



PRACTICE NEWS

Welcome New Clinicians!

Comprehensive Wellness is pleased to announce the addition of a diverse and talented group of clinicians to our practice in the months ahead. Read more about all of our clinicians, on our website: <https://www.comprehensivewellness.org/clinicians/>.



Alan Brast, PhD, CCHT, CSA, NLP
Therapist

Dr. Alan Brast specializes in medical hypnotherapy/analysis as well as grief and emotional trauma counseling for suicidal ideation, rape, emotional and physical abuse, and other areas of medical/psychological trauma. He has expertise in crisis management and facilitates support groups for cancer patients. He lectures locally and world-wide.



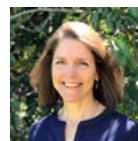
Bess Inzeo, MA, PPS
Counselor/Child Wellness Advocate

Bess Inzeo is a counselor and advocate for children ages 3-12 years old. She has been an educator for more than 20 years. She creatively teaches social skills, how to manage anxiety, and coping strategies for the home and school environments.



Allyson Mayo, DBH
Behavioral Health Practitioner/Educator

Dr. Allyson Mayo is a Doctor of Behavioral Health and an industry expert educating on how to prescribe Lifestyle Medicine to the root causes of maladaptive behaviors. Through a revolutionary approach of Behavioral Fitness, Dr. Mayo brings us all a much needed new approach to mental health. A professor at USF and county mental health representative, she is helping our communities become behaviorally fit.

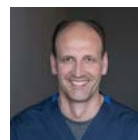


Anne McEntee, RN, NBC-HWC
Health & Wellness Coach

Anne McEntee is a Registered Nurse and National Board-Certified Health and Wellness Coach. She completed Duke Integrative Medicine's Integrative Health Coach Professional Training Program. Anne enjoys working with individual clients to help them prevent or manage chronic health issues.

Scott Seibert, MD
Orthopedic Surgeon

Dr. Scott Seibert is a board certified Orthopedic Surgeon who specializes in both operative and non-operative treatment of common musculoskeletal conditions such as hip and knee joint arthritis. He is the faculty attending physician at Highland Hospital in Oakland where he concentrates on complex musculoskeletal trauma. He is in-network with most insurance plans.



Kai Tiltmann, DC
Chiropractor

Dr. Kai Tiltmann specializes in patients suffering from chronic low back pain that have been unresponsive to interventions including: physical therapy, chiropractic, acupuncture, massage, exercises, yoga, pilates, injections, medication and sometimes surgery. He is a **McGill Method Master Clinician** with specialized training to assess chronic low back pain triggers and develop rehabilitation plans that help patients on to the path of recovery.

Front Office

In order to support our growing practice, our office staff is expanding as well! Joining us are **Ruth Smith**, Director of Operations; **Mashal Shujayee, MA**, Patient Care Coordinator; and **Sui Mei Chai**, Billing.

I DON'T NEED A PAP TEST

DO I STILL NEED A WOMEN'S HEALTH CHECK UP?



You've heard, with better understanding of abnormal paps, that you no longer need testing every year. That's true. But do you need to see a women's health clinician regularly? For some Comprehensive Wellness patients reading this, the answer is "no"—because you're men. For the rest of you, the answer can be confusing. First, a little history of the confusion, then a few points that might direct you to visit your women's health specialist.

We've heard the pretext of "needing a pap test" as the reason to schedule your annual gynecology exam. We are now finding that that logic may be hurting women. A pap test is about one disease—cancer, and only one body part—the uterine cervix. We can all agree there is much more to being a woman! Yet, in 2014 the American College of Physicians said healthy women do not need annual pelvic/gyn exams. Almost immediately the American College of Obstetricians and Gynecologists responded recommending that women do have annual specialty appointments. Neither organization is without bias. What does the research say?

A recently published study looked at charts for 283 women over 40 years of age who came in for "well women" exams. The majority of the women were diagnosed with new gynecological conditions resulting in education, prescriptions, and work-ups. In other words, they identified issues that otherwise would likely have gone untreated. What are just some of the reasons for a regular checkup?

Dry vagina Yes, we get to say vagina in our multidisciplinary newsletter. For some women this occurs at any age, but for the majority it starts during the menopause transition. Unlike other symptoms, it progressively worsens; if left untreated, the structure of the genitalia experiences non-reversible changes. Even women without symptoms can have changes.

Pelvic masses. Relax. Most pelvic masses are not cancer and, unfortunately, the exam isn't great at finding ovarian cancer small enough for the most successful treatment. However, even benign masses can cause problems with urination or bowel movements, feeling full, heavy periods, or painful sex.

Leaking urine. Probably 80% of incontinence can be fixed without surgery. And it is not a normal part of aging. You need someone you can talk to about this so that you can get help.

Menstrual changes. Your menstrual cycle may become irregular or you may have heavier bleeding. While some changes can be normal, all menstrual changes merit attention.

Life stages. Though risks of birth control don't change over time, women do! New health issues and life plans tweak not only the safety of methods, but also the added benefits. Clearing up myths about transitioning into menopause and maximizing the next third of your life needs individual teaching and planning.

But perhaps the most important reason to get an annual gynecology check-up—one hour each year dedicated to being the healthiest woman you can be—**you deserve it!**

Patricia Geraghty MSN, FNP-BC, WHNP is a nurse practitioner with over 20 years of experience specializing in women's health.

DID YOU KNOW?

