



For Immediate Release

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Christiana Care Launches New Center for Integrative Health

New center integrates traditional medicine with a holistic approach to health and wellness

Wilmington, DE – Christiana Care Health System has launched its new Center for Integrative Health, a program that broadens care to patients with strategies that integrate traditional medicine with a holistic approach to total health. Gerald M. Lemole, MD, a life-long champion of blending traditional and alternative medicine to create better outcomes for his patients, will serve as the Center’s director. The Center is located at the Preventive Medicine & Rehabilitation Institute on the corner of Routes 52 and 100.

“In today’s healthcare environment, ‘episodic’ care is rapidly transforming into a more holistic/restorative and preventive system,” Dr. Lemole explains. “The idea of an integrated approach to wellness and longevity has been growing in popularity in hospitals and medical centers all across the country. The Center for Integrative Health is about seeing the whole picture – taking an overview of a person’s total health needs and then addressing those needs in a holistic way.”

Individuals will be able to call for a consultation appointment or they may be referred by their physician. The Center aims to complement a person’s doctor’s medical regimen by looking more broadly at ways to improve overall health. These might include any needed lifestyle changes, in nutrition, exercise or stress management, for example, and may be adjunctive to medication or in some cases in place of it. The Center also has an integrative component for patients who are interested in alternative therapies such as acupuncture, aromatherapy, meditation, massage and therapeutic touch, Reiki/energy medicine, guided imagery, relaxation techniques and much more.

The Center will be there to provide patients guidance, education and support from healthcare professionals. The integrative medicine specialists are doctors, nurse practitioners and life coaches who

will help patients be proactive about good health. They are backed by an entire team of health professionals, including a health psychologist, dietician, exercise physiologists and others that together can design an integrative program based on an individual's needs.

Dr. Lemole added, "There are tremendous benefits to the community, through Christiana Care, by providing clinical/evidenced-based information, therapy and products. Health conscious consumers in increasing numbers, aging baby boomers among them, want to take a proactive role in their own health care. In the treatment of many chronic and acute disease entities, the healthy state of the human body is tantamount to an improved quality of life. This Center would provide the educational information as well as the product lines to promote that solid health foundation."

Call 302-661-3477 to learn more about the program or schedule an appointment.