

## UAB INTEGRATIVE MEDICINE CLINIC STAFF & SERVICES

Carolina Salvador, MD, a hematologist/oncologist with a special interest in integrative medicine, is affiliated with the UAB Integrative Medicine Clinic. Dr. Salvador is one of the few hematologists/oncologists in the United States trained at the University of Arizona's Integrative Medicine Program.

Phyllis Mark, PsyD, a psychologist, brings to the UAB Integrative Medicine Clinic extensive expertise in treating patients suffering from physical illness and disability, bereavement, depression, and trauma issues, and she also specializes in multicultural and women's issues. She completed an internship at the Mindfulness- Based Stress Reduction program at the University of Massachusetts Memorial Medical Center, which incorporates meditation and mindfulness techniques designed to enhance well-being.

Marie Hurley Blair, RYT, yoga instructor, will offer mindful, breath-centered yoga for fostering body awareness, building strength, as well as finding ease and balance. Programs will include Yoga of Awareness for Chronic Pain, Mindful Yoga for Cancer, and Therapeutic Yoga for Seniors.

UAB Arts in Medicine offers programs through the UAB Integrative Medicine Clinic that feature Kim McKenzie (Visual Arts and Guided Meditation), Melissa Turnage (Dance and Movement), Elizabeth Vander Kamp (Storytelling and Movement, and Zentangle Drawings), and Susan Lawrence (The Joy of Singing).

UAB Pastoral Care offers spiritual support, compassionate listening, companionship, and guidance to help patients more easily connect with their most cherished sources of meaning, power, and hope. Its offerings are rooted in the belief that "community is medicine," and its mission is to meet each patient's practical, emotional, and spiritual needs.

### Integrative Medicine Clinic

The Kirklin Clinic of UAB Hospital  
inside Hematology/Oncology-2nd Floor

### For more information or to make an appointment,

please call 205.934.5077 or visit  
[uabmedicine.org/integrative-medicine](http://uabmedicine.org/integrative-medicine)

## UAB INTEGRATIVE MEDICINE CLINIC



**UAB MEDICINE**

UAB COMPREHENSIVE CANCER CENTER

Knowledge that will change your world

**UAB MEDICINE**

UAB COMPREHENSIVE CANCER CENTER

Knowledge that will change your world



## WHAT IS INTEGRATIVE MEDICINE?

Integrative Medicine is conventional medicine with complementary approaches to tackle the biological, psychological, social, and spiritual aspects of health and illness.

It focuses on the human capacity for healing, and the relationship between practitioner and patient. The program features a collaborative approach to patient care among practitioners and utilizes evidence-based practices in conventional and alternative health care.



## INTEGRATIVE MEDICINE AT UAB

The new UAB Integrative Medicine Clinic provides care that focuses on the whole person, including his or her family members, to optimize wellness and address the challenges throughout the chronic disease or cancer care journey. Integrative Medicine Programs address the various physical, lifestyle, emotional, psychological, and spiritual needs of each individual patient from prevention to survivorship, and beyond.

The UAB Integrative Medicine Clinic is a new multidisciplinary program that offers the integrative medicine services listed on the following page. Some of these services are offered at The Kirklin Clinic of UAB Hospital, while others are available at alternate locations. The clinic will continue expanding its services to better serve patients.

## WHAT TO EXPECT ON YOUR FIRST VISIT?

Your first visit to the UAB Integrative Medicine Clinic will last one hour and will include one or more of the following:

- Integrative nutritional counseling
- Physical activity counseling
- Supplement counseling
- Breathing techniques/meditation and mind-body modalities
- Counseling on energy therapies, relaxation techniques, and modalities such as yoga, tai chi, and qigong
- Referral to physician (in-house)
- Referral to the Mindfulness Meditation program (in-house)
- Yoga (in-house)
- Spiritual Counseling (in-house)
- Arts in Medicine programs
- Referrals to exercise physiology
- Outside referrals to acupuncture
- Fatigue evaluation (in-house)
- Sleep counseling (in-house)

