

INTEGRATIVE MEDICINE & THE LORMA WELLNESS CENTER

OCTOBER 22, 2009 – About 63 medical specialists, nurses, representatives from the LC's Nursing Academic Committee, and LMC's administrative personnel attended the presentation of Dr. Carol Lynn Macagba, ABIHM on *Integrative Medicine and the Lorma Wellness Center* at the Helipad Conference Room.

Dr. Macagba spoke on complementary and alternative medicine, a group of diverse medical and health care systems, practices, and products that are not generally considered to be part of conventional medicine. As complementary and alternative medicine is combined with treatments from conventional medicine, the approach becomes *integrative*.

Integrative medicine is a holistic, "whole-person" approach to health-care that integrates complementary, evidence-based therapies with conventional medical care. It focuses on treating not only the body, but also the mind and spirit.

According to Dr. Macagba, a number of complementary therapies and treatments may be used in conjunction with conventional medicine like:

- Aromatherapy
- Ayurveda
- Chiropractic care
- Dietary supplements
- Electromagnetic fields
- Homeopathic Medicine
- Massage
- Meditation and Yoga
- Music therapy
- Naturopathic Medicine
- Osteopathic Medicine
- Qi Gong
- Reiki
- Therapeutic Touch
- Traditional Chinese Medicine

In conclusion, Dr. Macagba said that Lorma Medical Center can start its Lorma Wellness Center because of the presence of certain practices and treatments inherent to the hospital system and organizational culture. Such practices make it easier for integrative medicine to take place and reach its full utilization.

Lorma Marketing Department



Dr. Carol Lynn Macagba, ABIHM (center) receives a Certificate of Appreciation from Mr. Robert F. Kaiser, Jr., Lorma's EVP; Dr. Rufino L. Macagba, Lorma's President; and Dr. Mario T. Bautista, Lorma's Medical Director

ABOUT THE SPEAKER:

Dr Carol Macagba is a physician in San Diego, California.

She graduated from UCLA School of Medicine in Los Angeles CA in 1986, after starting medical school at UERM College of Medicine in Manila. She has a BA in Zoology from Pomona College in Claremont CA and had a year at UCLA School of Public Health prior to medical school. She did 2 years of General Surgery residency from UCSD Medical Center in San Diego Ca before working as an occupational medicine physician in private clinics and medical groups in San Diego, including Sharp Rees-Stealy Medical Group and Kaiser Permanente.

She has 20 years clinical experience in Occupational Medicine and is currently a medical consultant in for the state worker's compensation insurance in San Diego.

She finished Medical Acupuncture from UCLA – Helms Institute, and is now a Diplomate of the American Board of Integrative Holistic Medicine.

She is currently consultant and project manager for Lorma Long-term Care, and consultant for the Lorma Wellness Clinic.

Her interests are Energy / Vibrational Medicine including sound, color and aromatherapies; Chakra Healing and Mind-Body-Spirit Healing; Ancient Medicine, and Hospice care. She is also involved in peacemaker efforts for children, and is currently director of Interactions for Peace Philippines.

Dr Macagba's personal mission is to serve as a complete healer by integrating western medicine and ancient healing modalities to facilitate healing of the body-mind-spirit-environment, and to optimize well-being of the whole person.
