Colorado’s premier, comprehensive and coordinated approach to optimizing your personal wellness.

**OUR SERVICES:**
- Acupuncture and TCM
- Chiropractic
- Health and Wellness Visit
- Herb and Supplement Consult
- Massage Therapy
- Mind/Body Therapy
- Nutritional Counseling
- Spiritual Counseling
- Yoga and Tai Chi
INTEGRATIVE MEDICINE: THE BEST ELEMENTS OF HEALTH CARE, TOGETHER

INTEGRATIVE MEDICINE is the combination and coordination of CONVENTIONAL, ALTERNATIVE and COMPLEMENTARY medicine. Integrative medicine treats the entire person and defines health as a state of complete physical, mental and social well-being. By blending the best elements of complementary and alternative medicine (CAM) therapies and lifestyle approaches with conventional Western care, The Center for Integrative Medicine provides a safe and holistic approach to health care. We treat patients with serious diseases to optimize wellness, as well as healthy patients who want to prevent disease and maintain wellness.

CONVENTIONAL WESTERN MEDICINE focuses on specific diseases or conditions and works to find methods, many times pharmaceutical or surgical, to treat them. Typically, doctors who practice conventional medicine place the majority of their focus on the patient’s physical health.
**AN OPTIMIZED APPROACH TO PERSONAL WELLNESS**

The wellness and healing of the whole person—mind, body and spirit—is at the core of the vision and philosophy of The Center for Integrative Medicine at University of Colorado Hospital. It is our desire to draw on complementary and alternative medicine, as well as conventional Western care, in order to offer a holistic, comprehensive and individualized approach to personal wellness.

Our goal is to dissuade patients from potentially harmful treatment and to provide truly safe and effective CAM therapy. To best promote healing and to actively engage patients in their own health care, we also encourage lifestyle approaches and self-care regimens.

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**WHAT MAKES US UNIQUE?**

The Center for Integrative Medicine is the first of its kind in the region. Housed within the world-class University of Colorado Hospital, we go beyond offering stand-alone complementary and alternative medicine services. We emphasize the importance of finding the correct balance of CAM therapies, lifestyle changes and conventional treatments for each of our patients. Our board certified physicians and their colleagues develop and supervise treatment plans in coordination with the patient’s current conventional care. Our professional practitioners work in concert with one another, and in full communication with the patient’s primary health care physician, in order to provide the safest and most effective health care possible.

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**ALTERNATIVE MEDICINE** refers to the practice of seeking and using therapies not historically found in U.S. hospitals or taught in U.S. medical schools, such as acupuncture, massage, mind/body therapy, yoga and herbal supplements. The term “alternative medicine” implies that these therapies are used **IN PLACE OF** conventional Western care.

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**COMPLEMENTARY MEDICINE** is the practice of using alternative medicine therapies **IN ADDITION TO** or **TO COMPLEMENT** traditional conventional care. This type of therapy is the basis of the acronym CAM (complementary and alternative medicine).
When in good health, it’s important to be proactive in keeping it that way. People often forget about their health when it’s not an issue, but the best way to avoid disease is to prevent it before it happens.

When Kris came to The Center for Integrative Medicine she had questions about how she could maintain her health. She wondered if she should try herbs or vitamins and was concerned with cancer prevention. After her Health and Wellness Visit, Kris met with a pharmacist who offered her guidance regarding herbs and supplements that may provide benefits to her health. She also started a new aerobic exercise routine, began yoga classes and made healthy changes in her diet to work against her family history of cancer.

Now, she is taking a proactive approach to her health and has a goal to run the Bolder Boulder 10k road race.
CHRONIC PAIN/ FIBROMYALGIA

SAMPLE TREATMENT PLAN:
SLEEP MODIFICATION
EXERCISE
BEHAVIORAL THERAPY
NEW MEDICATION
ACUPUNCTURE

Chronic pain is often hard to diagnose and treat with conventional medicine. Patients can feel helpless and have difficulty performing daily tasks.

