

# Well Being

A quarterly newsletter sent to you from your friends at The Carolina Center and Wake Medical Associates

## Carolina Center for Integrative Medicine

### Wake Medical Associates

#### John C. Pittman, MD, DABCMT, Director

Diplomate of the American Board of Clinical Metal Toxicology (ABCMT) with advanced proficiency in chelation therapy  
Interim Diplomate, American Board of Oxidative Medicine  
Advanced proficiency training in Bio-Identical Hormone Replacement and Nutritional Medicine

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#### Office Hours:

Monday 9:00 AM - 5:00 PM\*  
Tuesday 9:00 AM - 5:00 PM\*  
Wednesday 9:00 AM - NOON  
Thursday 9:00 AM - 5:00 PM\*  
Friday Call for select appts  
Saturday Call for select appts  
Sunday Closed

\*Office is closed NOON - 1:00 PM for lunch

#### Staff:

John Pittman, MD, DABCMT  
Lisa Sanders, RN  
Shari Mewborn, RN  
Renee Pilgrim, Administrator  
Younger Mattox, Patient Coordinator  
Teresa Pratt, Front Office Team  
Jennifer Sanville, Front Office Team  
Lisa Stewart, Marketing Coordinator

#### Disclaimer:

All material provided in this publication is provided for educational and informational purposes only. Consult your own physician regarding the applicability of any opinions or recommendations with respect to your symptoms or medical condition.

## FROM OUR DIRECTOR

Welcome to the first issue of "Well Being", a quarterly newsletter provided to you by the Carolina Center for Integrative Medicine and Wake Medical Associates. The information provided in this newsletter is intended to inform you about what's currently happening within our own practice, as well as our industry.

The Front Desk will keep you updated on what's happening in our



Dr. John Pittman

news and updates that we feel are newsworthy and relevant to you. What's New will keep you up to date on any new therapies

offices. This may include new hires or new office procedures. A Closer Look will focus on medical

we're offering or other items that are making headlines. In addition, we'll keep you posted on all of our upcoming presentations and let you know of any additional seminars and lectures that you may find interesting.

All of us appreciate your continued patronage and want to thank those of you who have been kind enough to share our name with friends and family members.



## THE FRONT DESK

Lisa Stewart has been hired as our new Marketing Coordinator. Lisa will be communicating with our existing patients to ensure overall satisfaction, as well as assisting us in promoting our practice by making in-person visits to various health practitioners and businesses in the Triangle.

Remember to bring your insurance card to each office visit to

help us keep your information current and expedite the check-in process.

For Wake Medical Associates' billing questions, please contact our billing company, CuroMed, at 1-877-353-7162.

Effective February 2007, we will be closed on Thursday afternoon, but will be taking Wednesday afternoon appointments with Dr. Pittman and our IV nurse. Call

(919) 571-4391 to schedule your appointment.

TOTAL HEALTH Nutrition Center is the 'Vitamin Store' located in CCIM. THNC is open to the public and the primary source for the supplements used in our patients' treatments. All items are carefully researched for source, strength, and best cost. Shop in person, by phone, e-mail, or online at totalhealthnutritioncenter.com. For more information, call (919) 781-9994 or write to jeff@carolinacenter.

## A CLOSER LOOK

### CHELATION THERAPY

Our January 9th presentation will focus on the use of Chelation Therapy in the treatment of Heart Disease. EDTA (ethylene diamine tetra acetic acid) is a synthetic amino acid which has the ability to attach itself to metals and minerals, forming a particular kind of bond called a chelate. Heavier metals, such as lead or mercury, have a greater affinity for EDTA and form stronger bonds. Since 1953, the US Food and Drug Administration (FDA) has recognized EDTA as a treatment for lead poisoning. In the 1940s and 1950s, some doctors using EDTA to treat lead toxicity in patients, who also happened to suffer from heart disease, observed an unexpected improvement in their angina symptoms. Since that time, doctors have used EDTA to treat blood vessel diseases, and they believe, based on their observations in individual patients and on other types of evidence, that EDTA is useful for that purpose.

While the FDA has not approved EDTA for treating vascular disease, the status of EDTA as an approved drug for lead poisoning permits physicians to use it to treat other conditions, including vascular disease. Despite the lack of controlled scientific studies as proof of its effectiveness, physicians have used EDTA chelation therapy for over 50 years to treat cardiovascular disease, diabetic arterial disease, and decreased mental function from vascular disease. Many of these doctors also use EDTA in preventative medicine.

