

How Integrative Medicine Can Help you Heal

What is Integrative Medicine?

Integrative Medicine (or alternative medicine) is healing-oriented and considers the whole person – body, mind and spirit – including all aspects of lifestyle. It emphasizes the therapeutic relationship and makes use of both conventional and alternative therapies. We are a team of board-certified physicians and alternative practitioners committed to improving your health. Our physicians have formal education in integrative medicine as well as many years of experience in conventional medicine. Our alternative practitioners have the highest certifications in their field and are experienced in caring for people who have a wide range of medical conditions and diagnoses. Members of this multidisciplinary team collaborate regularly to monitor patients' progress and develop patients' individualized care plans.

How does Integrative Medicine fit into my prostate cancer treatment plan?

Patients are seeking ways to expand their conventional prostate cancer care during and after treatment. As the interest in complementary and alternative medicine has grown, so has the research into the experience with these therapies. Our experience shows that combining sound alternative therapies with conventional cancer care may help patients significantly improve important factors for good quality of life – anxiety reduction, energy, strength, appetite, digestive functioning, well-being and restful sleep.

What services are provided?

We approach wellness and illness by using a broad range of integrative therapies, including:

- Integrative Medicine physician consultations;
- Oriental Medicine and acupuncture;
- Integrative counseling and stress relief strategies;
- Integrative bodywork through various forms of massage and energy work;
- Nutrition counseling;
- Herbal medicine counseling;
- Therapeutic yoga and meditation, and;
- Spirituality counseling.

What is acupuncture?

Acupuncture restores the balance of the body's functions and promotes healing by stimulating the patient's Qi (pronounced "chi"). Very fine needles are inserted into the body at specific points along Qi pathways (also called meridians) to influence energy flow along the body's meridians. Practitioners believe a blockage of the flow of Qi at any point on a pathway may result in illness, and that acupuncture can restore the flow of Qi to improve health.

New research uncovers the physiologic effects of acupuncture, such as its ability to reduce pain by stimulating endorphin production (natural pain killers), regulate hormones via the neuro-endocrine system, boost immune cell production, and induce relaxation by reducing sympathetic nerve activity.

Can I take herbs, vitamins and supplements during cancer treatments

This depends on your treatment stage and what supplements you are considering taking. Our Integrative Medicine physicians will help you sort through the latest research and safety profiles, recommend supplements that make the most sense in your treatment and discuss side effects or interactions with your current medications.

Does insurance cover your services?

Insurance companies may not cover alternative treatments, even if prescribed by a physician. Therefore, you will be responsible for payment at the time of care. Insurance plans vary, so we recommend our patients check with their insurance companies regarding coverage and flexible spending account options. Increasingly, our patients are receiving partial to full reimbursement for services, depending on their individual insurance plans. Medicare and Medicaid do not cover alternative therapies such as acupuncture, massage, counseling, or nutrition consultation.

Integrative Medicine Physician consultations **are** covered for patients with Medicare.

How much do the services cost?

While our fees vary and are subject to change, the charge for a first time Integrative Medicine physician appointment is approximately \$371. Follow up visits, depending upon the length and complexity of the visit, average from \$126 - \$262. Please call the patient clinic at the Park Center at (847) 657- 3540 for acupuncture, bodywork, nutrition counseling and other fees.

How can I learn more and Integrative Medicine or make an appointment?

Talk with your oncologist about including Integrative Medicine in your care plan. For a detailed listing of the services offered by our Integrative Medicine Program, visit our website at www.northshore.org/clinicalservices/integrative.

Clinic Location:

Park Center
2400 Chestnut
Glenview, IL 60026
Appointments and inquiries: (847) 657-3540