

Stamford Hospital unveils the new Center for Integrative Medicine & Wellness

By Stamford Hospital

Dr. Dean Ornish, Architect of the Reversing Heart Disease Program, to Speak at Center's Opening

Today Stamford Hospital has launched its Center for Integrative Medicine & Wellness at the Tully Health Center. Designed to meet the region's growing demand for integrative approaches, the Center helps patients attain optimum health and healing with an integrative approach to medicine.

At the Center, patients can access scientific and evidence-based complementary medicine in tandem with standard medicine. All services are offered as a consultative practice through referrals from primary care and specialty physicians. The Center reports to a clinical leadership council comprised of Steven Horowitz, MD (committee chair), Stamford Hospital's Chairman of Medicine Noel Robin, MD, and Chairman of Obstetrics & Gynecology Lance Bruck, MD. Ultimately the council reports to John Rodis, MD, the hospital's Senior Vice President of Medical Affairs.

"Through our research, we found that there was a great interest and demand for integrative medicine to supplement current medical approaches," said Mary Henwood-Klotz, administrator of the Center for Integrative Medicine & Wellness. "We have created a resource for the region that effectively focuses on healing the whole person – mind, body and spirit – and reinforces a culture of wellness. The Center brings together the best of standard medical therapies with other scientifically validated practices to promote healing and wellness."

The Center for Integrative Medicine & Wellness currently offers four programs focusing on common health concerns:

* Integrative Cardiology Program offers multiple lifestyle techniques to complement and support standard medical therapies for the treatment of heart disease. The Center will create individualized programs tailored to specific patient needs and will support patients and their families so they can successfully achieve changes that will optimize their health and well-being.

* Integrative Medicine Consultation offers treatment plans to optimize health, prevent disease, assist in weight loss and treat chronic internal medicine conditions.

* Women's Health Services focuses on the unique health challenges women face throughout their lifecycle. The Center will help women prevent illness and maintain optimal health.

* Pain Management Services provides relief for chronic pain sufferers with neck, lower back and jaw pain, as well as headaches, osteoarthritis, neuropathy and fibromyalgia. Treatment options might include: lifestyle counseling; non-narcotic medication consultation; trigger point injections for muscle pain; and acupuncture.

The Center is run by Board-certified medical physicians who have specialties in their individual program areas:

* Dr. Marc Brodsky, Medical Director. He is board-certified in family medicine and completed a fellowship in integrative medicine at UCLA.

* Dr. Steven Horowitz is Stamford Hospital's Chief of Cardiology and is director of the Integrative Cardiology Program. He is board-certified in internal medicine and cardiovascular disease.

* Dr. Joseph Feuerstein is Director of Integrative Medicine. He is board-certified in family medicine and completed a fellowship in integrative medicine at the University of Arizona with Dr. Andrew Weil.

* Dr. Hyunah Poa is Director of Women's Health Programs. She is board-certified in internal medicine and practiced at the Iris Cantor Women's Health Center at UCLA.

* Kathleen Sanders, FNP is board-certified as a family nurse practitioner, has a master's degree in public health, and completed a fellowship in integrative medicine at the University of Arizona with Dr. Andrew Weil through a scholarship from the Bravewell Collaborative.

Additionally, the Center's opening will feature a special appearance by Dr. Dean Ornish, founder and president of the nonprofit Preventive Medicine Research Institute in Sausalito, Calif. Dr. Ornish is widely known for his clinically proven approach to reversing the effects of coronary heart disease by making comprehensive lifestyle changes. The Center's Integrative Cardiology Program at Stamford Hospital is based on Dr. Ornish's Program for Reversing Heart Disease. Dr. Ornish will speak at the opening ceremony and sign copies of his most recent book "The Spectrum".

For more information about the Center, please visit www.stamfordhospitalintegrative.com or call (203) 276-4777.

Stamford Hospital is a not-for-profit provider of comprehensive healthcare services in lower Fairfield County and the region. The mission of Stamford Hospital is to provide, together with its physicians, a broad range of high quality health and wellness services focused on the needs of our communities. Stamford Hospital is a Magnet Hospital and a member of the Planetree Alliance, a group of hospitals nationwide focused on patient-centered care. Stamford Hospital is affiliated with New York Presbyterian Health System and is a major teaching affiliate of the Columbia University College of Physicians and Surgeons.