

Welcome to Iowa Cancer Specialists! for your Functional Medicine Consultation



ICS

Iowa Cancer Specialists

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Affiliations

Genesis Medical Center
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Dear Valued Patient,

Welcome to ICS for your Functional Medicine consultation! We are excited to partner with you and help guide you back to health.

ICS is committed to providing a first-class patient experience with the highest level of functional and integrative medical care. We view our relationship with you as collaborative, and want you to be actively involved in your individual healing process. We value your experiences and opinions, and invite you to share them with us. We will make every effort to clarify your treatment goals, along with specific recommendations that we make at each step in the process.

Please complete the attached forms prior to your visit for more focus on your personal history.

What to expect during your consultation:

Initial Consult:

The first step is a 60 minute initial consult, available either in person or via telemedicine (if your insurance allows). During this appointment you will be asked about your primary health concerns plus any relevant history, and will then order any appropriate lab tests, if necessary. The tests will need to be completed prior to your second appointment, the Second Consultation.

- Provide a complete list of supplements and medications you currently take. Include the **dose or how many** you take of each.

Second Consultation:

After completion of the Initial Consult, the next step will be preparing for your second consultation.

This involves:

- Completing the Lifestyle Medicine Assessment form you were given the day of the Initial Consult and/or during the pre-visit check in link that will be texted or emailed to you.
- Completing the lab tests that were ordered for you after your Initial Consult, if applicable. Please contact us if you have any questions.
- 30-45 minute appointment focused on discussing the underlying patterns identified in your lab work and your Lifestyle Medicine Assessment form, making recommendations for further lab testing if necessary and providing you with an Initial Treatment Plan. We will also answer any questions that you have regarding your diagnosis or treatment plan, or anything else related to your care.

Nature of Services Provided

It is best to consider your Functional Medicine appointments as non-primary care appointments. Our Functional Medicine services include medical care provided by physicians, related health care and/or nutrition services, and treatments or procedures which may be provided by physicians or other health care professionals. Such services may include the prescription of an integrative program which includes conventional health care, nutritional therapies, functional medicine, naturopathic medicine as well as other elements of integrative medicine. These services *do not* substitute for primary medical care, and patients are expected to have a relationship with a primary medical doctor separate and apart from ICS.

We are honored that you have chosen us as a partner on your Journey Back to Health, and we're excited to begin that journey with you.