

Integrative Medicine Grand Rounds

presents

Integrative Approaches to PMS and Menopause



Presenter:

Birgit Rakel, MD

Dr. Birgit Rakel is a leading figure in Integrative Medicine with over 18 years of clinical experience. She is head of the women's Health Program at the Jefferson-Myrna Brind Center of Integrative Medicine, specializing in premenstrual syndrome (PMS), osteoporosis, menopause, irritable bowel syndrome (IBS) and many other women's health issues.

Dr. Rakel's treatment strategies combine state of the art conventional medicine with herbal and nutritional supplementation, homeopathy, and mind-body therapies.

Dr. Rakel is Board certified in Family Practice and she is an instructor in family medicine and emergency medicine at Jefferson Medical College. She has also completed the University of Arizona's two year certification program in Integrative Medicine as a Bravewell Fellow. Dr. Rakel has published peer-reviewed articles, given numerous lectures and workshops, and recently co-edited a book on healthy approaches to aging.

Overall Goals and Objectives:

1. Learning about the term integrative medicine
2. Understanding the role of integrating phytotherapy and nutraceuticals into a patient's treatment plan
3. Learning about recent research studies

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October 7, 2008

8–9:15 a.m.

**925 Chestnut Street
2nd Floor Conference Room**

For more information, please call 215-955-3014.