

Integrative medicine uses a humanistic approach, caring for the “whole person.”

We combine conventional Western medicine with safe, evidence-based complementary or alternative medicine approaches, for a holistic approach to care, treatment and healing. Our definition of healing is expanded to include your mental, emotional and spiritual aspects, to improve your quality of life and achieve successful outcomes.

Increasingly, patients are seeking ways to expand their conventional cancer treatment—both during treatment and after treatment has been completed. Alternative therapies can relieve some of your anxiety and help you continue to feel empowered. Integrative medicine combined with conventional cancer therapy may be effective for you to significantly improve important factors for good quality of life—energy, strength, appetite, digestive functioning, wellbeing and restful sleep.

NorthShore’s Integrative Medicine Program is one of the largest and most successful programs of its kind in the region. The team of board-certified physicians and alternative practitioners are committed to improving your health through a broader approach to health and illness by embracing an expanded range of therapies including:

- Integrative medicine physician consultations.
- Traditional Asian medicine and acupuncture.
- Integrative counseling and stress relief strategies.
- Integrative bodywork, including various forms of massage.

A truly unique aspect of our program is our team approach. This multidisciplinary team, which includes physicians and practitioners, meets regularly to review your care. In so doing, we focus our collective knowledge and experience to formulate an individualized treatment plan for you. We also work in collaboration with your oncologist and other members of your medical team. The Epic electronic health record system facilitates a seamless flow of information between the integrative medicine team and your physicians. This broader, multidisciplinary foundation of knowledge is a benefit for every patient we see.

For More Information

For integrative medicine physician and practitioner appointments, call **(847) 657-3540**. For more information, visit **northshore.org/integrative**.