

PHYSICIANS TO CONSIDER IF TRANSFERRING CARE

Chicago-area patients looking for physicians experienced in the fields of integrative and functional medicine should consider the physicians listed below. These physicians are Lyme and CIRS-aware. Some treat Lyme disease. As of this writing, none have been certified by Dr. Shoemaker to evaluate and treat patients with CIRS.

For Primary Care, Integrative and Functional Medicine, Lyme Literate and Mold Aware Practices and Physicians

1. WholeHealth Chicago, 2265 N Clybourn Ave, Chicago, (773) 296-6700

<http://wholehealthchicago.com/patient-resources/insurance-information/>

This practice houses one of the broadest spectrums of integrative and functional medicine in the country. Out of 20 practitioners, they have seven BlueCross/Blue Shield providers including Drs Edelberg, Kelley, Donigan, and Serrato. They also have four Medicare providers not including Drs Edelberg, Kelley, Donigan, and Serrato.

Casey Kelley, MD, Lyme literate with a broad-spectrum functional and integrative medicine approach to health and wellness. *Currently not taking new Lyme patients until October 2017 at the earliest.*

Kristen Donigan, DO, Lyme literate with a broad-spectrum functional and integrative medicine approach to health and wellness.

David Edelberg, MD, Special expertise in fibromyalgia with a broad-spectrum functional and integrative medicine approach to health and wellness.

Marisa Serrato, MD, Psychiatrist trained in both allopathic and integrative holistic medicine.

2. Chicago Integrative Center for Psychiatry, 900 North Shore Dr, Suite 120, Lake Bluff, Illinois. (847) 615-1698.

<http://www.chicagointegrative.com/team.html>

This practice includes 10 practitioners including Dr. Raden and a team of licensed professional counselors and social workers.

Donald Raden, MD, Lyme and mold literate with a broad-spectrum integrative and functional medicine approach to general and psychiatric health and wellness.

3. Integrative Therapies Wellness Center, River Forest, (708) 771-3471.

<http://www.integrativetherapieswellness.com/>

This is a membership only practice that does not accept insurance. Three levels of membership are available. They also have a thyroid program.

Carlos M. Reynes, MD, Lyme and mold aware with a broad-spectrum integrative and functional medicine approach to health and wellness. The practice places great emphasis on wellness.

4. Integrative Health Inc., Highland Indiana, (219) 924-8888.

<http://healingartsvalpo.com/lyme.php>

Jeffrey Smith, MD, Lyme literate and mold aware with an integrative medical approach to tick-borne illnesses and wellness. Dr. Smith accepts some insurance carriers. Please verify when contacting his office.

5. HealthWorks Integrative Medical Clinic, 2731 N Lincoln Ave, Chicago, (312) 255-9444.

<http://healthworksimc.com/index2.html>

David Zeiger, DO, Lyme and mold aware with a broad-spectrum of integrative and functional medicine approach to medical conditions. He is a BlueCross/BlueShield provider but does not accept Medicare.

6. Whole Health MD Center for Integrative Medicine, 2217 N. Lincoln Ave., Chicago, (773) 248-6200.

<https://www.wholehealthmdwellness.com/>

Marco De La Cruz, MD, Lyme literate and mold aware with a broad-spectrum of integrative and functional medicine approach to medical conditions. Accepts most major insurance plans and PPOs.

7. The Knight Center for Integrated Health, 5401 N Knoxville Ave., #104, Peoria, Illinois. (309) 692-0123

www.drrebeccaknight.com/

Rebecca Knight, MD, MD, LMT, Lyme literate, mold aware with a broad-spectrum of integrative and functional medicine approach to medical conditions. Accepts most major insurance plans and PPOs. Please verify when contacting her office.

TRANSFERRING CARE TO LYME LITERATE, MOLD AWARE PHYSICIANS IN REGIONS THAT ARE CLOSER TO HOME

ILADS and Surviving Mold make reliable recommendations on where to find physicians with expertise in the fields of Lyme and associated diseases, and CIRS. Each organization has a web page that offers

ILADS Doctor Search: http://ilads.org/ilads_media/physician-referral/

Surviving Mold-Find Certified Physicians: <http://www.survivingmold.com/>
Scroll down, bottom right.

TRANSFERRING CARE TO PAIN MANAGEMENT AND OPIOID TAPERING PROGRAMS IN THE CHICAGO AREA

For the few patients for whom I refill opioid prescription, I have screened and vetted a number of pain management practices in the Chicago area. I find that most pain management programs are interested in seeing if you qualify for surgery or other invasive procedures. While there are types of pain that can respond well to invasive procedures, in my experience it is rare that patients with CIRS or infection-related pain and inflammation benefit from invasive pain management procedures. They suffer more from soft tissue and joint pains that respond better to physical therapies including myofascial trigger point therapy, for which I recommend the following centers:

Chicago Center for Myofascial Pain Relief, 6304 N Nagle Ave, Suite 3, Chicago, (773) 628-7654.

<http://chicagotriggerpointcenter.com/>

Renee Hartz, MD and her colleagues possess a broad range of expertise on reducing musculoskeletal pain without resorting to heavy pain medications or invasive procedures. They accept major insurance plans and offer fairly priced services for the uninsured.

WholeHealth Chicago, 2265 N Clybourn Ave, Chicago, (773) 296-6700

<http://wholehealthchicago.com/patient-resources/insurance-information/>

This destination integrative and functional medicine practice is stocked to the gills with talented chiropractors, acupuncturists, and massage therapists with a wide range of bodywork skills. Some of them accept Medicare and/or BlueCross/BlueShield.

In some cases pain medications are warranted. But in the case of opioid medications, they often are helpful early on but they can create more problems than they solve. Most CIRS and Lyme patient do poorly on opioids. A few patients do well on opioids over the long term without having to increase their doses. If you are in this group, then I strongly recommend that you transfer your pain management care to an expert for help determining if tapering down and possibly off of opioids using integrative methods focused on wellness and healthy lifestyle changes. For such care, I recommend:

From Pain to Wellness, One Trans Am Plaza, Suite 100, Oakbrook Terrace, (630) 627-7500

<http://frompaintowellness.com/>

James Gruft, MD, is a widely respected innovator in the field of comprehensive pain management. Following his Jumpstart to Wellness program has helped thousands of patients move from pain to wellness without need of medication. He accepts most major insurance plan. Please verify when contacting his office.

Kenneth Candido, MD, 3000 N Halsted St, Chicago, (773) 296-7937

<http://doctors.advocatehealth.com/p/kenneth-candido-chicago-pain-management>

Dr. Candido and colleagues run a science-based, patient-centered pain management program at Illinois Masonic Hospital. They work to pinpoint the source of pain rather than mask it with medications. They accept major insurance plans.

The Coleman Institute, Behavioral Health Care Associates, 1375 E Schaumburg Rd, Suite 230, Schaumburg, (847) 796-3194 <https://thecolemaninstitute.com/>

Chicago-area patients interested in getting outpatient help tapering down from a high-dose opioid regimen should consider the this program.

My best wishes to patients and colleagues alike!

Keith Berndtson, MD