



TANYA I. EDWARDS, MD, CENTER FOR INTEGRATIVE MEDICINE



Integrative Medicine Consult

Integrative medicine complements conventional care, and scientific studies prove that it works. It supports the body's natural ability to heal itself and uses natural, less invasive treatments whenever possible.

Integrative medicine takes into consideration all factors that influence health, wellness and disease — not just body, but also mind, spirit and community. It focuses on treatment and prevention of chronic illness through nutrition, exercise, stress management, supplements and herbal medicines. Integrative medicine treatments promote a state of relaxation that leads to better health.

At the Tanya I. Edwards, MD, Center for Integrative Medicine, we believe you can achieve optimal health when you engage in your own healing. We empower you to make lifestyle changes. Incorporating any of our services into your healthcare will help you regain your health and well-being.

What can I expect at an integrative medicine consult?

A consult is an hour-long appointment. The Integrative Medicine physician will meet with you, take a detailed

personal and family history, and go over your medications, supplements, diet and lifestyle habits. We will address your concerns, evaluate your symptoms and order any necessary tests. Our goal is to determine the root cause of your condition. We will create an individualized integrative medicine treatment plan for you and schedule routine follow-up visits to track your progress.

What treatments are offered?

Your personalized treatment plan will be based on your detailed history and symptoms. Your integrative medicine physician may recommend nutrition therapy, dietary supplements and/or herbal medicine. These may complement or sometimes replace conventional treatments such as medications or surgery.

You may also be referred to other Wellness Institute experts for:

- Acupuncture
- Chiropractic care
- Massage therapy
- Chinese herbal consults
- Reiki
- Hypnotherapy
- Holistic psychotherapy

Why should I consider a consult?

You may benefit from an integrative medicine consult if you want to take a more holistic or integrative approach to your health. All the physicians in our center have had education and training in conventional medicine. They have also had extensive training in integrative medicine.

This means they can offer new therapies for chronic illnesses or troubling symptoms such as fatigue, insomnia, nausea, pain, anxiety and stress. By addressing these key components of health and focusing on prevention, they can help you enjoy a better quality of life.

An integrative medicine consult may also be worthwhile if you cannot tolerate the medicines your doctor has prescribed for you. We can often provide alternative treatment options.

If I like my care, will I still see my regular doctor?

Integrative medicine physicians will not replace your primary care provider or specialist. Our goal is to work together with all members of your healthcare team. Our expertise lies in managing chronic diseases rather than treating acute medical problems. For acute care and medical emergencies, you will need to seek help from your primary care physician.

What problems can integrative medicine treat?

Many diseases and conditions respond to integrative medicine therapies, including:

- Arthritis
- Asthma
- Back pain
- Cancer
- Chronic fatigue
- Diabetes

- Fibromyalgia
- Headache/migraine
- Heart disease
- Hypertension (high blood pressure)
- Irritable bowel syndrome
- Menopause
- Multiple sclerosis
- Obesity
- Post-traumatic stress disorder
- Psoriasis
- Stress
- Shingles

Are integrative medicine visits covered by insurance?

Yes, integrative medicine visits are covered by insurance. Please check with your provider if you have questions.



Contact the Tanya I. Edwards, MD, Center for Integrative Medicine for an integrative medicine consult

To schedule an integrative medicine consult or an appointment for another form of integrative medicine, please call [216.448.HEAL \(4325\)](tel:216.448.HEAL).

For more information on Center for Integrative Medicine services, please visit clevelandclinic.org/integrativemedicine.