What is Advanced Medicine?
WHAT IS ADVANCED MEDICINE?

Technology is touching every aspect of our lives and often bringing with it both excitement and concern. When it comes to your health, how do you weigh the life-extending possibilities of new approaches to care against the safety and security of traditional medicine?

The answer is WellcomeMD does it for you. In this e-book, we explain Wellcome MD’s unique approach to integrating cutting-edge ideas from Precision Medicine, Functional Medicine and Anti-Aging Medicine with a traditional, evidence-driven approach to healthcare. Something we call Advanced Medicine.

While traditional medicine offers time-tested ways to treat short-term illness and lessen symptoms, it has struggled to solve the kinds of long-term health problems many of us face as we age.

According to the National Health Council, almost half of the U.S. population suffers from a chronic disease, with 75% of all healthcare costs due to chronic conditions. Doctors are learning that just treating symptoms is more expensive, and leads to poor long-term results.

Our Advanced Medicine focuses on identifying the root causes of ongoing health problems and treating them with solutions that take into account the whole picture of a patient’s health from genetics to lifestyle. While relying on the foundation of traditional medicine, we understand that new technologies, treatments, and new approaches can give us results traditional approaches alone cannot.

“Can greater insight prevent health problems before they even begin?”
EVERY PROBLEM LOOKS LIKE A NAIL

The foundation of traditional medical training is to look for and treat symptoms and for good reason. Treating symptoms in many cases is what keeps us safe while we heal.

Unfortunately, traditional physicians are really only given one option for treating those symptoms, pharmaceuticals.

WellcomeMD Doctor Mary Colfer notes that what frustrated her most about her work before WellcomeMD was that “the only tool I had to help my patients was a prescription pad.”

Traditional doctors are well-trained to recognize symptoms; they don’t learn how to help patients with stress management, nutrition, and exercise – all of which are vital to maintaining good health. It is not surprising when you consider that out of years of medical instruction on average only 19.6 hours are focused on nutrition.

THE TIME TO TREAT THE WHOLE YOU

The other hurdle to a whole health approach to medicine; time. It takes time to stay up to date with new research and to confer with colleagues about the best ways to take care of patients. It takes time to listen to a patient’s story and ask detailed questions about not just their symptoms but also their daily life. It takes time to analyze a patient’s family history and genetics to understand the risks that might be relevant to their current health. Moreover, it takes time to be there for a patient as they walk out the process of making positive change.

WellcomeMD physicians have a maximum case-load of only 300 patients vs. 600 at traditional concierge practices. The extra time doctors have with their patients makes Advanced Medicine possible.

With an understanding of what patients want to get out of their visits, doctors like Dr. Colfer, Dr. Neal Carl and Dr. Ingrid Liu can work with dietitians, trainers, and physicians to make lifestyle recommendations that shape their patients’ all-around well-being and reduce the need to treat chronic symptoms with prescriptions and invasive procedures.

The extra time doctors have with their patients makes Advanced Medicine possible.
Advanced Medicine does not mean abandoning the foundations of traditional medicine but complementing them with the latest thoroughly researched techniques backed by substantial evidence.

- **Precision Medicine** uses new testing technology to understand the unique genetics and background of each patient.
- **Functional Medicine**’s aim is to address the underlying causes of one’s symptoms.
- **Anti-Aging Medicine** focuses on new techniques to manage the ways our bodies change over time.

**NOT ALTERNATIVE MEDICINE, THE RIGHT MEDICINE**

At WellcomeMD traditional approaches are supplemented with the doctors’ advanced training. While we often provide a natural solution, our doctors still write prescriptions in cases where necessary and follow a traditional standard of care when it comes to diagnostic studies such as mammograms and prostate exams.

**A REAL WORLD EXAMPLE**

For example, in a traditional practice, if a patient has Irritable Bowel Syndrome (IBS) then the doctor writes a prescription. If that patient continues to eat the kinds of food that cause the underlying problem and could develop other symptoms related to inflammation, including anxiety, rashes, or headaches. Then each of those symptoms may be treated with a new prescription and accompanied by side-effects.

Instead, WellcomeMD’s more detailed testing could help clarify the state of the patient’s gut health, the symptoms can be put into the context of the patient’s overall health, and small changes in nutrition and eating habits could address the cause of the IBS directly.

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"The strengths of traditional medicine and these powerful new ideas naturally complement each other."
At WellcomeMD we start with DNA testing to help us understand your specific fitness and nutrition profile. We also perform an exhaustive panel of labs that look at more precise indicators and early markers of chronic issues. This focus on early detection allows your doctor a chance to intervene and help prevent health conditions.

In some ways, the most critical tool we have is the time and perspective necessary to take such a proactive approach. WellcomeMD stands out from conventional practices by starting with the critical steps that traditional doctors don’t do, like give patients a solid plan for how to eat better and exercise.

A plan is not enough. We want to see you every quarter to make sure we can help you get the results you want.
SPOTLIGHT: MINIMIZING CARDIAC RISK

PREVENTION IS THE BEST INTERVENTION
Heart disease is the #1 killer of adults in the U.S. according to the Centers for Disease Control.

WellcomeMD minimizes risk using new Advanced Medicine strategies. One approach to prevention is a Carotid Intima-Media Thickness test or CIMT. This ultrasound of one of our major arteries can tell us if there is any plaque build-up that needs to be evaluated with a cardiologist. If a patient shows disease in the carotid artery, then it will be likely in the coronary arteries, which can increase the risk of heart attack.

Contrary to popular belief, cholesterol doesn’t always need to go down.

In addition to an exam, a doctor trained in Functional and Anti-aging Medicine will also make lifestyle recommendations to patients at increased risk of heart disease.

While avoiding tobacco use is the single best thing one can do to decrease cardiac risk according to our physicians, they also suggest less common practices, such as proactively managing blood pressure and blood sugar, and monitoring cholesterol.

Contrary to popular belief, cholesterol doesn’t always need to go down—we need cholesterol for our brains, hormones, and cortisol. That’s why keeping an eye on it to ensure that it stays at an optimal level is so important.
CREATING A ROADMAP TO OPTIMAL HEALTH

At the WellcomeMD offices, Dr. Colfer, Dr. Carl and Dr. Liu see patients with conditions like pre-diabetes, heart disease or high cholesterol and we help manage those conditions with all the tools we have available, from diet and supplements to pharmaceuticals.

But we are also able to assist patients by recognizing early markers and taking preventative steps before these conditions arise.

In their experience working at WellcomeMD, our doctors have been able to get patients off prescription medications and painkillers by lowering their blood pressure and finding natural solutions for chronic health conditions such as migraines.

Traditional medicine has its benefits, but according to Drs. Colfer, Carl and Liu, integrations with Advanced Medicine make them “better at supporting improvement” in the long-term. We understand that how you feel and how you perform, are equally essential.

If you’re curious about how your health and well-being can be improved by a more personal relationship with your doctor and a set of powerful new medical tools, schedule a tour with one of our doctors to see WellcomeMD for yourself.

“We take pride in taking care of every aspect of your health.”
WellcomeMD is a concierge medical practice located in Richmond, VA and Oak Park, IL. WellcomeMD’s double board-certified physicians have in-depth knowledge of functional medicine and traditional medicine, which guides their approach in developing personalized health plans for their patients.

To find out more about how WellcomeMD and Advanced Medicine can help you live a healthier life, please visit WellcomeMD.com or call 888.531.3844.

You can also email WellcomeMD at info@WellcomeMD.com