Join us on January 9th from 6:30-8:00PM at The Summit Building as we discuss how Chelation Therapy is being used to treat Heart Disease. Registration is required in case of cancellation. Call Louise Cottrell at (919) 848-1025 extension 3 or register via e-mail to register@carolinacenter.com



## WHAT'S NEW?

### HYPERBARIC OXYGEN THERAPY

While the Carolina Center continues to provide intravenous nutrient and chelation therapies, as well as colon hydrotherapy, an exciting treatment added in 2006 was Hyperbaric Oxygen Therapy (HBOT). We have seen amazing success with a wide variety of types of health conditions, both acute and chronic, and feel this therapy has greatly improved our ability to help our patients. Some of the conditions benefited by HBOT include:

#### NEUROLOGIC:

- Stroke & Brain injury – acute or chronic
- Intracerebral hemorrhage
- Cerebral edema
- Cerebral Palsy
- Multi-infarct dementia
- Multiple Sclerosis
- Parkinson's Disease
- Myasthenia Gravis
- Guillain-Barre Syndrome
- Down's Syndrome
- Autism/ADD/ADHD/Developmental Delay

#### GASTROINTESTINAL:

- Ulcerative Colitis
- Crohn's Disease
- Chronic non-healing stomach or duodenal ulcers

#### MUSCULOSKELETAL:

- Rheumatoid Arthritis & Osteoarthritis
- Sports injuries & Trauma

#### OPHTHALMOLOGIC:

- Macular Edema & Macular Degeneration
- Glaucoma

#### CARDIOVASCULAR:

- Heart attacks

#### INFECTIOUS:

- Lyme Disease
- Hepatitis
- HIV Infection/AIDS
- Hansen's Disease (Leprosy)

#### METABOLIC:

- Radiation injury
- Chronic Fatigue Syndrome
- "Jet Lag" (flight hypoxia)



Portable Hyperbaric Oxygen Therapy Chamber

### BOTOX

A new addition to our monthly wellness program has been a presentation discussing the cosmetic and medical uses for Botox. So many of our patients have told us that we've helped them FEEL better, and now they want to LOOK better. One of the treatments we have provided for the last few years is Lipotherapy, a non-surgical method for reducing the abdominal fat that develops with aging. Expanding on this interest in aesthetic medicine, Dr. Pittman began serving as the Medical Director of **Satin Skin Laser Center** in Cary earlier in 2006, where we now offer Botox Cosmetic injections. Botox is a popular, non-surgical way to dramatically reduce the facial wrinkles and smooth deep and persistent lines. A 10-minute treatment can relax muscles for 4 or 5 months.



Satin Skin Laser Center also offers laser hair removal, a procedure which Dr. Pittman supervises. The newest and most advanced technology using both 1064nm Nd:YAG and 755nm Alexandrite laser is applied in a comfortable spa-like atmosphere. The treatments are fast, effective, and comfortable. To learn about these and other skin procedures offered, contact Satin Skin Laser Center at (919) 460-9311 or visit them on the web at [www.satinskinlaser.com](http://www.satinskinlaser.com).

## ODDS 'N ENDS

Dr. Pittman, a classical pianist, will be giving a concert on Friday, April 27<sup>th</sup> at 7:30 PM at Bösendorfer Hall at Ruggero Piano, 4720 Hargrove Road, Suite 120 in Raleigh (located just north of Millbrook Road between Atlantic Avenue and Capital Boulevard). Dr. Pittman will be one of several performers at the April concert. For more information, call Ruggero Piano at (919) 839-2040.



### THANK YOU

Triangle  
Compounding  
Pharmacy for your  
continued support of our monthly  
wellness programs!



## MARK YOUR CALENDARS!

All of the presentations listed are free and open to the public. Please join us and bring your friends and family members! Registration is required in case of cancellation. Contact Louise Cottrell at (919) 848-1025 ext. 3 or [register@carolinacenter.com](mailto:register@carolinacenter.com). For a complete description of presentation topics, or to view all of our presentations, visit [www.carolinacenter.com](http://www.carolinacenter.com) and click on Upcoming Presentations.

**January 4** – 6:30-8:00PM at Satin Skin Laser Center – "The Cosmetic and Medical Uses for Botox"

**January 9** – 6:30-8:00PM at The Summit Building – "Chelation Therapy for Heart Disease" sponsored by Triangle Compounding Pharmacy

**January 23** – 6:30-8:00PM at The Carolina Center – "An Introduction to Integrative Medicine"

**February 13** – 6:30-8:00PM at The Carolina Center – "Natural Hormone Replacement Therapy"

**February 27** – 6:30-8:00PM at The Carolina Center – "Chronic Fatigue Syndrome: Understanding the Big Picture"

**March 6** – 6:30-8:00PM at Satin Skin Laser Center – "The Cosmetic and Medical Uses for Botox"

**March 13** – 6:30-8:00PM at The Carolina Center – "Finding Relief from Worn-Out Woman Syndrome"

**March 27** – 6:30-8:00PM at The Carolina Center – "Chronic Illness & Your Teeth: What Your Mouth May Be Telling You"

**April 10** – 6:30-8:00PM at The Carolina Center – "An Introduction to Hyperbaric Oxygen Therapy"

**April 24** – 6:30-8:00PM at The Carolina Center – "Autism Spectrum Disorder: Treating Pervasive Developmental Disorders"