



Women's Health Initiative Program: Treating Patients 'Whole Self'



SUBMITTED BY:
MARK JAMES BARTISS, M.D.
INSTITUTE FOR COMPLEMENTARY
AND ALTERNATIVE MEDICINE

When a patient suffers with chronic signs and symptoms that do not resolve despite what is considered "appropriate" medical treatment, doctors may begin to question the patient's reliability and motives rather than question their own diagnosis and treatment practices.

At the same time, it is not uncommon for a patient to have self-doubt, and along with their family and friends, begin to question if a true medical condition exists. This leads the patient to feeling invalidated and withdrawn. Soon after suffering through this the patient becomes easily coaxed into believing their problems are

in their mind, not their body. To make matters worse, after their doctor has exhausted his skills and patience, he will refer to a specialist who has a handful of predetermined "tricks up his sleeve" to resolve you of your symptoms. Often, he too misses the boat and misdiagnoses the patient as having "Fibromyalgia", "CFIDS", "Lyme" or some other convenient "diagnosis of the month". Now, the patient is given a label on their forehead of "DEPRESSION" not only because other diagnoses don't fit or respond to the "usual and customary" therapies but because it is neither socially nor medically acceptable to call you a NUTJOB!

Although depression may sometimes be a true and accurate diagnosis, it is far too often brought on by the inadequacies of the healthcare professionals - myself included! Personally and professionally, I do not see how anyone who is "normal" could not fulfill the criteria for depression or BE DEPRESSED after going through this unhappy medical mystery tour. After months or even years of feeling lousy, friends and family become unsupportive and doctors instruct their staff not to mention the patient's name in front of them. This may sound extreme, but it is real - I know. I once was one of those doctors! Fortunately, after years of feeling helpless and hopeless, I turned

UNRESOLVED SYMPTOM CHECKLIST		
Fatigue		Abnormal throat sensations
Headaches		Sweating abnormalities
Migraines		Heat and/or cold intolerance
PMS		Low self esteem
Irritability		Irregular periods
Fluid retention		Severe menstrual cramps
Anxiety		Low blood pressure
Panic attacks		Frequent colds and sore throats
Hair loss		Frequent urinary infections
Depression		Light headedness
Decreased memory		Ringing in the ears
Decreased concentration		Slow wound healing
Decreased sex drive		Easy bruising
Unhealthy nails		Acid indigestion
Low motivation		Flushing
Constipation		Frequent yeast infections
Irritable Bowel Syndrome		Cold hands/feet, turn blue?
Inappropriate weight gain		Poor coordination
Dry skin		Inhibited sexual development
Dry hair		Infertility
Insomnia		Hypoglycemia
Falling asleep uncontrollably during day		Increased skin infections/Acne
Arthritis and joint aches		Abnormal swallowing sensations
Allergies		Changes in skin pigmentation
Asthma		Prematurely gray/white hair
Muscular aches		Excessively tired after eating
Itchiness		Carpal Tunnel Syndrome
Elevated Cholesterol		Dry eyes/blurred vision
Ulcers		Hives
Increased nicotine, caffeine use		Bad breath

These are common symptoms shared by many diagnoses (note plural here). Because of this overlap it is often hard to find a single entity causing these symptoms in conventional medicines cookbook medicine texts. By focusing on the cause and not the symptom complex, Alternative Medicine doctors can resolve your symptoms through treating the underlying problem(s) rather than using a bandaid.

to Complementary and Alternative Medicine and found a better way to help and treat my patients - not just their symptoms.

If you or someone you know is experiencing this kind of frustrating health problem, this message is for you. Friends, this is key for maintaining your sanity: The depression that you are experiencing is probably the only accurate diagnosis that your doctor has made regarding your ongoing, chronic, unaddressed, unresolved symptoms. Yes, you are hearing me correctly. You are depressed and should be!!! BUT...your depression is a result of the longstanding unresolved symptoms rather than

the cause of them, and this is why anti-depressants don't work. If you are not chemically depressed, these drugs are of no value and often will cause harm.

ICAM's Women's Health Initiative Program was created to provide comprehensive evaluation and treatment specifically suited to a woman's needs. The program addresses health issues such as Menopause, PMS and other Hormonal Imbalances such as Adrenal Dysfunction and Thyroid disease. One of the main reasons for the creation of this program is because these issues are frequently misdiagnosed as: Chronic Fatigue, Epstein Barr, Lyme, Fibromyalgia and Depression by conventional medical practitioners. When this occurs, a patient is left to trudge on through life; unsatisfied, unaware, untreated,

and invalidated because the true underlying medical pathology is never found or treated effectively. The Women's Health Initiative Program also stresses (often neglected) healthcare issues that need to be addressed such as cardiovascular health and prevention, lifestyle change, and nutrition since they are paramount for optimal health.

Giving a proper evaluation and diagnosis of the patient, which carefully considers and treats the patient's "whole self" is what the Institute for Complementary and Alternative Medicine is all about. Come see us when you are ready to feel your best again.

Remember... If you ignore your health, it will Leave You.

Be Well. Yours in Health,
Mark James Bartiss, MD

Dr. Bartiss is a medical writer, lecturer and author and has been interested in Women's Health issues. Whether you are feeling ill or think you are well, Dr. Bartiss offers therapies that will keep you healthy and set back your biologic (aging) clock ten to fifteen years. Hundreds of patients have already utilized his services and have found internal peace with their newly gained health and youth. You too can recapture this dream and live a healthier, happier and more fulfilling life with minimal effort by following his protocols.

For those interested in inquiring about lectures for your group/ organization, or for information about ICAM and Dr. Bartiss, contact our office, or visit our website: www.icambartissmd.com

Institute For Complementary & Alternative Medicine

Mark James Bartiss, MD

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24 Nautilus Drive, Suite 5 • Manahawkin, NJ 08050 • 609-978-9002
504 Hamburg Tpk, Suite 205 • Wayne, NJ 07470 • 973-790-6363

www.icambartissmd.com