Since beginning treatment at The Center for Integrative Medicine, Jody’s chronic pain has decreased in intensity. She now feels more in control of her pain; the pain she once described as a 7 out of 10, she now ranks as only a 2 out of 10. She has even started to bring her 82-year-old grandmother to The Center for Integrative Medicine for treatment.

BREAST CANCER

SAMPLE TREATMENT PLAN: SOPHIA CONTINUING CONVENTIONAL CARE (CHEMOTHERAPY)
EXERCISE
MIND/BODY THERAPY
ACUPUNCTURE
SPECIALIZED MASSAGE
HERB AND SUPPLEMENT CONSULT

MARTIN
ACUPUNCTURE
MASSAGE TECHNIQUES
SLEEP MODIFICATION

Both
COUPLES COUNSELING

In addition to the effects on patients’ mental and physical health, a cancer diagnosis can even affect the health of patients’ loved ones.

With her treatment plan, Sophia Herring experienced increased energy and relief from chemotherapy-related nausea. She also experienced less anxiety and stress. Her husband, Martin, who suffered from stress-related headaches and loss of sleep, also felt relief from his symptoms. Now, both Sophia and Martin have a renewed energy and a positive outlook on life.
WHAT IS A HEALTH AND WELLNESS VISIT?
A Health and Wellness Visit is your introduction to The Center for Integrative Medicine. A physician will discuss your questions, concerns and goals as they relate to your personal wellness and guide you through our services and self-care strategies to help you meet your health care goals. Anyone can benefit from an appointment, as our CAM therapies and lifestyle approaches can be adopted to fit a wide variety of needs. If you have an interest in maintaining or improving your health, managing a chronic illness, continuing CAM treatment in a safe, coordinated environment or addressing questions regarding conflicting information you’ve received about alternative medicine, please call to set up a visit today. You will be asked to complete a Health and Wellness Assessment before your visit, which your physician will review along with your previous medical records.

PROMOTING SELF-CARE
To coincide with treatment, we encourage a routine of self-care for all of our patients. It is important for patients to make lifestyle changes (exercise, nutrition, sleep, etc.) to assist in their recovery and to maintain good health. Proactive self-care will give you greater control over your health and will allow you to be less reliant on medication or other therapies we provide.

A COMPLEMENT TO YOUR PRIMARY PHYSICIAN
Treatment offered at The Center for Integrative Medicine should be thought of as a complement to the conventional care provided by your primary care physician. While our therapies are unique and can have exciting results, they are optimally used alongside conventional care. Our practitioners work at their highest level when they are able to communicate openly and freely with your physician. After your Health and Wellness Visit, your physician at The Center for Integrative Medicine will write a letter to your primary care physician, and any other treating physicians, to discuss his/her recommendations and any decisions you have reached.
SCHEDULE YOUR APPOINTMENT
To schedule an appointment, please call The Center for Integrative Medicine at 720.848.1090. Appointments can be made Monday through Friday, 8:30 am - 5:00 pm, with limited evening spaces also available.

INSURANCE AND PAYMENT
Some of our services, including our Health and Wellness Visit, are covered by major health insurance plans with the appropriate authorization from your provider. In those instances when services are covered, and University of Colorado Hospital is a contracted provider, we will work with you to obtain necessary authorization from your insurance company. If your insurance will not cover your visit, we will let you know of any charges in advance. We also accept cash, check, Discover, MasterCard or Visa as methods of payments. Payment is due at the time of service.

CANCELLATION POLICY
The staff at The Center for Integrative Medicine strives to provide patients with exceptional service. In order to do so, we request a 24-hour cancellation notice when you are unable to keep a scheduled appointment.

AFTER HOURS QUESTIONS
If you have an emergency situation, please call 911 or go to your local emergency department. If you need immediate attention or have an urgent medical question outside of our regular hours, please contact your primary care physician. If you have general questions about the care or services you’ve received at The Center for Integrative Medicine, and it is after hours, please call 720.848.1090 and leave a message. We will typically be able to return your call the next business day.

MAP
The Center for Integrative Medicine is located on the 5th floor of the Anschutz Outpatient Pavilion.