

About the Center for Integrative and Lifestyle Medicine

The Tanya I. Edwards, MD, Center for Integrative and Lifestyle Medicine is part of Cleveland Clinic's Department of Wellness and Preventive Medicine. The program is dedicated to making holistic preventive care a foundation in healthcare, and to minimizing the physical, emotional and economic impact of illness on our society. Our center supports this mission by combining the best of modern medicine with evidence-based integrative and lifestyle medicine approaches to disease prevention and healing.



Our Center for Integrative and Lifestyle Medicine was founded by the late Tanya Edwards, MD, MEd, a compassionate physician, gifted teacher, and innovator.



Locations

Cleveland Clinic Lyndhurst Campus
1950 Richmond Road | Lyndhurst, Ohio 44124

The Center for Integrative and Lifestyle Medicine also offers an array of services at multiple Northeast Ohio locations including Amherst, Avon, Broadview Heights, Lakewood, Main Campus, Medina, Strongsville, Twinsburg, and Willoughby Hills.

For a complete list of our locations, please visit clevelandclinic.org/wellness.

For information or to schedule an appointment, please call 216.448.4325.



Every life deserves world class care.

9500 Euclid Ave., Cleveland, OH 44195

Cleveland Clinic is a nonprofit, multispecialty academic medical center integrating outpatient and hospital care with research and education for better patient outcomes and experience. More than 4,500 staff physicians and researchers provide services through 20 patient-centered institutes. Cleveland Clinic is a 6,026-bed healthcare system with a main campus in Cleveland, 18 hospitals and over 220 outpatient locations. The health system includes five hospitals in Southeast Florida with more than 1,000 beds, a medical center for brain health in Las Vegas, a sports and executive health center in Toronto and a 364-bed hospital in Abu Dhabi. Cleveland Clinic London, a 184-bed hospital, opened in 2022. Cleveland Clinic is currently ranked as one of the nation's top hospitals by *U.S. News & World Report*. clevelandclinic.org

©2022 The Cleveland Clinic Foundation



TANYA I. EDWARDS, MD

Center for Integrative and Lifestyle Medicine



How integrative medicine enhances conventional medicine

Conventional medicine is critical for the successful management of many diseases. However, many patients still experience bothersome symptoms. Our integrative and lifestyle medicine experts will collaborate with your regular medical team to develop a healthier path forward.

Our team can guide you through dietary and lifestyle changes, identify risk factors for disease, and give you the tools you need to take control of your health. Among many other things, integrative and lifestyle medicine can:

- Prevent and treat chronic disease
- Improve arthritis and chronic pain
- Treat digestive disorders
- Improve blood sugar
- Reduce high blood pressure and cholesterol
- Support weight loss
- Improve sleep
- Help reduce stress and anxiety

We understand that healing involves not just physical recovery but also a return to mental, emotional and spiritual well-being. To ensure integrated healing, we incorporate all forms of proven healthcare treatments into the patient experience so that we are treating the whole person and not just the condition. Come and try it for yourself.

clevelandclinic.org/wellness

How integrative and lifestyle medicine works

Integrative medicine modalities support the body's natural ability to heal itself. Lifestyle medicine interventions address diet, physical activity, sleep and stress management. A wide range of therapies are woven together into a personalized wellness plan that helps manage specific conditions and supports healing by decreasing inflammation, optimizing multiple organ systems and encouraging healthy lifestyle choices. Our program can empower you to regain control of your own well-being.

What our center offers

The Center for Integrative and Lifestyle Medicine offers scientifically proven approaches to care. Acupuncture along with gentle movement and relaxation techniques can reduce pain. We use dietary and herbal approaches to help manage diseases such as diabetes and fibromyalgia. We also offer group support and meditation guidance to help change unhealthy habits linked to obesity, diabetes and heart disease. The services we offer include:

- **Integrative and lifestyle medicine** physician consultations
- **Acupuncture**
- **Chiropractic care**
- **Culinary medicine** consultations
- **Holistic psychotherapy**
 - Private psychotherapy sessions
 - Interactive guided imagery
 - Trauma resolution
 - Mind/body coaching (relaxation practices)
- **Massage therapy**
- **Nutrition** consultations
- **Virtual visits** with integrative and lifestyle medicine physicians, holistic psychotherapists, nutritionists and more
- **Yoga**

Shared Medical Appointments

This series of uniquely designed shared medical appointments (SMAs) provides patients extended time with an integrative medicine provider in the company of others who share similar health concerns. Participants learn from each others' comments, interaction with experts, and group support.

SMAs are offered for Brain Health and Wellness; Culinary Medicine for Chronic Disease; Living Well After Breast Cancer; Living Well with Chronic Pain; and Eating Well for Optimal Health.

Is integrative medicine for you?

More than 70% of Americans today use some form of integrative medicine. If you suffer from a chronic illness and wish to reduce the severity or frequency of disease episodes and enjoy a better quality of life, you may benefit from integrative and lifestyle medicine. If you are curious about ways to optimize your health and vitality, an integrative and lifestyle medicine consultation may be right for you! We collaborate with your healthcare team to help optimize the management of a wide range of conditions, including:

- Acute and chronic pain
- Anxiety
- Arthritis
- Asthma and allergies
- Autoimmune conditions
- Cancer
- Chronic fatigue
- Chronic stress
- Depression
- Diabetes and prediabetes



- Fibromyalgia
- Food sensitivities
- Headache or migraine
- Heart disease
- Hypertension
- Infertility
- Inflammatory bowel disease
- Insomnia
- Irritable bowel syndrome
- Long COVID syndrome
- Menopause
- Multiple sclerosis
- Obesity
- Post-traumatic stress disorder
- Psoriasis
- Thyroid disorders

Schedule a consultation

Take a fresh, holistic approach to your health and well-being by scheduling an integrative and lifestyle medicine consultation. Our physicians offer one-hour appointments for those interested in learning how to incorporate proven mind/body/spirit therapies into their current healthcare regimens. Our wellness experts will partner with you as you embark on a journey to optimal health and well-being. You do not need a referral to schedule an appointment for yourself.



Cost

Appointments with our physicians are covered under most health insurance plans. Our staff will help you determine whether other treatments may be covered by your health insurance provider.

To browse our list of services and medical providers, please visit clevelandclinic.org/wellness.

For information or to schedule an appointment, please call 216.448.4325.

A strong commitment to research

Cleveland Clinic's Tanya I. Edwards, MD, Center for Integrative and Lifestyle Medicine is committed to researching the role of mind/body/spirit and lifestyle changes and their effect on chronic disease. Studies have yielded evidence that has encouraged medical schools, hospitals and physicians to incorporate integrative and lifestyle medicine practices into patient care and undertake more research in these areas. The Department of Wellness and Preventive Medicine is committed to health and wellness education, and our Center for Integrative and Lifestyle Medicine serves as an educational resource for both physicians and patients.