INTEGRATIVE HOLISTIC MEDICINE AT

PENNSTATE HERSHEY





WELCOME

"It is more important to know what sort of person has a disease than to know what sort of disease the person has" --Hippocrates

Integrative Holistic Medicine is founded on two basic principles:

- Holism: Every person is an individual and cannot be placed into the "box" of a disease. And every person should live life to the fullest regardless of any illness process. All aspects of that person should be taken into account in promoting health, including genetics, environment and their complex interactions.
- Integration: There are a variety of healing practices in addition to traditional western medicine. The best of these practices should be employed, when appropriate, to promote health and healing.



For an appointment call: 717-531-8181, option 6 Fax 717-531-3509

Currently hours are on most Wednesdays

Directions:

- From the Medical Center, turn right on Governor Road (Rt. 322)
- Turn right at the second light onto Fishburn Road (Rt. 743)
- Turn left into the practice site at 845 Fishburn Road



THE M.S. HERSHEY MEDICAL CENTER FAMILY AND COMMUNITY MEDICINE AT FISHBURN ROAD

845 Fishburn Road, Hershey, PA 17033 T: (717) 531-8181 F: (717) 531-3509 http://www.pennstatehershey.org/findapractice/search/index?format=html&q=fishburn+road

PENNSTATE HERSHEY



INTEGRATIVE HOLISTIC MEDICINE IN HERSHEY

My practice follows the principles of Functional Medicine (for more information see http://www.functionalmedicine.org/about/whatisfm/). We will take a detailed look together at imbalances in the seven systems your body uses to maintain maximum health. Here are some examples where a functional medicine point of view and integrative interventions might be of help to you.

WHEN YOU WANT INPUT FROM A DIFFERENT POINT OF VIEW:

Modern medicine does wonders, particularly when it comes to acute illness. But there can be times when your health concerns are puzzling, or more chronic in nature. Modern medicine often focuses on reducing a symptom or "disease" but does not necessarily look at all the imbalances that happen with chronic diseases. As a result, healthcare sometimes seems fragmented. Perhaps you are interested in other ways to handle your health issues and need some help with suggestions on modalities such as nutrition, lifestyle changes, or targeted supplements. Much of health is learning self-care and partnering with your doctor. We can help you develop a plan for maximum health and well-being.

WHEN YOU ARE DEALING WITH A HEALTH ISSUE:

Complex health issues, particularly chronic ones, are the number one concern for many people. Some examples include:

- Cancer Care: It is important to take in as much advice as possible during cancer care, come up with a plan, and follow through. This includes continuing your therapy as has been recommended by your doctor. But do you want to maximize your health during and after treatment?
- Gastrointestinal Issues: Do you have chronic indigestion, bloat, diarrhea/constipation, or irritable bowel? Have you had repeated colonoscopies or endoscopies but no definitive answers or game plan? A Functional Medicine evaluation may be very helpful.
- **Hormonal Issues**: Hormone issues, for both men and women, can be complex since the brain, thyroid, adrenals, and sex hormones all interact.
- Pain: In addition to standard drug therapy for pain, there are a host of other ways to help you deal with chronic pain issues. We also have acupuncture available with our Family Practice site.
- See http://www.pennstatehershey.org/findaprovider/provider/view/1969?q=acupuncture&prevoffset=o.

WHEN YOU WANT SOME CONTROL OVER YOUR HEALTH:

Do you want to examine issues affecting your health and wellbeing that are not part of the usual "stop smoking, lose weight, and exercise" wellness programs? What are your genetic and environmental risks to health? Are your children at risk for health issues? Which supplements really work and what should be avoided? We can help by providing a thorough evaluation of these factors. The goal is to prevent or minimize health issues before they happen.



John E. Neely, MD
Dr. Neely graduated from
Penn State University College
of Medicine. He trained at the
University of Minnesota. He is
an expert in Pediatrics, Pediatric
Oncology, integrative Holistic
Medicine, and Functional
Medicine.

What to expect from your visit:

A Functional Medicine evaluation is unique:

On a first visit, I typically spend 60-90 minutes <u>listening</u> to your story and understanding the complexities of you, as a <u>whole person</u>. I will not look at you as a "disease" but as a person who should function optimally in the seven body systems that maintain health: structure, acquiring nutrients, immune defenses, energy production, handling toxins, hormones, and psycho/spiritual balances. I will spend detailed time explaining my take on your health, including possible studies and interventions.

What are the costs of a visit?

I have found many insurance policies do not cover this kind of evaluation, even for "valid" illness codes, and do not pay for extensive physician time. To keep things as straightforward as possible, we expect payment at the time of visit. You will be provided with the needed materials to submit to your insurance or health savings account. Usually you can expect some reimbursement for your visit.

My fee is \$125 per 30 minute segment. Visits typically last 60–90 minutes. I provide phone or email follow-up, if needed, for a month or so after the visit. It is possible to do phone consultations beyond that, typically for a similar time charge.

If specialty lab testing is needed, there will likely be additional costs as specialty labs are seldom fully covered by insurance. Supplements, if recommended, are also typically not covered by insurance.