

ICAM: Offering A Holistic Approach to Medicine

As a Nurse Practitioner at the Institute for Complementary & Alternative Medicine, (ICAM) Margaret Ahmed works with patients of all ages with varying medical conditions and complaints.

Working closely with Dr. Bartiss, who has been recognized as one of the top ten specialists in the field of Bio-Identical Hormone Replacement Therapy; she provides an opportunity for patients to discuss their entire history covering all symptoms. "I order and interpret the results of diagnostic tests and make diagnoses based on the principles and theories of ICAM," she adds. She is responsible for initiating treatment plans and managing the patients by regularly making adjustments to the plan, including prescribing medications. ICAM uses a unique approach to treating their patients. She adds, "We provide ample time when we initiate care and listen while a patient tells us their story. We are interested in their underlying medical conditions and not just their symptoms." While they are not a replacement for your primary care physician, their services will complement those you may already be receiving. The team at ICAM will work with your other doctors in an effort to deliver the best healthcare possible.

ICAM's overall goals are to holistically assess their patients and provide treatment options to improve the quality of their life, prevent illness, and to treat current disease.

OCW: How do your services complement those a patient receives from a traditional physician?

Margaret: Care has become fragmented in traditional medicine because each specialist focuses on their body system, while we view the patient holistically. We assess hormone levels, adrenal gland functioning, neurotransmitters, nutritional status, and psychosocial issues while keeping in mind any previously diagnosed healthcare issues. Our main focus is on preventing disease states and returning the patient to normal function.

OCW: What are some alternative options of treatment offered at ICAM?

Margaret: Our facility offers many alternative options of treatment including BHRT, Ozone infusions and injections, Chelation therapy, Colchicine treatment, and high dose vitamin drips.

OCW: How did you become involved in this field?

Margaret: Last year while I was in the midst of menopause; I was experiencing hot flashes, night sweats and "brain fog." A colleague who promised that he could help relieve my misery introduced me to Dr. Bartiss. Not only did Dr. Bartiss help

me return to feeling normal, but also I was introduced to an "alternative" way of viewing symptoms and treating patients and was offered and accepted a position at ICAM as a Nurse Practitioner.

ICAM urges you to become a member of your own healthcare "team."



OCW: What is the most rewarding part about your profession?

Margaret: My ability to provide each patient with state of the art care in a compassionate and professional environment.

At ICAM every patient is treated as an individual with a unique set of problems requiring a tailored, therapeutic approach. It makes me happy to see the transformation of patients from when we initially evaluate them, until they feel normal again.

OCW: What is the most challenging?

Margaret: The most rewarding aspect also happens to be the most challenging. Every patient is unique; therefore given the probability of overlapping issues from multiple systems, a "quick fix" for all health care issues is not probable. With most patients, we begin to see a transformation within 3-4 weeks after treatment is initiated, but due to the sensitive nature of creating a balance amongst the complex systems, a long-term commitment from the patient is required.

OCW: What are the most common issues you see at ICAM?

Margaret: We really see a variety of health care issues. We treat hormone imbalance in women (menopause) and men (andropause), thyroid disorders, Leaky Gut Syndrome, obesity, fatigue, hair loss, anxiety, depression, adrenal dysfunction, immune system deficiencies, Lyme, back pain, neck pain, and cancer.

Complementary and Alternative Medicine truly is the medicine of the new millennium and will improve and preserve our health while improving the quality of our lives. Because CAM therapies address the underlying medical problem rather than mask the symptoms, treating illness can take longer, so patience is required. Natural approaches seek to get the body back in balance and allow it to heal itself. Pain is caused by an imbalance and altered physiologic state. Repair is possible but sometimes not by mainstream medicine.



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