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The Gilbert Clinic
Caring with great resolve.

How I work as an Integrative Physician

- Janine A Blackman, MD, PhD

- A. Mindful of the patient's goals, such as
 - a. Getting off of prescription medications for hypertension, cholesterol, PMS, etc.
 - b. How to get through menopause 'naturally'
 - c. How to avoid surgery or other procedures (uterine fibroids, back pain, hyperthyroidism, ...)

- B. Respectful of patient's desire to use or avoid conventional medical options
 - a. Chemotherapy
 - b. Annual screening mammography
 - c. Bio-identical hormone replacement vs non- hormonal treatments during menopause and beyond

- C. Teaching
 - a. Identifying new areas the patient may improve their health
 - i. Regular aerobic exercise delays aging and improves higher mental functioning
 - ii. Getting at least 7 hours of sleep nightly
 - b. Enhancing nutritional intake
 - i. See handout – Ten Simple Nutritional Principles
 - c. Offering 'state of the art' laboratory screening
 - i. Newer conventional lab tests, including vitamin levels
 - ii. "Functional Medicine" testing
 - d. Challenge patients to live a full and balanced life
 - i. Large quantities of supplements for a very long time may indicate an attempt to compensate for a non- healthy lifestyle.
 - ii. There isn't a pill (or vitamin or herb) for every problem.
 - iii. The really important health issues often require looking inward at how we are living
 - iv. Our physical bodies need loving relationships and various interests and passions. We were not born to simply eat, sleep, and work.

D. Helping to identify the source of the problem and working to facilitate healing of the core issue, not simply prescribing a therapy to hide the problem