

Integrative Medicine

No longer considered alternative, at *University Hospitals Connor Integrative Health Network*, integrative medicine has an established place in contemporary medicine and health care.



Mimi Guarneri, MD, president of the American Board of Integrative Holistic Medicine, is a keynote speaker at the 4th Annual Dan and Linda Rocker-Silverberg Heal the Healer Health Symposium, presented by University Hospitals Connor Integrative Health Network.

by KenMcEntee
Contributing Writer

Mimi Guarneri, MD, a board-certified cardiologist and a nationally renowned author, likens the human body to a tree.

“If a tree is not doing well, it may have sick fruit,” Dr. Guarneri says. “Most Western practitioners would probably drug it or cut the fruit off. A more reasonable way to treat

the condition is to start by looking at the quality of the soil that the tree is growing in.”

That, she explains, is what integrative holistic medicine is all about.

Dr. Guarneri, president of the American Board of Integrative Holistic Medicine, will talk in depth about what some people call “alternative” medicine as a keynote speaker at the *4th Annual Dan and Linda Rocker-Silverberg Heal the Healer Health Symposium*, presented this month by *University Hospitals Connor Integrative Health Network*. The symposium, *Optimal You: Body, Mind, Spirit*, will be held on Friday, October 16, from 7:15 a.m. to 4:30 p.m., in Mayfield Village.



UH Connor Integrative Health Network uses evidence-based preventive and healing tools—such as yoga, meditation, massage and acupuncture—that are being increasingly accepted in Western “conventional” medicine.

“The foundation of integrative holistic medicine is living a lifestyle that creates health and prevents illness,” Dr. Guarneri says. “It includes what you eat, what kind of air you breathe and how you feel emotionally. Are you under a lot of stress, are you physically active, how well do you sleep at night? All of these things help to determine how healthy you are.”

The modalities included in holistic medicine aren’t necessarily intended to replace conventional methods, she says, but rather to supplement them.

“Western medicine is great in acute care,” she explains. “If you are having a heart attack, a stroke or get hit by a truck, you need to be in a Western medicine facility. What



by Benjamin Margalit/Margalit Studio

Francoise Adan, MD, medical director of the University Hospitals Connor Integrative Health Network, says the symposium is aimed both at health care professionals such as doctors, nurses, social workers and chiropractors, as well as at-home caretakers and people who want to improve their own wellness.

Western medicine does not do very well in prevent disease in the first place. Integrative holistic medicine does that by looking at the whole person. If you are anxious, in Western medicine you would probably be prescribed a drug. In integrative holistic medicine, we may consider a drug, but it may not be our first choice. Instead, we might choose to teach a breathing exercise, yoga or meditation. Instead of treating symptoms, we want to get to the underlying causes of the condition.”

Francoise Adan, MD, medical director of the University Hospitals Connor Integrative Health Network, says the symposium is aimed both at health care professionals such as doctors, nurses, social workers and chiropractors, as well as at-home caretakers and people who want to improve their own wellness.

“We will focus on what integrative medicine is about and how to take better care of ourselves, as well as the people we are caring for,” says Dr. Adan, a board-certified psychiatrist, family medicine physician and yoga instructor.

The event will begin with a yoga therapy class and will include speakers who will talk about such topics as meditation, hypnosis, yoga and humor therapy.

Dr. Guarneri will discuss *The Science of Mind-Body Health: Enhancing Resiliency*.

“Dr. Guarneri is a superstar of integrative medicine and we are thrilled that she is coming in from San Diego to join us,” Dr. Adan says.

Dr. Adan and her colleagues make integrative care available in the Cleveland area

to patients who seek guidance for living more balanced lives, as well as to those managing chronic conditions including cardiovascular disease, cancer and diabetes.

“We look to heal the whole person, and as part of the greater UH team, we work closely with colleagues for a fully integrated approach to prevention and care,” says Dr. Adan.

You can find more information about University Hospitals Connor Integrative Health Network at UHConnorIntegrativeHealth.org or by calling 216-285-4070.

Learn More About Integrative Medicine

You can register for the 4th Annual Dan and Linda Rocker-Silverberg Heal the Healer Health Symposium by calling 216-983-1239. The cost is \$185 for doctors and \$95 for other caregivers, including family caregivers. The symposium will be held Friday, October 16, from 7:15 a.m. to 4:30 p.m., at the Hilton Garden Inn Cleveland East, 700 Beta Drive, in Mayfield Village.