



**Victor S. Sierpina, MD**  
**W.D. and Laura Nell Nicholson Family Professor of Integrative Medicine**

- Board certified in Family Medicine and Integrative Holistic Medicine
- Herbal Medicine
- Spirituality in Healthcare
- Nutritional Medicine
- Mind-Body Medicine
- Medical Acupuncture
- Medical Educator

Dr. Sierpina is board certified by the American Board of Family Medicine since 1983 and a founding diplomate of the American Board of Integrative and Holistic Medicine in 2000. He also is an immediate past member of the Executive Committee and Board of Integrative and Holistic Medicine. He is a founding member of UTMB's Academy of Master Teachers, a University of Texas Distinguished Teaching Professor, and member of the University of Texas Academy of Health Science Educators. He recently was awarded the Osler Clinical Excellence Teaching Award at UTMB.

He currently is the Director of UTMB's Department of Family Medicine Medical Student Education Program and Clerkship Director. In these roles, he oversees 8 UTMB faculty members, 4 staff, and 175 community faculty preceptors. He also serves as advisor to several UTMB student groups: the American Medical

Student Association, Students in Integrative and Alternative Medicine, Family Medicine Interest Group, and the Osler Aesclepios Society.

He has practiced in a holistic health center, worked with a group specializing in home birth, and was medical director of a group practice and urgent care center in the Chicago area. Fulfilling a life dream, he practiced whole person medicine as "the Country Doc" in a remote town of 63 people in the mountains of Colorado. While there he was the medical director of the Monarch and Wolf Creek ski patrols and local ambulance services before joining the faculty of UTMB in 1996.

His practice and his personal life have long included the study of tai chi, acupuncture, meditation, spirituality in medicine, His practice also includes functional medicine, Chinese and Ayurvedic medicine, nutritional, herbal, and mind-body approaches to health and healing.

Dr. Sierpina was Principal Investigator on a \$1.6 million National Institutes of Health/National Center for Complementary and Alternative Medicine grant to develop an evidence-based curriculum in alternative therapies. He also is the recipient of a \$1.35 million NIH Exploratory and Development Grant in Mind-Body Medicine to create an expanded research infrastructure in mind-body medicine at UTMB with a focus on psychoneuroimmunology, stress, and aging

in Hispanics. He was awarded a planning grant from the Cancer Prevention Research Institute of Texas for his project, “Reducing Cancer Risk through Social Marketing and Community-Based Education.”

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He is the author of the textbook, Integrative Health Care: Complementary and Alternative Therapies for the Whole Person, the consulting editor on the 1000 Cures for 200 Common Ailments, and The Healthy Gut Workbook. He also has published numerous peer-reviewed articles and other publications in the field of integrative medicine and medical education. He is a reviewer and on the editorial board of several medical journals, is a founding associate editor for *Explore: The Journal of Science and Healing*. He is the past Chair of the Consortium of Academic Health Centers for Integrative Medicine, a group of 55 US and Canadian academic centers committed to integrative medicine with active programs in education, clinical care, and research.