



women's health

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UMHS Women's Health Program—Dedicated to the health and wellness of women

FOCUSING ON THE WHOLE PERSON: MIND, BODY, SPIRIT AND EMOTIONS

What Is Integrative Medicine?

When Americans hear the term “alternative medicine,” some people mistakenly think of it as new and untried medicine. While it is true that alternative medicine is a field that is growing and developing (just like mainstream medicine), some alternative medicine practices have been used successfully for thousands of years.

At the University of Michigan Integrative Medicine Clinic, mainstream medical practices are combined with complementary and alternative care. Integrative medicine focuses on the whole person—including the mind, body, spirit and emotions. Here are some examples of how the U-M Integrative Medicine Clinic treats those four areas.

MIND: Practices such as relaxation, self-hypnosis and meditation benefit the mind-body connection.

BODY: Suggestions always include nutritional recommendations and some form of movement, such as yoga or T'ai Chi.

SPIRIT: A daily spiritual practice that is right for the patient might include time spent alone in reflection, either in prayer or connecting with nature.

EMOTIONS: Treatment of emotional health can include journaling as a way to keep track of emotions and moods and the effects they have on day-to-day life.

Providing a Choice

Why would someone choose integrative medicine? Choice is the key word. Many people who have already had experiences with mainstream medicine may have found those treatments to be too toxic, too expensive, too scary, or they didn't get results they wanted. But investigating other options does not mean that patients are ruling out conventional treatments; integrative medicine helps them to better understand all of their options.

Reaffirming the Relationship Between Practitioner and Patient

Monica Myklebust, M.D., director, U-M Integrative Medicine Clinical Services, likes to share a quote from a friend. “Physicians are built with two ears and one mouth to be used in that proportion.” Typically, a patient's first visit with Dr. Myklebust lasts more than an hour, and most of that time is devoted to the patient sharing his or her story.

For thousands of years that therapeutic relationship (doctor and patient) has been an important part of medicine. Myklebust says, “That is the key to quality integrative medicine and quality medicine.”

For more information about Integrative Medicine visit:
www.med.umich.edu/umim or call: (734) 998-6649.



University of Michigan
Health System

Integrative medicine is the practice of medicine that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches to achieve optimal health and healing.

—Developed and adopted by the Consortium of Academic Health Centers for Integrative Medicine



The U-M Women's Health Program Welcomes **Jeanne Yhouse**

Jeanne Yhouse is the new manager of the Women's Health Program at the University of Michigan Health System. Yhouse's career includes roles in higher education, nonprofit organizations and the corporate sector. She is also the founder of Forté Foundation (www.fortefoundation.org), a nonprofit organization comprising

an international consortium of business schools, companies and other nonprofit organizations whose mission is focused on increasing the number of women in business leadership. Yhouse has an MBA from the University of Michigan and a bachelor's degree in chemical engineering from the University of Toledo.



Incredible Resources Provide Many Choices

As one of the founding members of the Consortium of Academic Health Centers for Integrative Medicine, the University of Michigan is in good company. Other prestigious universities, including Harvard, Duke and UCLA, are also part of the consortium.

The University of Michigan and the city of Ann Arbor provide an ideal location for Integrative Medicine. When Monica Myklebust, M.D., director, University of Michigan Integrative Medicine Clinical Services, talks about the University of Michigan, she cites the "phenomenal conventional medicine," the "incredible university with leading programs in a variety of schools," and a wonderful city that is rich in alternative medicine practitioners.

While the U-M Integrative Medicine Clinic in the Briarwood Family Medicine Building is recognized for the clinical services it provides, integrative medicine has a much broader role in the University of Michigan Health System, including:



healing music available on the closed circuit television at the University of Michigan Health System;



policies and procedures for acupuncture, massage and energy medicine;



use of the Healing Foods Pyramid which emphasizes healing foods, plant-based choices, variety and balance, support of a healthful environment and mindful eating (truly savoring food);



attention to the role of integrative medicine in end-of-life and comfort care.



The patients in the Integrative Medicine Clinic benefit from the diverse specialties of the clinic's three physicians: Ricardo Bartelme (left), Monica Myklebust (center), and Sara Warber (right).

Part of the definition of integrative medicine is to make use of all appropriate therapeutic approaches, health care professionals and disciplines to achieve optimal health and healing. Myklebust celebrates the blend of conventional and alternative therapies to provide choices and best serve patients.

For more information about U-M Integrative Medicine visit: www.med.umich.edu/umim.

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Reading List



Integrative Medicine: An Introduction to the Art and Science of Healing

by Andrew Weil

Women's Health in Complementary and Integrative Medicine: A Clinical Guide

by Tirona Low Dog and Marc Micozzi

Women's Health Program Seminars

Dates/Topics

January 11—*How Will Integrative Medicine Help Me?*

This introduction to integrative medicine will benefit those familiar with the principles as well as people who are new to integrative medicine.

February 8—*The Healing Forces of Gratitude and Nature*

This session focuses on making deeper connections with your own body (Body Gratitude) and the healing forces of nature (Tree Energy). Learn how to have a greater sense of well-being and rediscover sources of untapped energy.

March 15—*The Healing Foods Pyramid: Your Nutrition Tool*

Find out about healing foods and choices you can make to improve your health.

Locations

January 11 and February 8 sessions:

Ypsilanti District Library, 5577 Whittaker Road, Ypsilanti

March 15 session:

Washtenaw County Service Center Complex, Library Learning Resource Center, Room A, 4135 Washtenaw Avenue

The Presenter

Monica Myklebust, M.D., trained under Dr. Andrew Weil at the University of Arizona's Program in Integrative Medicine. This dynamic director of U-M Integrative Medicine Clinical Services guides people through the maze of choices in health care using the tools of compassion, evidence and experience.

Registration

Seating is limited, so please call the U-M Women's Health Resource Center (734) 936-8886 or visit the website: <http://www.med.umich.edu/whp/whrc/reach.htm> to register for one or more sessions.

Time

6:30-7:30 p.m. Dr. Myklebust will be available for 30 minutes after each session for additional questions.

For More Information: Information about women's health issues is available on-line. Please visit the U-M website at www.med.umich.edu/1libr/1libr.htm or the Women's Health Program website at www.med.umich.edu/whp.

To Receive Future Issues: To be placed on the *Women's Health* mailing list, or for more information on the Women's Health Program, call the Women's Health Resource Center at (734) 936-8886. If you no longer wish to receive *Women's Health*, please E-mail womenshealth@glcomm.com and ask to have your name removed from the mailing list.

Mission: To provide the highest-quality health care to women through coordinated service, collaborative research, extensive education, and outreach.

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