



## Myrna Brind Center of Integrative Medicine GRAND ROUNDS

October 7, 2014

8:00 - 9:00 AM

925 Chestnut Street, 2<sup>nd</sup> Floor Board Room



**Presenter: Birgit Rakel, M.D.**

### *“Integrative Medicine and Palliative Care”*

Dr. Rakel is a leading figure in Integrative Medicine with over 19 years of clinical experience. She is head of the Women’s Health Program at the Myrna Brind Center of Integrative Medicine, specializing in premenstrual syndrome (PMS), osteoporosis, menopause, irritable bowel syndrome (IBS) and many other women’s health issues. Dr. Rakel combines state-of-the-art modern medicine with herbal and nutritional supplementation, homeopathy and mind-body therapies

#### **Overall Goals and Objectives:**

Identify recent advances in integrative medical care and discuss their application to clinical practice.

Describe the latest data on complementary and alternative medical therapies that could improve patient outcomes.

Discuss core integrative medicine topics that patients frequently ask physicians about.

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