

CAM program helps patients achieve optimum health

by Donna Barton

Treating the entire patient, not just the disease, has always been the goal of CoxHealth, and with the diverse therapeutic options offered through the [Complementary/Alternative](#) Medicine program that goal is reaching new levels.

Adopted in the fall of 2000, the CAM program has quickly become a valuable tool in bridging the interest of patients and care providers to achieve optimum health. Techniques such as visualization and guided imagery provided by [Burrell Behavioral Health](#), [music therapy](#) and [acupuncture](#), to name a few, are now commonly utilized along with conventional treatments at CoxHealth. Many methods such as [therapeutic massage](#) are available through physician referral. More than 150 hours of [music therapy](#) have already been provided to patients and visitors at Cox South and Cox North as part of the CAM Healing Through Music, a program funded by the Jane Meyer Endowment.

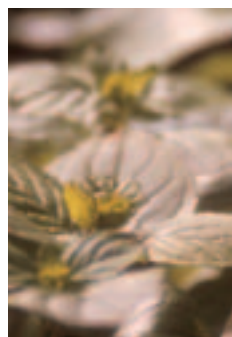
CAM-related resources have been incorporated at the [Joyce Schwandt Library](#), located in the [Cox Women's Center](#), and

the Hulston Cancer Center lending library. The Cox CAM program holds community education classes on the art of healing, uncovering your life mission, the wise use of [herbs](#) and supplements, and many other CAM topics. The program has also made possible CAM fairs and a retreat for women who have had breast cancer.

In the coming months watch for CAM symposiums, educational sessions with practitioners in the field, presentations to hospital staff and continued research on the safe and effective use of CAM methods.

The Complementary/Alternative Medicine program offices are located in Cox Medical Plaza II, Suite 605. For more information, call 269-5747.

Donna Barton is a Public Relations assistant for CoxHealth.



Hospitalized patients may request help in finding aromas that bring a sense of calmness through the aromatherapy program at [Hulston Cancer Center](#). This service is especially beneficial to those patients dealing with food aversions.



Gentle music fills the air as volunteer musician Jill Norton plays the harp for a patient as part of the CAM music therapy program. Patients have already benefited from more than 150 hours of music therapy.

KNOW?
DID YOU

One in three people in the United States uses some form of alternative medicine.