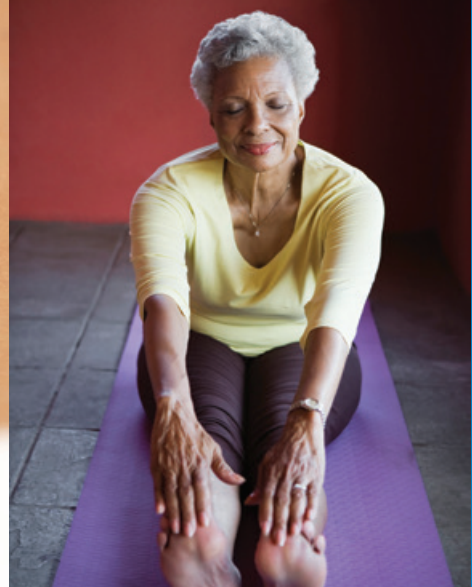




Integrative Medicine

Optimizing the foundations of health
for a resilient body, mind and spirit



Individualized *Approaches*

to lifestyle, diet, exercise, and mind-body medicine are integrated with traditional care to promote optimal health and healing. The unique makeup of each patient and their environment contribute to personalized recommendations for best health.

SERVICES OFFERED

- Acupuncture
- 90-minute initial integrative medicine consultations
- Functional medicine
- Nutritional counseling
- Targeted nutritional supplements
- Relaxation techniques
- Specialty lab testing
- Bio-impedance testing
- Guided imagery



Carolyn M. Matthews, MD

Medical Director, Integrative Medicine Program

Board certified in gynecologic oncology, integrative and holistic medicine, hospice and palliative care, as well as medical acupuncture, Dr. Matthews has been on the medical staff at Baylor University Medical Center since completing her fellowship training in gynecologic oncology in 1991. She completed her fellowship in integrative medicine at the University of Arizona in 2008. Dr. Matthews is passionate about the immediate and powerful role that diet and everyday lifestyle choices have on health and well-being.



Claudia Harsh, MD

Board certified in obstetrics, gynecology, integrative and holistic medicine, and licensed as a medical acupuncturist, Dr. Harsh completed a fellowship in integrative medicine at the University of Arizona and is an integral member of the medical staff at Baylor University Medical Center at Dallas. Dr. Harsh is also a published author who focuses her teachings on balanced lifestyles, wellness and optimal health through transformational medicine.

Appointments

To make an appointment:

1. Please call 214.820.2988 with your interest. New patient paperwork will be mailed or e-mailed to you. Any outside records or labs that you would like reviewed as part of your consultation should be included with your returned paperwork, so that a review can be completed before your appointment, maximizing your time at the appointment.
2. Bring a complete listing of your medications, including name and dosage of each, and all the supplements you take including the containers with you to your integrative medicine consultation.
3. Initial consultations are scheduled for one hour and thirty minutes, and typically involve a detailed discussion of your current health, your goals, your health history, family history, etc. The fee for the initial consultation includes time spent reviewing your records, phone consultations with your primary or treating physicians, and phone consultations with the pharmacists.
4. Follow-up visits are generally scheduled for thirty minutes two to four weeks later. Subsequent visits may be scheduled to evaluate progress and make adjustments in your program.
5. Patients will need to maintain a relationship with their own primary care provider; emergency care coverage is not provided by the integrative medicine program.
6. All patients will be given personalized recommendations for nutritional and lifestyle strategies as part of their consultation.

To make an appointment for acupuncture:

1. Please call 214.820.2988.
2. Please allow 45 minutes for the initial consult and treatment, and 30 minutes for follow-up treatments.

We are not accepting pregnant patients or patients on chronic anticoagulants, such as Coumadin or Lovenox.

Will Insurance Cover My Visit?

The vast majority of insurance companies do not cover the costs of providing acupuncture or integrative medicine care. Because of its focus on individualized, complex evaluations and lifestyle recommendations, an integrative evaluation and consultation is more time intensive than the typical physician visit. For information about fees, please call 214.820.2988. Our goal is to provide you with exceptional service and optimal health.



 **BAYLOR**
Charles A. Sammons
Cancer Center at Dallas
Integrative Medicine Program

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