How Is Integrative Different from Conventional Medicine?

Conventional medicine can treat many diseases, but often neglects key components of good health. Modern medicine does little to relieve anxiety, stress, pain, nausea, insomnia and fatigue – or to guide you in making dietary and lifestyle changes that can relieve or even reverse the effects of chronic diseases.

Integrative Medicine addresses these important aspects of health and focuses on prevention to help you enjoy a better quality of life. By identifying risk factors before disease appears and providing tools that allow you to manage your own health, Integrative Medicine can help:

• Prevent or reverse health problems
• Improve arthritis
• Treat digestive disorders
• Manage chronic pain
• Support lifestyle changes
• Reduce high blood pressure
• Support weight loss

We understand that healing involves not just physical recovery, but also a return to mental, emotional and spiritual well-being. To ensure integrated recovery, we incorporate all forms of healthcare into the patient experience so that we are treating the whole person, and not just the condition.

Locations

Cleveland Clinic Lyndhurst Campus
1950 Richmond Road  |  Lyndhurst, Ohio 44124

In addition to our Lyndhurst Campus, the Center for Integrative Medicine offers an array of services at multiple locations throughout Northeast Ohio. For a complete list of our locations, please visit clevelandclinic.org/integrativemedicine.

For more information or to schedule an appointment, call 216.986.HEAL [4325].

About Cleveland Clinic’s Center for Integrative Medicine

Our Center for Integrative Medicine is part of the Cleveland Clinic Wellness Institute. The Wellness Institute is dedicated to making preventive care the driving force in medicine, and to minimizing the physical, emotional and economic impact of illness on our society. The Center for Integrative Medicine supports this mission by combining the best of modern medicine with evidence-based complementary approaches to prevention and healing.

The Wellness Institute is committed to health and wellness education, and our Center for Integrative Medicine serves as an educational resource for physicians and patients.
Integrative Medicine: Proven Benefits

Increasingly, research shows that how we live, what we think and how we feel affect our health. For example, hostility, depression and loneliness contribute to heart disease. Stress can exacerbate infections, fibromyalgia and asthma. High-fat diets can lead to coronary disease and cancer. Obesity is a major factor in the development of type 2 diabetes, hypertension and cancer.

While conventional medicine can help diminish the consequences of unhealthy lifestyles, Integrative Medicine can reverse those consequences, prevent illness and reduce symptoms, resulting in:

- Decreased pain
- Improved sleep
- Enhanced immune function and fewer infections
- Lowered blood pressure, cholesterol and glucose levels
- Improved bowel function
- Less anxiety and depression related to illness
- Fewer complications after surgery
- Resolution of post-traumatic stress disorder

A Strong Commitment to Research

Cleveland Clinic’s Center for Integrative Medicine is committed to researching the role of mind/body/spirit and lifestyle changes, and their effect on chronic disease. Studies have yielded evidence that has encouraged medical schools, hospitals and physicians to accept and incorporate Integrative Medicine practices into patient care.

For example, research at Cleveland Clinic has shown that integrative medicine, including guided imagery, massage or Reiki, helps patients reduce their anxiety before surgery, cope better with postoperative pain and maximize their recovery.

How It Works and What We Offer

Integrative Medicine techniques support the body’s natural ability to heal itself. They reduce stress and promote a state of relaxation that leads to better health. We believe that you can achieve optimal health when you engage in your own healing and feel empowered to make lifestyle changes. Incorporating one or more of our services into your healthcare regimen will help you regain control of your well-being.

We use acupuncture, gentle movement and relaxation techniques to reduce pain; dietary and herbal approaches to manage diseases such as diabetes and fibromyalgia; and group support plus meditation to change habits associated with obesity, diabetes and heart disease. The practices and techniques we offer and find helpful include:

- **Acupuncture**
  - Private acupuncture appointments
  - Shared acupuncture medical appointments
- **Holistic psychotherapy**
  - Private sessions
  - Interactive guided imagery
  - Hypnotherapy
  - Mind/body coaching (relaxation practices)
- **Integrative Medicine consultations**
- **Masseotherapy (massage)**
- **Chiropractic services**
- **Reiki**
- **Spiritual counseling**

Who Can Benefit?

Integrative Medicine services have become very popular in the United States, with more than 70 percent of Americans using them in some form. You may benefit from Integrative Medicine if you suffer from a chronic illness and wish to reduce the severity or frequency of disease episodes and enjoy a better quality of life. We help patients with a wide range of conditions, including:

- **Heart disease**
- **Acute/chronic pain**
- **Cancer**
- **Fibromyalgia**
- **Headache/migraine**
- **Asthma/allergies**
- **Diabetes**
- **Arthritis**
- **Irritable bowel syndrome**
- **Hypertension**
- **Psoriasis**
- **Multiple sclerosis**
- **Obesity**
- **Stress/depression/ anxiety**
- **Menopause**
- **Infertility**
- **Shingles**
- **Chronic fatigue**
- **Post-traumatic stress disorder**
- **Addiction**

Costs

Our staff will help you determine whether your treatments may be covered by your health insurance provider. Appointments with our physicians are covered under most health plans.

See an Integrative Medicine Expert

Take a fresh, holistic approach to your health and well-being by making an appointment for an Integrative Medicine consultation. Our physicians and physician assistant offer one-hour appointments for those interested in learning how to integrate proven complementary therapies into current healthcare regimens. They are available for consultation on a regular basis for routine and follow-up visits.

Meet Our Team

- **Tanya Edwards, MD, MEd**, Medical Director of the Cleveland Clinic Center for Integrative Medicine, specializes in Integrative Medicine.
- **Brenda Powell, MD**, specializes in Wellness and Preventive Medicine, Integrative Medicine and Travel Medicine for all ages.
- **Christine Spiroch, PhD, PA-C**, a Physician Assistant, specializes in food allergies, gluten intolerance, nutrition and Integrative Medicine.

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