

“It is more important to know what sort of person has a disease than to know what sort of disease the person has” --

Hippocrates

Integrative Holistic Medicine is founded on two basic principles:

- **Holism:** Every person is an individual and cannot be placed into the “box” of a disease. And every person should live life to the fullest regardless of any illness process. All aspects of that person should be taken into account in promoting health, including genetics, environment and their complex interactions.
- **Integration:** There are a variety of healing practices in addition to traditional western medicine. The best of these practices should be employed, when appropriate, to promote health and healing.



For an appointment call:

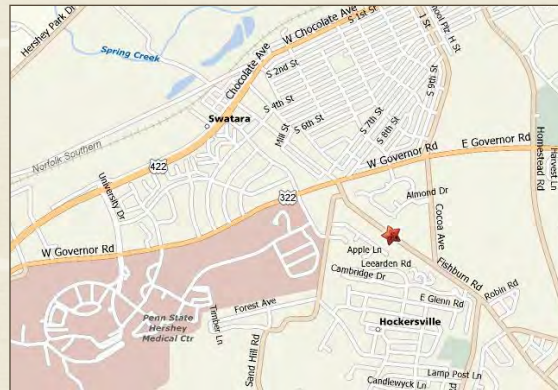
717-531-0003

Extension 283376 (Angie Phillips)

Currently hours are on most  
Wednesdays

Directions :

- From the Medical Center, turn right on Governor Road (Rt. 322)
- Turn right at the second light onto Fishburn Road (Rt. 743)
- Turn left into the practice site at 845 Fishburn Road



THE M.S. HERSHEY MEDICAL CENTER  
FAMILY AND COMMUNITY MEDICINE  
AT FISHBURN ROAD

845 Fishburn Road, Hershey, PA 17033

T: (717) 531-8181 F: (717) 531-3509

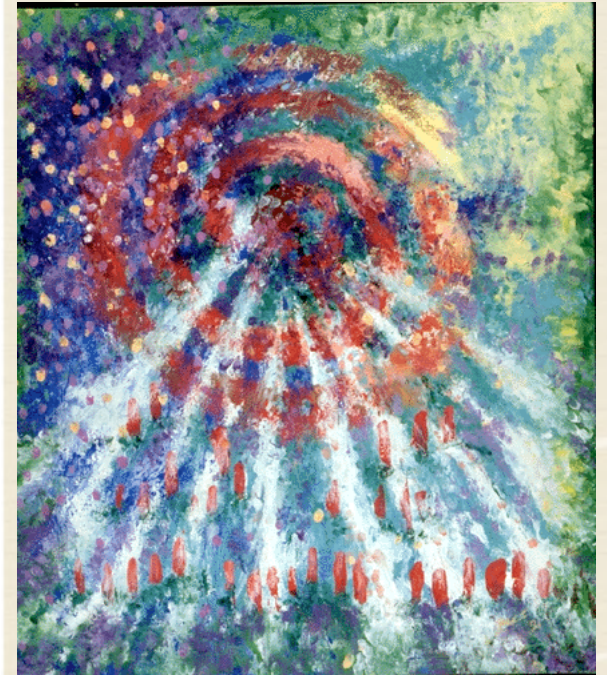
W: <http://www.hmc.psu.edu/upg/dauphin/fishburn.htm>

PENNSTATE HERSHEY



INTEGRATIVE  
HOLISTIC  
MEDICINE

AT HERSHEY



WELCOME

# ARE YOU CONSIDERING INTEGRATIVE HOLISTIC MEDICINE?

A consultation with an Integrative Holistic Physician is not intended to substitute for your relationship with your providers of healthcare but to supplement it. We encourage you to continue your relationship with your doctor or specialist. But here are some examples where a holistic point of view and integrative interventions might be of help to you:

## WHEN YOU AND YOUR HEALTHCARE PROVIDER WANT INPUT:

Modern medicine does wonders, particularly when it come to acute illness. But there can be times when your health concerns are puzzling. Or perhaps you are feeling there is more to your health picture. Your physician is a busy person who may not always have time to address your issues holistically. Or maybe another “set of eyes” might be helpful to your doctor. Perhaps you are interested in other ways to handle your health issues and need some help with suggestions on other modalities such as herbals, nutrition products, or lifestyle changes. Much of health is learning self-care and partnering with your doctor. We can help you.

## WHEN YOU ARE DEALING WITH A HEALTH ISSUE:

Complex health issues, particularly chronic ones, are the number one concern for many people. Sometimes it seems like our current healthcare system approaches problems in a fragmented fashion and not holistically. Some examples include:

- **Cancer Care:** It is important to take in as much advice as possible during cancer care, come up with a plan, and follow through. This includes continuing your therapy as has been recommended by your doctor. But sometimes you need more information on what to expect with your treatments, how to minimize side effects, how to use interventions to enhance your life and avoid products or behaviors that may interfere with your treatment or cause unexpected side effects. And what about life after treatment?
- **Cardiac Issues:** You want to maximize your quality of life while dealing with heart issues. This will include a look at your lifestyle and your expectations plus looking at ways to maximize your heart health and minimize treatment side effects.
- **Pain:** In addition to standard drug therapy for pain, there are a host of other ways to help you deal with chronic pain issues.

## WHEN YOU WANT SOME CONTROL OVER YOUR HEALTH:

Do you want to examine personal issues affecting your health and wellbeing that are not part of the usual “stop smoking, lose weight, and exercise” wellness programs? What are your genetic and environmental risks to health? Are your children at risk for health issues? Which supplements really work and what should be avoided? We can help by providing a thorough evaluation of these factors. The goal is to prevent or minimize health issues before they happen.



## What to expect from your visit

### **Integrative holistic evaluations are unique.**

Integrative Holistic Practitioners will spend time listening to your story and understanding the complexities of you, as a whole person.

Visits are often longer than you would expect from a doctor and usually last an hour or more. After listening and doing an examination, we will spend detailed time explaining our take on your health and possible interventions or plans. Often there are aspects of the visit that will be covered by your insurance, depending on your policy. Sometimes portions of your visit, specialized laboratory testing (when needed) and suggested therapies will not be covered by your insurance. We will go over these costs with you. You may be asked to pay for some services at the time of your visit. It may be considerably less expensive for you to pay a lab fee directly by check or credit card.

You will find that integrative holistic medicine is not always medication or supplement oriented. But when prescribed, most holistic medications and supplements are not covered by insurance. We will help you find the most reliable products at the best price.