

Dear New Patient,

Thank you for your interest in the Waller Wellness Center. In an effort to expedite your first visit with us we have enclosed our "Patient History Form" for you to fill out. This will give us valuable information about your past medical history, family history, dietary and lifestyle choices, which are of vital importance to your overall health goals.

To give you more specific information about our practice, we have also included one of our brochures, and our "Policies & Procedures" fact sheet.

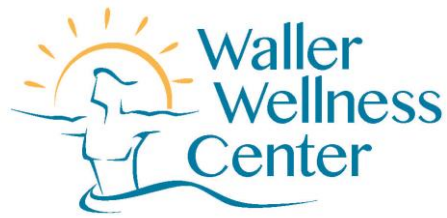
In order to make it easier for you to find us, we have enclosed directions and a map. Feel free to call us if you have any questions about how to find us.

Your first visit will consist mostly of "data gathering". Please bring any test results that you have such as lab results, mammogram reports, bone density tests etc. It will also be helpful if you bring the bottles of any supplements you take regularly. You don't need to bring in your medication bottles, just fill out the "Medication" section of your Patient History Form and include the name of your medications, how often you take them, and their doses.

At your first visit we will also "prioritize" your major symptoms and health issues for future goal setting activities. As with any other area of your life, when there are numerous areas that require change, it can get overwhelming. Our role is to help you set attainable goals, and to make sure that you take "one step at a time" on your road to wellness and vitality. Your needs are very important in helping to set the pace of the process. If you are the kind of person that "needs to go slow" let us know. But if you want a more aggressive approach, we can do that too. This is going to be an exciting and invigorating process!

Looking forward to helping you on your way to wellness & vitality,

Dr. Catherine Waller



## How Can We Help You?

What are your concerns and current health goals? At the Waller Wellness Center we have only one mission—to help you reach your health-related goals. That may involve finding the cause of a symptom or illness and treating it, or it may mean helping you optimize your health in order to slow down and/or reverse the aging process. In today's world of integrative medicine there is an ever expanding list of options available to you, and it can get quite confusing. Our goal is to help guide you through the “maze” of possibilities, to find the therapies that are right for you.

Your health and wellness are precious. It's important that you put your trust in those medical practitioners that have the most expertise and training in both alternative and conventional therapies. Many conventional medical practitioners are “trying their hand” at some alternative medicine practices, but haven't had adequate training. Make sure that the physician you choose is Board Certified and Fellowship trained in Anti-aging and Functional Medicine.

### **Services We Offer:**

- Bio-identical hormone replacement therapy (men and women)
- Nutritional Counseling & Supplement Recommendations
- Age Management Medicine
- “Ultra prevention”
- Genetic Testing (to determine susceptibility to Specific Diseases including Cancer)
- Weight Loss Program
- Detoxification Protocol
- Psychotherapy Services:
  - EMDR, EFT(Emotional Freedom Technique), EmWave Personal Stress Reliever
- Full range of testing:
  - Salivary Hormone Levels
  - Detoxification Assessment
  - Hair Analysis
  - Heavy Metal Testing (mercury, lead, arsenic)
  - Urine Neurotransmitter Levels (ADHD, Depression, Anxiety, Insomnia, Weight Loss)
  - Oxidative Stress Analysis
  - Comprehensive Stool Digestive Analysis
  - “Leaky Gut” Assessment
  - Food Allergy Panel ( blood)
  - Infection Assessment ( Lyme's Disease, Candida, Epstein Barr)

### **We provide you with a road map to optimal health, and treat a variety of problems such as:**

- |                            |                     |                                   |
|----------------------------|---------------------|-----------------------------------|
| • High Blood Pressure      | • ADHD              | • Chronic Fatigue                 |
| • Digestive Disorders      | • Hormone Balancing | • Insomnia                        |
| • Irritable Bowel Syndrome | • Menopause (women) | • Allergies                       |
| • Autoimmune Disorders     | • Andropause (men)  | • Multiple Chemical Sensitivities |
| • Sexual Dysfunction       | • High Cholesterol  | • Fibromyalgia                    |
| • Joint Problems           | • Weight Loss       | • Osteoporosis                    |
| • Hair Loss                | • Thyroid Disorders | • Depression & Anxiety            |
| • Diabetes                 | • Adrenal Fatigue   | • Memory Loss & “Foggy” thinking  |



## New Patient Deposit Notice

Waller Wellness Center (WWC) requires a \$100 non-refundable deposit prior to making a new patient appointment. This is done for two reasons:

1. We have a large number of new patients who would like to be seen by our medical providers, and we make every effort to see them as soon as possible. When someone does not keep a new patient appointment, or reschedules within 48 hours of the appointment, we are often unable to fill that time slot.
2. Prior to the first visit, our staff takes time to register you as a patient, and your provider must review your history form along with any medical records you may provide. In the event of a cancellation or missed appointment, the non-refundable deposit helps offset these costs.

The cost of the Initial Consultation is \$425, and will be completed by our Nurse Practitioner, Mary Wilson NP. The initial deposit of \$100 will be applied to your visit. The balance of \$325 will be payable at our office on the day of your appointment.

**If you fail to keep your Initial Consultation, choose not to use the services of WWC or either of our medical providers, or reschedule your appointment with less than 48 hours notice, you will forfeit your \$100 deposit .(To verify the date and time of your reschedule request, we must receive an email sent to [support@WallerWellness.com](mailto:support@WallerWellness.com) at least 48 hours in advance of the appointment.)**

There are several payment options to choose from:

- Enclose a check or money order with the **Personal Health History** form when you return it.
- Provide a credit card number when we call to schedule your Initial Consultation.
- Provide credit card information with the enclosed "**New Patient Deposit Authorization**" form.

