

WELCOME TO THE UC IRVINE FAMILY HEALTH CENTER

# Integrative Medicine Consultation Service

Your doctor is referring you for an appointment at our Family Health Center Integrative Medicine Consultation Service. This information will let you know what to expect and help you get the most out of your visit.

## What is integrative medicine?

Integrative medicine is a field of medicine that emphasizes the use of natural therapies such as nutrition, exercise, stress relaxation techniques, herbals, supplements and massage, *together* with conventional medical treatments to improve health and well-being. It emphasizes prevention and helps patients look at all factors in their lives that may influence health, wellness and disease, including body, mind, spirit and environment. Physicians who specialize in integrative medicine consider the use of all safe and effective therapies to improve health and well-being, offering a blend of the best of traditional western medicine and complementary or alternative therapies, focusing on more natural treatment options whenever possible.

## What will happen at this appointment?

An integrative medicine consultation generally takes place in two appointments. During the first appointment, the physician will take an in-depth history, reviewing both your standard medical history as well as additional health information such as your diet, level of activity, sleep and sources of stress to get a picture of factors in your life that affect your health and well-being. Depending on your history, the physician may perform a focused physical exam, a gentle treatment of muscle pain or demonstration of simple stress relaxation exercises to practice later at home. This first appointment may take an hour or more.

The second appointment is shorter. The physician will review results of any labs or testing and provide recommendations for improving your health. These may include diet changes, exercise, stress relaxation techniques, herbals or supplements, sleep improvement or consideration of a referral for other therapies outside the service such as acupuncture or massage.

## Who will I be seeing?

David Kilgore, MD, is a board-certified family physician on staff at the Family Health Center and a UC Irvine Clinical professor of family medicine. Dr. Kilgore has practiced family medicine for more than 20 years and recently completed additional fellowship training in integrative medicine at the Arizona Center for Integrative Medicine.



*Integrative  
medicine treats  
you, not the  
disease...*



## How much will it cost? Is it covered by my insurance? What if I have no insurance?

We accept the same insurance plans as your regular Family Health Center provider, and this consultation is covered like any of your normal medical appointments. Patients without insurance are charged the same sliding fee scale charge they normally pay when they come for their routine medical appointments at the Family Health Center.

## Where will this appointment be?

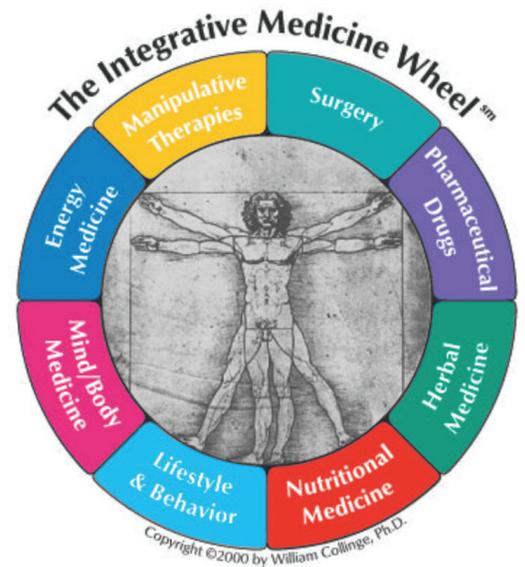
The Integrative Medicine Consult Service is part of the UC Irvine Family Health Center in Santa Ana, 800 N. Main St., near the intersection of Main Street and Civic Center Drive in downtown Santa Ana. Parking is available directly behind the clinic. Come into the first floor and let the receptionist know that you're here for an integrative medicine consult appointment. Please call us if you have any questions or concerns about finding the clinic, at 657.282.6355

## Will my regular doctor get a copy of the consultation recommendations?

Yes. We want to make sure your primary care medical team is aware of all treatment recommendations made during your consultation. Besides receiving a copy of your consultation recommendations, your physician can contact Dr. Kilgore at any time for more information. We work together as a team to help you improve your health.

## Is there anything I need to do before the appointment?

Yes! To get the most out of your appointment time, **you should complete the Integrative Medicine Intake Questionnaire ahead of time and bring it to the appointment.** Your nurse should have given you this form when you were referred by your physician. If you did not receive this questionnaire at your last doctor visit, please call the Family Health Center (or doctor's office) and the staff will mail one to you.



**QUESTIONS?** Feel free to call us with any questions you have about this consultation at 657.282.6355 and ask that a message be sent to the Family Health Center Integrative Medicine Service.