

# DO

VS

# MD

## WHAT'S THE DIFFERENCE?

In the United States, there are two degrees that allow a physician to practice medicine: Doctor of Osteopathic Medicine (DO) or Doctor of Medicine (MD). Let's take a closer look at a few differences between the two:

### Medicinal Approach

DOs take a holistic approach towards practicing medicine and focus on health promotion and disease prevention.

MDs are allopathic physicians, meaning they focus more on diagnosing and treating disease.

### Education

DOs attend four years of medical school. They must pass state licensing exams, and DOs receive special training in the musculoskeletal system, which includes bones, muscles, tendons, ligaments, and soft tissues.

Like a DO, a MD must first obtain a bachelor's degree and pass the Medical College Admission Test (MCAT). An MD must obtain medical education through internships and residencies.

### By the Numbers

**11%**

of actively licensed physicians in the United States are DOs.

**89%**

of actively licensed physicians in the United States are MDs.

## WHICH PATH TO CHOOSE?

Keeping in mind that both a DO and an MD have similar requirements and are equally qualified to practice medicine, deciding between the two depends on which approach to care appeals to you more. Whichever one you choose, just remember that the main goal of each is to help your patients get the best care possible.

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