

About Cleveland Clinic's Center for Integrative Medicine

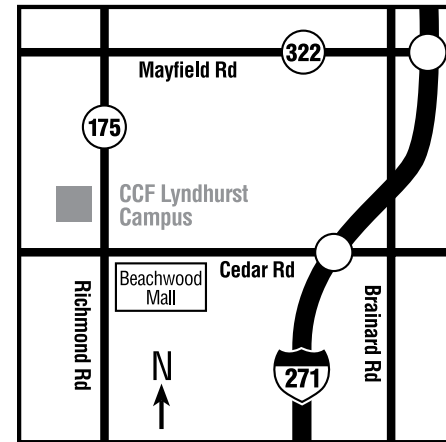
Our Center for Integrative Medicine is now part of the Cleveland Clinic Wellness Institute. The Wellness Institute is dedicated to making preventive care the driving force in medicine and to minimizing the physical, emotional and economic impact of illness on our society. The Center for Integrative Medicine 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.



A Serene Setting

The Center for Integrative Medicine is now located at the beautiful, wooded Cleveland Clinic Lyndhurst Campus. You'll enjoy peaceful surroundings and a relaxed environment at your integrative medicine appointment.



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

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

Additional locations are available for certain services. Please visit our website to see our full list of locations.
clevelandclinic.org/integrativemedicine

Cleveland Clinic

9500 Euclid Avenue, Cleveland, OH 44195

The Wellness Institute, one of 26 institutes at Cleveland Clinic, is dedicated to making preventive care the driving force in medicine. Our pioneering programs seek to minimize the physical, emotional and economic toll of illness on our employees and patients, and society at large. We also are committed to making health and wellness education accessible to all. Cleveland Clinic is a nonprofit, multispecialty academic medical center, consistently ranked among the top hospitals in America by *U.S. News & World Report*. Founded in 1921, it is dedicated to providing quality specialized care and includes an outpatient clinic, a hospital with more than 1,300 staffed beds, an education institute and a research institute.

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10-WEL-059

Cleveland Clinic Wellness

Center for Integrative Medicine



How Is Integrative Different from Traditional Medicine?

Traditional 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 heart disease
- improve arthritis
- correct balance problems
- 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.

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 traditional 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



How It Works and What We Offer

Integrative medicine techniques support the body's natural ability to heal itself, reducing stress and promoting 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.

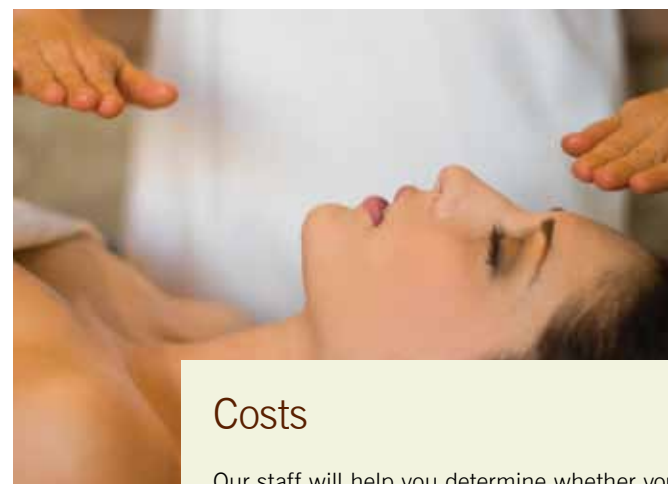
We use acupuncture, gentle movement and relaxation techniques to reduce pain; dietary and herbal approaches to manage diseases such as diabetes and fibromyalgia; and group support plus yoga and meditation to change habits associated with obesity, diabetes and heart disease. The practices and techniques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

- Acupuncture
- Massotherapy (massage)
- Reiki
- Nutritional counseling
- Mind/body coaching (relaxation practices)
- Inpatient Acupressure
- Interactive guided imagery
- Holistic psychotherapy: individual and group programs using this approach
- Hypnotherapy

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
- Back pain
- Cancer
- Fibromyalgia
- Headache/migraine
- Asthma
- Diabetes
- Arthritis
- Irritable bowel syndrome
- Hypertension
- Psoriasis
- Multiple sclerosis
- Obesity
- Stress
- Menopause
- Shingles
- Chronic fatigue
- Post-traumatic stress disorder



Costs

Our staff will help you determine whether your treatments are covered by your health insurance provider or flexible spending account program. Appointments with our physicians are covered under most health plans.

What Our Wellness Primary Care Physicians Offer

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

Meet Our Staff



Tanya Edwards, MD, MEd, Medical Director of the Cleveland Clinic Center for Integrative Medicine, specializes in integrative medicine and family medicine.



Brenda Powell, MD, specializes in wellness and preventive medicine, integrative medicine and travel medicine for all ages.

For more information or to schedule appointments with Dr. Edwards or Dr. Powell, please call 216.986.HEAL [4325].

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.