

UCHealth

Integrative Medicine Center

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



Our Services:

- Acupuncture and TCM (Traditional Chinese Medicine)
- Health and wellness visits
- Nutritional counseling
- Herbs and supplements consultations
- Massage therapy
- Chiropractic
- Mind/body therapy
- Yoga and Tai Chi

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Integrative Medicine is the combination and coordination of conventional and complementary medicine. The focus is on treating the entire person and defines health as a state of complete physical, mental and social well-being. By blending the best elements of complementary medicine and lifestyle approaches with conventional Western care, the Integrative Medicine Center 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.

Schedule your appointment.

To schedule an appointment, please call the Integrative Medicine Center at 720.553.2750. Appointments can be made Monday through Friday, 8:30 a.m.-4:30 p.m., with limited evening appointments available.

Insurance and payment.

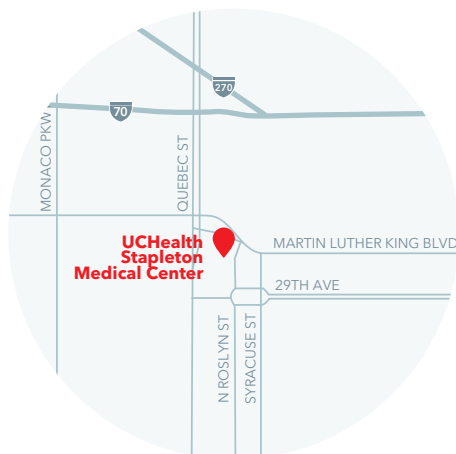
Some of our services, including our health and wellness visits, are covered by major health insurance plans with the appropriate authorization from your provider. In those instances when services are covered, and University of Colorado Health is a contracted provider, we will work with you to obtain necessary authorization from your insurance company. If your insurance will not cover your visit, we will let you know about any charges in advance.

Cancellation policy.

The staff at the Integrative Medicine Center strives to provide patients with exceptional service. To do that, 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 regular hours, please contact your primary care physician. If you have general questions about the care or services you've received at the Integrative Medicine Center and it is after hours, please call 720.553.2750 and leave a message. We will typically return your call the next business day.



The Integrative Medicine Center is located in Stapleton at the UHealth Stapleton Medical Center.

A health program created for you.

What is a health and wellness visit?

A health and wellness visit is your introduction to the Integrative Medicine Center. 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; our 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 or managing a chronic illness in a safe, coordinated environment or if you have questions regarding conflicting information you've received about complementary medicine, please call to set up a health and wellness visit today.



Promoting self-care.

To coincide with treatment, we encourage 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.

A complement to your primary physician.

Treatment offered at the Integrative Medicine Center 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 best 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, a note is sent to your primary care physician.

Complementary medicine is the practice of using integrative therapies to complement conventional care.

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 Integrative Medicine Center at UCHHealth. It is our desire to draw on complementary medicine, as well as conventional Western care, to offer a holistic, comprehensive and individualized approach to personal wellness. Our goal is to dissuade patients from potentially harmful treatments and to provide truly safe and effective therapies. To best promote healing and to actively engage patients in their own health care, we encourage lifestyle approaches and self-care regimens.

What makes us unique?

The Integrative Medicine Center is the first of its kind in the region. Housed within the UCHHealth Stapleton Medical Center, we go beyond offering stand-alone complementary medicine services. We emphasize the importance of finding the correct balance of 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, to provide the safest and most effective health care possible.

Integrative medicine can help nearly everyone. No two people are treated exactly alike, but these example cases and programs will give you an idea of the range of people and conditions that benefit through the comprehensive treatments offered at the Integrative Medicine Center (please note that the names have been changed).

Sample of conditions treated by integrative medicine:

- Anxiety and depression
- Arthritis
- Back and neck pain
- Cancer
- Cholesterol
- Chronic fatigue syndrome
- Chronic pain and fibromyalgia
- Headache/migraine
- High blood pressure
- Irritable bowel syndrome
- Pregnancy
- Sleep disorders/insomnia
- Smoking cessation
- Weight management

Kris Larkin

Overall wellness.

Sample treatment plan:

- Health and wellness visit
- Exercise
- Herb and supplement consult
- Massage
- Nutritional counseling
- Yoga

When you're 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 Integrative Medicine Center, she had questions about how she could maintain her

health. She wondered if she should try herbs or vitamins. After her health and wellness visit, Kris met with a pharmacist who offered her guidance regarding herbs and supplements that might provide health benefits. 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.

Jody Braunn

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 Integrative Medicine Center, 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 Integrative Medicine Center for treatments.

Sophia and Martin Herring

Breast Cancer.

Sample Treatment Plan: Sophia

- Continuing conventional care (Chemotherapy)
- Exercise
- Mind/body therapy
- Acupuncture
- Specialized massage
- Herb and supplement consult

Sample Treatment Plan: Martin

- Acupuncture
- Massage techniques
- Sleep modification

Sample Treatment Plan: Both

- Couples counseling

In addition to the effects on patients' mental and physical health, a cancer diagnosis can also 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 sleep loss, also felt relief from his symptoms. Now, both Sophia and Martin have a renewed energy and a positive outlook on life.

UCHealth Integrative Medicine Center

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By making this information available, UCHealth and the Integrative Medicine Center do not promise or guarantee the effectiveness of this integrative therapy. For any serious conditions, we recommend that you contact your physician before trying any new therapy.

Learn more at uhealth.org