Whichever option you chose, we request that you sign the "**New Patient Deposit Authorization**" form acknowledging your understanding of this policy, and return it to us with your completed "**Personal Health History**" form. After we receive your deposit, "**New Patient Deposit Authorization**" and "**Personal Health History**" form, we will contact you to schedule your appointment.

# Functional Medicine

*A new approach in treatment—bringing hope to patients with unexplained symptoms*

By Catherine A. Waller, M.D.

Countless patients go to the doctor every year with a multitude of symptoms ranging from fatigue, headache and joint pain, to muscle aches, insomnia and mood swings; only to be told that all of their tests are “normal.” They are declared “healthy” and sent on their way, or labeled as having a *functional illness*—a term used by some traditional medicine physicians meaning *the patient has a psychiatric illness such as stress or hypochondriasis causing their symptoms*. Frustrated, these patients are left with few options or suggestions as to how to help themselves feel better.

Some just accept their fate and suffer in silence, assuming that it is just *old age*. Others refuse to be placated and hit the Internet in search of answers. The lucky ones stumble upon a new paradigm shift in medicine called *Functional Medicine*. Its name is derived from the term *functional illness*—but instead of assuming there’s nothing wrong with the patient, Functional Medicine assumes that something was wrong with the diagnostic testing process, and most likely, there is a subtle malfunction in the biological processes of the patient, missed by traditional diagnostic testing.

The forefathers of traditional medicine created a



division of the human body into organ systems (... cardiovascular, neurological, pulmonary, urologic, endocrine, intestinal etc.). As our medical knowledge has broadened over the last 5-10 years, however, we have learned more about the biochemical processes that go on in the body, and it has become clear that the “organ system” classification is inadequate. It just does not represent how the body actually works.

The body is actually one large matrix of interconnected biochemical processes that affect *all* of the organ systems. When these processes are all working well, there is health

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#### **The 8 Major Areas of Clinical Imbalance Addressed by Functional Medicine:**

1. Immune & Inflammatory Balance
2. Energy Production (Mitochondrial Dysfunction) & Oxidative Stress (Free Radicals)
3. Gastrointestinal Imbalance
4. Detoxification & Biotransformation
5. Hormonal & Neurotransmitter Imbalance
6. Structural Imbalance (Musculoskeletal & Energy Flow)
7. Mind and Spirit (Stress Levels, Attitudes & Beliefs)
8. Environmental Inputs (Diet, Nutrition, Genetics, Exercise)

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*When the body's processes are all working well, there is health and vitality. If one of them is malfunctioning, the entire body is affected.*

and vitality. If one of them is malfunctioning, the entire body is affected. If the malfunction goes on long enough symptoms will begin. If symptoms go on for any length of time, disease will usually occur.

Here is an example of how the malfunction of a biological process can affect every organ system: The immune system's job is to recognize *friend* from *foe* and to mount an attack against all *foes*. One of the ways it does this is by increasing inflammation, which calls into action a variety of cells and chemicals, whose job it is to destroy the "invader."

Inflammation is like a fire...if it gets out of control it can damage the entire body. Recent studies have shown that excess inflammation is a causative factor in *all* of our major chronic diseases...heart disease, hypertension, peripheral vascular disease, diabetes, obesity, osteoporosis, Alzheimer's and cancer. We can measure the level of inflammation in a

patient's body with a simple blood test called a high sensitivity CRP (C-reactive protein), but that doesn't tell us the source of the inflammation.

Excess inflammation has many causes—including chronic infection, allergies (food or environmental), lack of oxygen to tissues, free radicals (oxidative stress), exposure to toxins, insulin resistance, and obesity.

We can separate the main biological processes into categories, but it is important not to lose sight of the fact that they are interdependent—they interact and affect each other continuously.

There are many diagnostic tools available to the functional medicine physician, to help him/her assess each of these areas of biological functioning. These tools are largely unknown to traditional physicians, but have been available for over 20 years.

The job of a Functional Medicine physician is to assess each of the 8 areas and make recommendations on how to repair and/or improve their functioning. Returning patients to health requires reversing or substantially improving the specific dysfunctions that have contributed to the disease state and symptoms. Those dysfunctions are, for each of us, the result of lifelong interactions among our environment, our lifestyle, and our genetic predisposition. Each patient,

therefore, represents a unique, complex and interwoven set of influences that has set the stage for the development of disease or the maintenance of health.

Conventional medicine normally acts when a diagnosis can be made, or when signs and symptoms are severe enough (or the patient is persistent enough) to demand a clinical intervention. Functional medicine physicians focus on restoring balance to the dysfunctional systems by strengthening the fundamental physiologic processes that underlie them and by adjusting the environmental inputs that nurture or impair them. This approach leads to therapies that focus on restoring health and function, rather than simply controlling signs and symptoms. With this new approach to medicine, patients with unexplained symptoms have hope again. Their *functional* illness is a perfect match for a Functional Medicine physician.

***Dr. Catherine A. Waller, M.D., is one of only 20 physicians in the world board-certified in anti-aging and functional medicine. She has been in practice for over 20 years, lectures regularly throughout Southeast Michigan and currently practices at the Rochester Center for Healthy Living, 441 South Livernois, Ste 100, Rochester Hills. For more information, call 248-652-5626. See ad page 11.***