

UNIVERSITY OF COLORADO HOSPITAL
THE CENTER FOR INTEGRATIVE MEDICINE

HEALTH & WELLNESS

Effective personal wellness and disease prevention require patients to proactively participate in their health care. Integrative medicine offers a variety of active treatment options and strategies to help patients maintain their health and prevent disease.

INSIDE:

Health, wellness, disease prevention and integrative medicine p.1

Considerations p.2

How integrative medicine can benefit your patients p.3

General information p.4

FOUR REASONS TO CONSIDER OVERALL WELLNESS AND DISEASE PREVENTION FOR YOUR PATIENTS:

1.

Medical practice is evolving from the model of simply finding and curing illness to a more holistic and proactive approach to prevention and care. In most cases, patients can benefit from more than just one treatment option; they require comprehensive therapy that works toward the health of the mind, body and spirit. At The Center for Integrative Medicine, treatment plans add emphasis on self-care strategies and complementary and alternative medicine (CAM) therapies to your conventional care plan. These plans are designed with your patients' physical, mental and spiritual health in mind, and empower them with ways to take control of their health and optimize their wellness.

2.

Patients should begin planning for their long-term health at a young age. A healthy lifestyle based on medical history, family history, current health risks and personal goals can help prevent disease. Wellness and prevention, however, are often not addressed until after a major health event such as a heart attack or the diagnosis of cancer. The Center for Integrative Medicine's physicians will emphasize your message about healthy lifestyle choices and stress management through the development of individualized treatment plans for your healthy patients, as well as those with established conditions.

3.

Certain types of behavior may cause or prolong chronic conditions. Putting an end to these behaviors can benefit patients both physically and financially. By encouraging patients to change harmful behavior and providing them with the support to do so, The Center for Integrative Medicine is able to reduce the effect of chronic illness on a patient's life and wallet.

4.

Chronic stress can contribute to physical ailments later in life. By proactively addressing stress management through mind/body therapies and other specific techniques, patients may delay or prevent chronic illness.

HOW INTEGRATIVE MEDICINE CAN BENEFIT YOUR PATIENTS:

TYPICAL TREATMENT PLAN

HEALTH AND WELLNESS VISIT

HEALTH RISK ASSESSMENT

WELLNESS PLAN

CAM AND SELF-CARE TREATMENT PLANS

SUPPORT FOR BEHAVIOR CHANGE

LETTER TO PHYSICIANS

CAM THERAPIES* AND SELF-CARE STRATEGIES USED TO PREVENT ILLNESS AND PROMOTE WELLNESS

SELF-CARE STRATEGIES

Healthy sleep patterns, daily exercise and good nutrition are extremely important in maintaining health and preventing disease. Good sleep is optimized through a review of sleep hygiene and medication or by a referral to a sleep specialist. Each patient at The Center for Integrative Medicine is offered a personalized exercise plan to encourage aerobic activity. Patients are encouraged to work with a registered dietitian to discuss healthy nutrition or with a licensed clinical psychologist to learn behavior change strategies.

COMPLEMENTARY AND ALTERNATIVE MEDICINE (CAM) THERAPIES

Therapies such as acupuncture, Traditional Chinese Medicine and massage can be effective ways to promote energy, aid in stress reduction and improve overall health. The Center for Integrative Medicine's credentialed practitioners will work with your patient to determine which therapies he or she may want to explore.

SUPPLEMENTS AND HERBS

Certain vitamins, herbs or supplements may be used to promote health, and prevent and treat illness. The Center for Integrative Medicine's recommendations on the use of such products are conservative and evidence based. They also often result in a reduction in the number of supplements your patient is taking. If your patients have questions or are considering the use of herbs or supplements, they are encouraged to meet with one of The Center for Integrative Medicine's pharmacists.



fig. 1 - A registered dietitian at The Center for Integrative Medicine can help your patients develop the healthy eating habits necessary to maintain their health and prevent disease.

*Complementary and alternative medicine (CAM) therapies are alternative medicine treatments such as acupuncture or chiropractic that are used to complement traditional conventional care provided by physicians.

SCHEDULE AN APPOINTMENT

Your patients can schedule appointments at The Center for Integrative Medicine by calling 720.848.1090. Appointments can be made Monday through Friday, 8:30 am - 5:00 pm, with limited evening availability. If you would like to provide us with information prior to a patient's visit (encouraged), please fax a consult and/or relevant records to 720.848.1277.

CONTACT INFORMATION

THE CENTER FOR INTEGRATIVE MEDICINE
UNIVERSITY OF COLORADO HOSPITAL
ANSCHUTZ MEDICAL CAMPUS
ANSCHUTZ OUTPATIENT PAVILION

1635 Aurora Court, MS F743
Fifth Floor, Suite 5501
Aurora, Colorado 80045
P: 720.848.1090 | **F:** 720.848.1277
www.uch.edu/integrativemed

By making this information available, the University of Colorado Hospital and The Center for Integrative Medicine do not promise or guarantee the effectiveness of integrative therapy.



University
of Colorado
Hospital

ANSCHUTZ MEDICAL
CAMPUS