading to the best possible care for each patient.

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