



The Center for Integrative Medicine

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Emphasizing wellness and healing through the integration of western and complementary medicine.

Integrative Medicine

Introduction to Alternative, Complementary, and Integrative Medicine

Historically, complementary and alternative medicine (CAM) refers to a broad range of medical and health care practices, beliefs, and products used for prevention and treatment of disease that are not presently considered to be part of conventional western medicine. Some familiar CAM therapies include: acupuncture, yoga, tai chi, massage therapy, mind/body therapies, herbal medicine, and many others. The popularity of CAM has prompted conventional medicine to explore the effectiveness of complementary therapies. According to a recent survey, the estimated total visits to CAM providers were nearly double that of visits to primary care physicians. Integrative Medicine represents a system of care that emphasizes the wellness and healing of the entire person as its primary goal, drawing on both conventional and CAM approaches in the context of a supportive patient-physician relationship.

The following terms and definitions refer to CAM therapies and show how the term Integrative Medicine came about:

Alternative Medicine

The word “alternative” suggests that people seek CAM treatments *instead of* conventional western care. Most people using CAM therapies also receive care from a physician, but often do so in a vacuum.

Complementary Medicine

This term shows that people usually use CAM treatments *in addition to* their conventional care. However, these CAM therapies are not typically coordinated with the conventional care provided by the patient’s physician(s).

Integrative Medicine

This is a comprehensive approach based on the belief that health is a state of complete physical, mental, and social well-being not just the absence of disease. Integrative Medicine is patient-centered, emphasizes the importance of the doctor-patient relationship while *blending CAM and conventional care to facilitate the patient’s healing process.*

How is Integrative Medicine Better?

Most Americans who consult CAM providers would jump at the chance to consult with a physician who has training in scientifically based medicine and is also open-minded and knowledgeable about CAM therapies. The Center for Integrative Medicine has such a physician, Lisa Corbin Winslow, MD, as its Medical Director. Dr. Winslow and the other practitioners at The Center for Integrative Medicine can help you find your way through the confusing maze of therapeutic options available today. The Center for Integrative Medicine offers the following benefits that you would not usually receive from seeing CAM providers in the community:

- ☒ **Safety:** By receiving your care in The Center for Integrative Medicine, you can be assured that treatments are safe and won’t interfere with conventional care.
- ☒ **Enhanced Communication:** Our integrative medicine practitioners will communicate with your conventional health care providers to make sure that everyone is working together for your benefit. Our practitioners can “speak the language” of conventional providers and translate between different philosophies and styles.
- ☒ **Better Care:** The care you receive in the Center is improved because it is overseen and coordinated by a physician. Additionally, The Center for Integrative Medicine is the only program in Colorado housed in a respected university environment. This allows you access to world-class physicians and highly qualified, credentialed CAM practitioners in one place.
- ☒ **Individualized Care:** The care you receive will be designed to meet your physical concerns, cultural and spiritual beliefs, and emotional and psychosocial needs.



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How Can I Find Out if Integrative Medicine Might Help Me?

You can make an appointment with our medical director, Dr. Lisa Winslow, to discuss your health issues and goals. Dr. Winslow will help you assess whether there are any CAM treatments you may wish to consider. If you have questions about a particular CAM treatment, our Wellness Concierge can send you more information on specific therapies or you may speak with one of our practitioners. **Please note that very specific questions about a treatment as it pertains to YOU personally are best answered in a face-to-face visit with a practitioner or with Dr. Winslow.** See below for a description of what a visit with Dr. Winslow is like. For more information on the credentials, schooling, and areas of special interest of our practitioners, please refer to our Professional Profiles.

What Happens During a Health and Wellness Visit?

Before your visit with Dr. Winslow, you will fill out a “Health and Wellness Assessment”. This form asks basic questions about your medical history, family and social history, medications, allergies, your spiritual beliefs, dietary issues, and your willingness to participate in improving your health. Dr. Winslow will review this form and medical records from your visits to other University of Colorado or community physicians before your visit. During your visit, Dr. Winslow will speak with you about your concerns and goals, perform a simple physical exam, and then discuss any additional CAM or conventional treatments you may want to consider. She can help you make appropriate appointments and will write a letter to your physician(s) discussing her recommendations and your choices.

A Health and Wellness Assessment would benefit anyone who:

- ☒ Wants to take charge of, maintain, or improve their overall health
- ☒ Wishes to make the most of the mind-body connection
- ☒ Wants to try or continue CAM treatments in a safe, coordinated environment
- ☒ Has a chronic disease and is wondering what other options are available to supplement conventional care



How Much Does a Health and Wellness Consultation Cost?

An initial comprehensive visit with Dr. Winslow will last 45-90 minutes. Return visits last 15-30 minutes. Dr. Winslow participates in most major health insurance plans and with the appropriate authorization from your health insurance company a visit with her may be covered. We will let you know the price range in advance if your visit is not covered. Please contact us so we can assist you in determining whether or not your visit will be covered.

How do I Schedule an Appointment?

To make an appointment, please call The Center for Integrative Medicine, University of Colorado Hospital, 720-848-1090, Monday – Friday, 8:30 a.m.-5:00 p.m.

By making this information available, neither the University of Colorado Hospital nor The Center for Integrative Medicine makes any recommendations, promises, or guarantees the effectiveness of integrative therapy. For most diseases, therapies received at The Center for Integrative Medicine will not be alternatives to conventional care. Our services will complement the conventional care you receive and are not intended to be a cure all. The Center for Integrative Medicine strives to help you attain a healthy balance between conventional and CAM therapies, by emphasizing the best and most helpful interventions from both practices. For any serious conditions, we recommend that you contact your physician before trying any new therapy.

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