

## ***Integrative Medicine Consults in the Family Medicine Clinic***

### ***What is an Integrative Medicine Consult?***

Integrative Medicine is healing-oriented medicine that takes account of the whole person, including all aspects of lifestyle.

Examples of Integrative Medicine include yoga, massage, acupuncture, herbal therapy, dietary supplements, meditation, hypnosis, tai chi, and reiki.

#### ***Integrative Medicine Consults can be beneficial for:***

- Patients interested in disease prevention or wellness
- Patients with conditions like chronic pain, cancer, fatigue, certain GI disorders, or other chronic illness

#### ***During the consult the physician will:***

- Take time to discuss your current health and understand any past medical issues
- Develop a plan with you that incorporates both integrative therapies and conventional medicine
- Recommend you for a follow up appointment or refer you to integrative medicine services (massage, yoga, acupuncture, etc.) as needed

Consults are 40 minutes long and take place in the Family Medicine Clinic on the 3<sup>rd</sup> floor of the Yawkey building.

### ***Integrative Medicine Consult Policies***

- **You must confirm your appointment date and time.**
  - You can do this when you receive your appointment reminder call
  - OR, you can **617-414-6795** and confirm
- All cancellations must occur at least 48 hours before your scheduled appointment.
- To access our Integrative Medicine programs like massage and acupuncture, you first need to be seen by an Integrative Medicine physician.

**Still have questions?? Call 617-414-6795**