
Integrative Geriatric Care at the Osher Clinical Center

What is Geriatric Integrative Health?

Older adults often manage multiple medical conditions, take numerous medications and experience changes in function and cognition. They face unique stresses related to aging, particularly when trying to coordinate their many health concerns.

Dr. Julia Loewenthal offers integrative geriatric health consultations to help support healthy aging of the body, mind, and spirit. She assists patients by taking a global view of their total health and incorporates integrative care approaches to promote health and well-being. Dr. Loewenthal has a keen interest in yoga and building mind-body connections.



Some areas of focus in geriatric integrative health consultations include, but are not limited to:

- Memory concerns and brain health
- Frailty
- Falls
- Sleep difficulties
- Depression and anxiety
- Caregiving
- Stress reduction and management

Who can Benefit from a Geriatric Integrative Health Consultation?

Any person 60 years and older who is interested in lifestyle approaches to healthy aging. This may mean focusing on sleep habits, diet, physical activity, reducing substance use, etc. There is less emphasis on medication changes in this clinic, though this may be part of the recommended approach if appropriate.

What should I expect from my appointment?

Initial visits are 60 minutes in length and typically involve a medical history and physical exam. Cognitive testing and/or special testing of your walking may be performed if appropriate. All recommendations are communicated with your primary care physician.

Will insurance pay for my consultation?

Most health insurance policies will pay for an integrative geriatric health consultation. Please confirm with your insurance company before your appointment.

What should you bring to your appointment?

Please bring:

- A list of the medications and nutritional supplements you take.
- A caregiver, partner, family member, or close friend is always welcome to attend provided we remain compliant with current policies.

BRIGHAM HEALTH



BRIGHAM AND WOMEN'S

Osher Clinical Center for Integrative Medicine

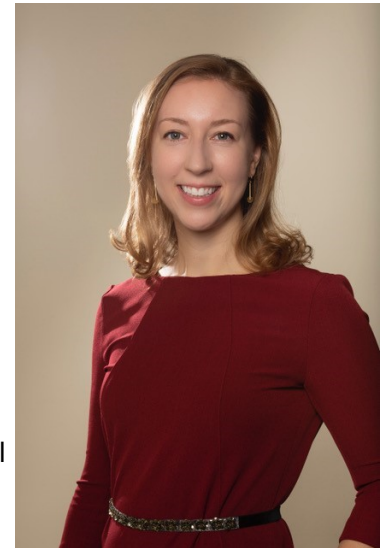


How do I schedule an appointment?

Please call the Osher Clinical Center at (617) 732-9700 for more information about our integrative health services or to set up an appointment with Dr. Loewenthal. The Center is located at the Brigham and Women's Ambulatory Care Center at 850 Boylston Street in Chestnut Hill.

Meet Doctor Loewenthal

Julia Loewenthal, MD received a Bachelor of Science in Public Health in Nutritional Biochemistry from UNC-Chapel Hill and her MD from the University of Virginia. She completed an Internal Medicine residency at Brigham and Women's Hospital and Harvard Medical School. She then completed a fellowship in Geriatric Medicine in the Harvard Multi-Campus Geriatrics Fellowship. Dr. Loewenthal is board-certified in both Internal Medicine and Geriatric Medicine.



Dr. Loewenthal is interested in total health and well-being for both patients and clinicians. Her academic work is focused on the use of mind/body interventions to promote physician resilience and reduce burnout. She has a personal yoga practice that informs both her clinical and academic work. Through her training and experience with mind/body and integrative medical therapies, she has developed a strong interest in the bidirectional relationship of stress and aging. At the Osher Clinical Center for Integrative Medicine, she will see older patients in a consultative role for stress management and optimal use of integrative medical therapies. Given her background in Geriatrics and Internal Medicine, she is particularly interested in medically complex older adults.

Other Services at the Osher Clinical Center

Integrative Care

- Acupuncture
- Chiropractic
- Craniosacral Therapy
- Health / Life Coaching
- Myofascial Therapies
- Movement Therapy
- Nutritional Health Coaching

Medical Care

- Integrative Medical Consultation
- Headache Neurology
- Movement Disorders Neurology
- Pulmonary Medicine

Classes

- Migraine Workshop
- Mindful Stress Management
- Tai Chi for Parkinson's
- Introduction to Tai Chi