

# A Center for People of all Ages Who Desire Healthier Lifestyles & Optimal Health



## Complementary Therapy Services

## Fees

Calvert Memorial Hospital has created *Healthy Alternatives* in response to the community's growing interest in alternative therapies, such as biofeedback and acupuncture, to complement conventional medical treatments.

The CMH Integrative Medicine Center offers a wide array of therapies designed to relieve pain and promote relaxation. Current research shows that some 60-90 percent of all medical visits are stress-related.

**This innovative movement in medicine allows people to take a more active role in achieving and maintaining optimal health.**

*Healthy Alternatives* encourages individuals to become more aware of the mental, emotional, social, physical and spiritual factors influencing their health. It assists them in developing a healing partnership with themselves, their physicians and complementary therapists. The CMH Integrative Medicine Center teaches them about pursuing healthier lifestyles. And ultimately leads them to more balanced lives in today's busy and stressful world.

Health, in this expanded sense, means coping and living optimally — and sometimes fully recovering — from disease or injury, as well as experiencing enhanced well-being.

At *Healthy Alternatives*, we help you choose the therapy most appropriate for your needs.

**Acupuncture:** An ancient, Oriental system of medicine used to treat and prevent illness and to restore and promote health. It involves the insertion of very thin needles into points located throughout the body. Helpful in relieving acute and chronic pain (including migraines, neck and back pain, facial and dental pain, joint pain, fibromyalgia, post-operative pain); nausea; asthma and respiratory disease; heart disease, diabetes; depression and addictive behaviors (such as smoking, alcohol and drug abuse, eating disorders).

**Biofeedback:** A system of education and treatment based on computer monitoring of biological signals produced by the body, displayed back to the person to heighten awareness of the body's functioning. This can help you regain control of bodily functions and eliminate symptoms. Found useful in the treatment of: anxiety, chronic pain, migraines, neck and shoulder pain, urinary incontinence, asthma, epilepsy, ADD/ADHD, neuromuscular reeducation, Reynaud's Syndrome, insomnia.

**Hypnotherapy:** Stress management techniques that use deep relaxation to focus the mind for behavioral change. Found useful with: increased habit control (such as with addictive behaviors); stress reduction and relaxation; pain relief; assistance with allergies, depression, anxiety, and phobias.

**Psychotherapy:** Both secular and pastoral counseling available, to enhance personal growth, self-understanding, self-awareness, as well as coping skills with regard to stress and/or chronic pain and chronic illness.

**Therapeutic Massage:** Regular massage has been found to reduce pain, soothe injured muscles, stimulate blood and lymphatic circulation, promote deep relaxation, and relieve stress. Health conditions that appear to benefit from massage are: preterm delivery, depression/anxiety, hypertension, arthritis, fibromyalgia, and chronic fatigue syndrome.

**Yoga Therapy:** Gentle physical postures, breathing exercises, progressive deep relaxation/meditation, and lifestyle teachings make this a comprehensive approach to enhancing optimal health. Found useful in the prevention and management of stress-related chronic health problems, with improvements shown in back pain, arthritis, rheumatism, anxiety, migraine, insomnia, premenstrual disorders, hypertension, asthma, alcoholism, tension, fatigue, anger, and cardiac disorders.

In addition, we offer a four-session Smoking Cessation treatment that includes one hypnotherapy session, and three acupuncture sessions.

**CLASSES:** The center provides ongoing classes and therapeutic support groups in addition to individual appointments. To register or for information call Healthy Alternatives at 410-414-4507 or 301-855-1012, ext. 4507.

**Acupuncture** Initial Visit \$80  
Follow Up \$60

**Biofeedback**  
With Psychotherapy \$100 per session  
Without Psychotherapy \$75 per session  
For Incontinence \$110 per session

**Hypnotherapy**  
With Psychotherapy \$100 per session  
Without Psychotherapy \$85 Initial Visit  
\$70 Follow Up

**Pastoral Counseling** \$75 per session

**Psychotherapy** \$100 per session

**Therapeutic Massage** \$55 for one hour  
\$75 for 1 1/2 hour

**Yoga Therapy** \$50 per session

**Smoking Cessation Package**  
(one hypnotherapy, three acupuncture sessions) \$175 for four session package

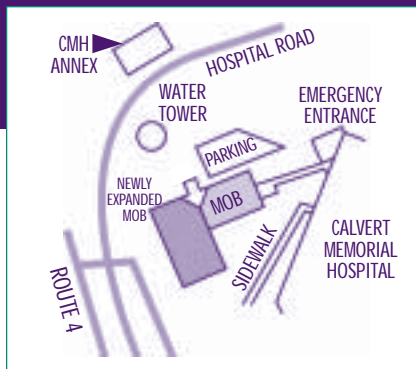


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C... N... E • THE HEALER WITHIN • INTEGRATIVE MEDICIN

**Staff:** Our providers are carefully screened and approved by our Medical Advisory Board to ensure they have the required training and experience.

**Fee for Service:** We will provide the documentation necessary to help you obtain insurance coverage when your plan allows. Payment can also be made by check or credit card.

**Convenient location:** Classes and individual sessions are held in the CMH Annex (located across from the ER entrance) on the main campus of Calvert Memorial Hospital in Prince Frederick.



New Directions.  
New Choices.



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