



THE UNIVERSITY OF ARIZONA

Center for
Integrative Medicine

Expert on Science of Place and Wellbeing Named Chair of National Library of Medicine Board of Regents

Dr. Esther Sternberg, director of research at the University of Arizona Center for Integrative Medicine, will lead outreach and education efforts of the National Library of Medicine, now in its 61st year.

Contact: [Keith LaBaw](mailto:Keith.LaBaw@arizona.edu), 520-626-4781, klabaw@email.arizona.edu
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TUCSON, Ariz. – Esther Sternberg, MD, director of research at the [University of Arizona Center for Integrative Medicine](#), founding director of the [UA Institute on Place and Wellbeing](#), and professor of medicine at the [UA College of Medicine – Tucson](#), has been named chair of the [National Library of Medicine's \(NLM\) Board of Regents](#).



Esther Sternberg, MD (Photo: Kris Hanning Photography)

An Institute of the National Institutes of Health (NIH), NLM is one of the world's largest biomedical libraries. NLM created and produces PubMed, PubMed Central, MedlinePlus and many critical and widely-used web-based information services for scientists and health-care professionals.

"NLM gives vetted, credible, evidence-based answers to health-related questions. How do we get that information out above all the noise? It is becoming even more important than ever to help everyone access credible health information in a direct way," said Dr. Sternberg, who has been engaged with the NLM for more than 20 years and has served on the Board since 2014.

Summing up her philosophy about NLM, Dr. Sternberg stated, "The Library's main mission is public health through public information."

Dr. Sternberg is renowned for her discoveries in brain-immune interactions, the effects of the brain's stress response on health and the role of place (environment) in wellbeing.

The NLM Board of Regents was established in 1956 to serve as the advisory body to the director of NLM, the director of NIH and the secretary of Health and Human Services on policies pertaining to the Library. For more information about NLM, visit <https://www.nlm.nih.gov/>.

To learn more about Dr. Sternberg's work, visit [her website](#).

About the University of Arizona Center for Integrative Medicine

The University of Arizona Center for Integrative Medicine (UACIM) is leading the transformation of health care by creating, educating and actively supporting a community that embodies the philosophy and practice of healing-oriented medicine. UACIM is internationally recognized for its evidence-based clinical practice, innovative educational programs and research that substantiates the field of integrative medicine and influences public policy. Since its creation in 1994, the Center's vision of making integrative care available to all is being realized worldwide: Center graduates now are guiding more than 1 million patients to take a greater role in their health and healing. To learn more about UACIM, please visit azcim.org or connect with us on [Facebook](#) or [Twitter](#).

About the University of Arizona Health Sciences

The University of Arizona Health Sciences is the statewide leader in biomedical research and health professions training. The UA Health Sciences includes the UA Colleges of Medicine (Phoenix and Tucson), Nursing, Pharmacy and Mel and Enid Zuckerman College of Public Health, with main campus locations in Tucson and the growing Phoenix Biomedical Campus in downtown Phoenix. From these vantage points, the UA Health Sciences reaches across the state of Arizona and the greater Southwest to provide cutting-edge health education, research, patient care and community outreach services. A major economic engine, the UA Health Sciences employs almost 5,000 people, has nearly 1,000 faculty members and garners more than \$126 million in research grants and contracts annually. For more information: uahs.arizona.edu (Follow us: [Facebook](#) | [Twitter](#) | [YouTube](#) | [LinkedIn](#))

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