

UAB INTEGRATIVE MEDICINE AND HEALTH PROGRAM

A cancer diagnosis turns a person's world upside down – physically, emotionally, and spiritually. Integrative medicine focuses on the whole person to provide health care that combines conventional medicine with evidence-based care to support patients in maintaining a productive, active lifestyle.

The UAB Integrative Medicine and Health Program offers whole person care for people affected by cancer and equips them with tools to achieve and maintain wellness in body, mind, and spirit at any stage in their life journey. This multi-specialty program features four clinics: Integrative Oncology, Integrative Psychology, Integrative Medicine, and Acupuncture*. They work together to address patient needs and optimize patient wellness.

WHY UAB?

The UAB Integrative Medicine and Health Program is the only program of its kind in Alabama. Our team includes an oncologist trained in integrative medicine at the University of Arizona's Integrative Medicine Program, a psychologist with extensive expertise in mindfulness-based therapy and chronic illness, as well as highly experienced practitioners in yoga therapy, arts in medicine, and pastoral and community care. Our program model begins with an individual consultation with our integrative oncology or psychology doctors. Our doctors work in collaboration with each patient to design wellness goals and implement lifestyle changes to suit patients' needs, which may include referrals to in-house services through the Integrative Medicine Clinic activities or Acupuncture Clinic.

The Integrative Medicine and Health Program includes the following services**:

- Individual psychotherapy and counseling
- Yoga (offered through a private yoga studio affiliated with Integrative Medicine)
- Arts in Medicine programs
- Mindfulness
- Spiritual counseling/Enneagram/community support outreach
- Acupuncture*
- Fatigue evaluation
- Sleep counseling
- Breathing techniques/meditation and mind-body modalities
- Integrative nutritional counseling
- Physical activity counseling
- Nutrition and supplement counseling
- Counseling on energy therapies, relaxation techniques, and modalities such as yoga, tai chi, and qigong

*Check the UAB Integrative Medicine webpage for updates on the Acupuncture Clinic reopening.

**All individual appointments and group activities are conducted remotely through telephone or video conferencing until UAB resumes regular business operations.

Integrative Medicine offers Pastoral Care, Meditation, Arts in Medicine, & Yoga classes each Thursday via Zoom.

To schedule an individual appointment or join us for a group class, please call patient scheduling at 205-934-5077.

OUR SPECIALISTS



Carolina Salvador, MD

Assistant Professor, Integrative Oncology & Acupuncture in the Division of Hematology/Oncology



Phyllis Mark, PsyD

Clinical Psychologist, Integrative Psychology in the Division of Hematology/Oncology



Drexel Rayford, PhD

Support Team Network Manager, Pastoral and Community Care at the Integrative Medicine Clinic



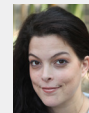
Elizabeth Vander Kamp, BS, CZT

Artist in Residence, Arts in Medicine at the Integrative Medicine Clinic



Valerie Hanks, BS

Artist in Residence, Arts in Medicine at the Integrative Medicine Clinic



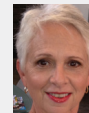
Shannon Hancock, BS, E-RYT 200, YACEP

Yoga Instructor, Shannon Hancock Yoga



Tori McDonald, MPH

Researcher IV, Integrative Medicine Clinic in the Division of Hematology/Oncology



Melissa Turnage, MA

Artist in Residence, Arts in Medicine at the Integrative Medicine Clinic