

Optimal Health: A Continuing Journey

At **Bridges In Medicine™**, the health care relationship is a continuing journey. In addition to primary care, we provide integrated health programs for your long-term needs, including:

- Annual Physicals
- Regular Health Screenings
- Ongoing Health Education, Lectures and Information
- Corporate Wellness

Unique Solution: A Whole Approach to Healing

Our goal is to provide you with the knowledge and ability to adopt a proactive approach to your total well-being. At **Bridges In Medicine™**, we believe this process can be achieved best when all of the following elements are included:

- HEALTH-CARE EDUCATION for more informed decisions;
- A PROFESSIONAL HEALTH-CARE TEAM with you at the center;
- OPEN COMMUNICATION between patient and practitioners in a supportive environment;
- ACTIVE PARTICIPATION in your own health care;
- LONG-TERM HEALTH CARE, including follow-up visits, home and community wellness programs, and a commitment to your continued good health.

Bridging All Worlds

As we enter the new millenium, the trend toward bridging the worlds of conventional and complementary medicine is increasing. More than ever, people are identifying a need for, and are seeking, complementary treatments in their health care. This commanding force is eliciting the interest in medical schools, insurance companies, research centers, and financial institutions, which are all exploring and participating in these exciting options.

Bridges In Medicine™ is poised on the cutting edge of this long-awaited medical evolution.

Bridges In Medicine™ . . . committed to providing you with the best in medicine from all worlds.

Your Bridges In Medicine™ program helps you understand more clearly what is required in your life to establish harmony, health and wellness on an ongoing basis. Call today to schedule your initial consultation with one of our physicians.

Jeffrey S. Sollins, M.D.

Internal Medicine

L. Russ Canfield, M.D.

Family Practice

Angela L. Barnett, M.D.

Family Practice

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Bridging Conventional & Complementary Medicine

Jeffrey S. Sollins, M.D., Founder
Internal Medicine & Integrative Medicine



The T.E.A.M. Approach to the Healing Arts

YOUR WELL-BEING IS A JOURNEY,
NOT A DESTINATION.
BEGIN YOUR JOURNEY TODAY.
(see details inside)

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A New Vision for Integrated Health Care

Bridges In Medicine™ Healthcare is a multi-dimensional approach to comprehensive health care for today's world. The very premise of Bridges is to integrate conventional and complementary medicine for an individualized health plan.

The T.E.A.M. Approach: Trained Experts in the Art of Medicine



How does the **Bridges In Medicine™** Healthcare **T.E.A.M.** work for you? We listen. After an extensive initial interview conducted by a Bridges In Medicine™ primary care physician (M.D. or D.O.), you and your physician select the practitioners who will deliver your ongoing, specialized care. This selection process is based on your specific needs. As the central figure and focus of the **T.E.A.M.**, *your input* will provide the groundwork for the development of your program. In this way, **Bridges In Medicine™** can

provide you with the knowledge and guidance to establish and maintain an ongoing program to promote your health—body, mind and spirit.

The Healing Bridge

“It's all about healing.

We are not human beings having a spiritual experience, we are spiritual beings having a human experience.”

—Pierre Teilhard de Chardin, 1881-1955

At **Bridges In Medicine™**, we draw from conventional and complementary medicine. *You are central to the decision-making process.* With *healing* as its primary aim, your **Bridges In Medicine™ T.E.A.M.** and you select from the following health modalities to provide your ongoing care:

- Acupuncture
- Art Therapy
- Behavioral Therapy
- Chiropractic
- Cranio-Sacral
- Curanderismo
- Family Practice
- Feldenkrais
- Herbal Medicine
- Homeopathy
- Internal Medicine
- Karate Tai Chi
- Massage Therapy
- Meditation
- Nutrition
- OB/Gynecology
- Pharmacy
- Physical Therapy
- Reiki
- Rolfing
- Therapeutic Touch
- Yoga Therapy
- Women's Health
- Zero Balancing

For information that defines these modalities, visit our web site at:
www.bridgesinmedicine.com



An integrated
health care circle
with *you* at the center.



We believe that healing and wellness best occur when patients have open communication with their practitioners. The emphasis of our approach is on proper health-care education, informed decisions, and a deeper responsibility on the part of the patient with their practitioners. This direction opens the door to a personal healing journey.

“We take the concept of
T.E.A.M. health management
and make it a reality.”

— J.S. Sollins, M.D.