

## Canadian Society for Orthomolecular Medicine Report

Founded in 2009, the Canadian Society for Orthomolecular Medicine was established to advance orthomolecular medicine throughout Canada, to raise awareness of this ethical, cost effective practice of health care and to unite those dedicated to the practice of orthomolecular medicine.

The not-for-profit, non-commercial Society represents a diversity of health professionals including medical doctors, researchers, naturopathic doctors, nurse practitioners, pharmacists and nutritional consultants.

Initiatives of the Canadian Society for Orthomolecular Medicine are focused on the key areas of education, communication and advocacy. CSOM has become a leading sponsor of accredited continuing medical education related to nutrition and molecular biochemistry. Society members have planned, developed and promoted several programs, which meet the highest accreditation standards of the College of Family Physicians of Canada. Over a span of five years, the programs have been presented to more than 1,500 primary care physicians and health professionals.

"Nutrition for Docs" is a two-part program developed and presented by Aileen Burford-Mason, PhD. The Mainpro-M1 accredited courses are offered to family physicians and emphasize the role of diet, nutrition, and supplementation for optimal health and the prevention of chronic disease. Organized and sponsored by the Canadian Society for Orthomolecular Medicine, the "Nutrition for Docs" courses have been presented in the provinces of Alberta, British Columbia and Ontario, in 2013 and 2014.

"Integrative Medicine for the Treatment of Depression" is a continuing medical education program developed and presented by integrative psychiatrist James M. Greenblatt,

MD. This program covers the evidence for use of key nutrients in mental health treatment, nutritional deficiencies associated with mental health disorders and guidelines for the incorporation of nutritional applications within clinical practice. The program has been presented three times in Toronto (2011, 2012, 2014) and is accompanied by local hospital rounds organized and sponsored by CSOM.

"Integrative Medicine for Children's Mental Health" was developed by John Gannage, MD. This continuing medical education program is an initiative of the Mindful Charity in collaboration with CSOM. The program is focused on the current evidence for nutritional intervention of neurodevelopmental conditions including autism spectrum disorders, global developmental delay, attention deficit hyperactivity disorder, and oppositional defiant disorder. The most recently accredited program, "Integrative Medicine for Children's Mental Health" has been presented three times in 2014, in the provinces of Alberta, British Columbia and Ontario.

In addition to providing continuing medical education, CSOM also represents its members at conferences and industry trade shows, offers academic detailing for non-members interested in clinical nutrition, supports the organization of the Annual International "Orthomolecular Medicine Today" Conference held in Canada, and maintains a dedicated website for its members and the public.

Our website, [www.CSOM.ca](http://www.CSOM.ca) provides access to current issues and archives of the *Journal of Orthomolecular Medicine*, a Canadian Orthomolecular Practitioner listing, current research abstracts and open access publications, and resources for both practitioners and the public.

In five years CSOM has begun to influence how healthcare is practiced in Canada.

