



~ INTERVIEW WITH MARK JAMES BARTISS, MD ~

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MARK JAMES BARTISS, MD



Mark Bartiss ~ Doctor, Medical Writer, Lecturer and Author

Dr. Mark Bartiss has often been referred to as “a doctor’s doctor,” and is frequently called upon for his diagnostic skills. He is founder and Medical Director of The Institute for Complementary and Alternative Medicine (ICAM). He is a member of the American College for the Advancement of Medicine, American Association of Ozone Therapists and the American Academy of Anti-Aging Medicine, and a diplomat of the American Academy of Family Physicians, to name a few. Dr. Bartiss is a medical writer, lecturer and author who are recognized as one of the top ten specialists in the field of Bio-Identical Hormone Replacement Therapy (BHRT).

When did you open your practice and what led you to do so?

ICAM officially opened its doors in May of 2003, however I had been administering CAM in another practice since 1999. The impetus for opening my own practice was having heard multiple patient requests for choices or alternatives to their current treatment modalities. Also, ICAM practices literally having saved my life 15 years prior was a huge motivator!

How would you describe your practice philosophy?

My overall philosophy is to treat underlying cause(s) not symptoms. There are also other key components in my approach of treating my patients:

- I look, listen and learn from my patients.
- My patients must take an integral part in their own healthcare.
- The absence of dis-ease (symptoms) is not equal to the absence of DISEASE.
- When referring to lab data, “normal” does not mean optimal: optimal for one may not be optimal for another. Equally important as achieving optimal levels is to achieve and maintain a balance with all body chemistries.
- A patient is his/her own best healthcare provider. Be an informed consumer!
- If you ignore your health it will leave you, so invest in your most precious commodity—your health!

What sets the Institute for Complementary and Alternative Medicine apart from other practices in your area?

The main component, as previously mentioned, is our commitment to searching for cause of disease not chasing the symptom. My patients have seen very positive results from this basic approach, and have submitted many testimonials to that effect, which one can view on my website or prior County Woman articles.

How has your practice evolved since it opened?

My dedication to tirelessly continue my own education has allowed me to make great strides with the treatments I offer my patients. I have been able to make many successful alternative therapies available, such as ozone therapy, chelation, IV nutrition, and of course BHRT, among many more. I will always continue to do extensive research to ensure my patients enjoy the benefits of cutting edge treatments at ICAM.

I have recently been asked to participate in medical trials utilizing various ICAM therapies. I am also developing a formal educational program to train physicians and physician extenders (NP’s/PA’s) the basics of ICAM so that more people in our communities have the opportunity and access to these non- mainstream medical modalities.

What are the most commonly treated conditions at the Institute for Complementary and Alternative Medicine?

Although we see many different conditions here at ICAM, the most commonly treated are: Fatigue, Chronic Pain, Menopause/Andropause, Thyroid disorders, Hormone Imbalance, Mood Disorders, ADD/ADHD/OCD, Chronic Back Pain and Disc disease, Arthritis, Auto-Immune Disorders, Lyme Disease/Chronic Infections, Adjunctive Cancer Therapies and Memory Disorders. We also see a lot of patients who are interested in preventive medicine, because they understand the value of caring for their health before a significant problem ever arises.

What is your biggest challenge in your field today?

Spreading the word. I wish to offer patients – not just in New Jersey but also throughout the country - the option to make a choice when it comes to their healthcare. Although Complementary and Alternative Medicine is a rapidly growing field, it is still in a process of growing in popularity amongst healthcare providers. Since it is not possible to clone myself I am doing the next best thing- training doctors and nurse practitioners who wish to provide the services that I do. Whether it is one practitioner, one patient, one life and one day at a time I want to change the approach to healthcare in America.

Share with us a couple of success stories in regards to your patients and treatments.

There have been countless successes my patients have shared with me, which is what keeps me going!

Here are a few I’d like to share with the readers:

- ❖ “My hot flashes were the least of my problems since I had been a victim of breast cancer several years before. The treatment appeared almost as bad as the disease itself! Although I am grateful and living because of my specialists, I am ALIVE because of Dr. Bartiss.” ~ T.S
- ❖ “For seven years I suffered with what I thought was Fibromyalgia. I tried various drugs but most of them made me feel worse. Even other non-medical doctors couldn’t help me. Dr. Bartiss took me under his wing and made me feel like I was his only patient. He nurtured me back to health and me and my family love him for that.” ~ A.A.
- ❖ “I never knew that I didn’t feel well until I felt better. Bio-identical hormones gave me something back that I didn’t know I lost....” ~ C.H.