What is the McGill Method?

The McGill Method was developed at the University of Waterloo in Toronto, Canada, by professor Stuart McGill, a world-renowned spine researcher, lecturer and author. He pioneered a comprehensive method to help patients recover from chronic low back pain and avoid further low back injury and symptoms.

He studied causes of injury, how to accurately assess injury, and how to return the patient to pre-injury function.

Our own **Dr. Kai Tiltmann** has completed the rigorous certification program and is a McGill Method Master Clinician.

If you have chronic low back pain that has been unresponsive to at least three other types of medical treatments, call us to learn more about this unique approach to low back pain.

COMING SOON

Behavioral Fitness Workshops

Comprehensive Wellness is pleased to announce that **Dr. Allyson Mayo** will be offering a series of Behavioral Fitness workshops in the coming months. Be on the lookout for more information about how you can learn more.

Workshops appeal to a wide range of audiences and topics include: *Children with Anxiety, Lifestyle Medicine, What Adolescent Depression Really Looks Like, Emotional Intelligence, Boundary Setting, and Difficult Conversations.* There will be sure to be something for everyone!

Workshops are \$125 each, or \$600 for a series of six. Call the office at 925.464.3916 to schedule.



SPECIAL OFFER

May Reiki Healing Days

What is Reiki Energy Healing?

How can Energy Healing support my physical health, emotional well-being and creative life goals?

If you have asked yourself these questions and are curious to learn more, schedule a **45-minute Introductory Reiki Healing session** with Denise Arline, MA, for a special rate of \$75.

You will receive a personal consultation about your energy wellness and a deeply nourishing Introductory Reiki Healing experience. This is a great opportunity to learn more about this powerful natural healing modality and how can enhance all aspects of your life!

Sessions are available on Wednesdays, Fridays, and the 3rd Saturday of May!

Call today to schedule your session!



Denise Arline, MA, is an Energy Medicine Practitioner, Reiki Healing Master and Holistic Life

Coach. She holds a Masters Degree in Transformative Healing Arts from JFK University and advance training in various healing modalities. With years of experience, Denise supports her patients in clearing blocks and restoring their natural energy flow and vitality. This allows her patients to feel more empowered, energized and able to create positive change in all areas of their lives.

NUTRITION SPOTLIGHT

MENOPAUSE & WEIGHT MANAGEMENT

I just can't lose that extra pound no matter how much I try? Is this something that you struggle with? As women our bodies go through many changes starting from menstruation into the menopausal period.

It would be nice if menopause happened overnight and our bodies would get back to normal.

Did you know? The transition often begins between the ages 45-55. It usually lasts about seven years, but can go as long as 14 years.

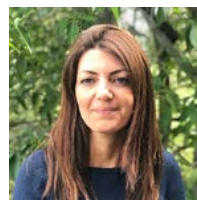
During Menopause the body's production of estrogen and progesterone changes. Our bodies begin to use energy differently and women may gain weight more easily.

In a four-year cohort study done by Dr. Samuel in *Family Practice* journal, they found that 25% of women aged 35-47 gained ≥ 10 lb. in 4 years. Women in the 35-39 age group and 40-44 were more likely to gain ≥ 10 lb. than women in the 45-49 study group. Women who were normal weight at baseline were more likely to gain ≥ 10 lb. than overweight or obese women.¹

As a Licensed Dietitian having practiced for more than 15 years in the area of Integrative nutrition. I recommend five steps for Weight Management:

1. **Lower your caloric intake.** As we go through menopause our metabolism slows down and we tend to need 200 fewer calories a day during 50's than we did in our 30s and 40s.
2. **Exercise.** The best way to burn excess calories is to increase cardiovascular exercise. A continuous movement at an intense pace of 45 minutes or more helps to increase heart rate and assists with weight loss.
3. **Sugar.** My general rule is to try to keep sugars in your snacks, foods and beverages to 0-7 grams per serving.
4. **Vegetables.** Did you know that a cup of vegetables has only 25 calories, while a cup of fruit is generally around 90-100 calories depending on the type. Fruits are great, but if you are trying to lose weight, then its best to lower their consumption to one to two servings per day.
5. **Limit Alcohol.** Alcoholic beverages add excess calories to your diet and increase risk of weight gain.

In conclusion, menopause is inevitable, but with the right behavioral modifications and diet, weight management is possible.



Sahar Berjis, RD, MPH, is a licensed Registered Dietitian with 17 years of experience in traditional and functional nutrition. She practices Functional Nutrition, looking at each patient individually using the whole body approach. She spends time analyzing nutritional imbalances using in-office stomach acidity testing and more invasive testings if needed. She creates individualized plans to restore and re-balance gut health and the body using diet & natural remedies.

¹ Family Practice. 2003; 20 (4): 401-409 https://academic.oup.com/fampra/search-results?page=1&q=menopause%20and%20weight%20management&fl_SitelD=5161&SearchSourceType=1&allJournals=1

SPOTLIGHT

CLINICIANS IN OUR COMMUNITY

Patricia Geraghty, FNP-BC, WHNP, a member of the Sharecare Medical Advisory Board, attended the inaugural **Sharecare Awards** in health media.

Dr. Rebecca Parish and the **WorldClinic Team** have launched a revolutionary membership program at Comprehensive Wellness. Visit our website for more information about this great new program!

Patricia Geraghty, FNP-BC, WHNP, Rebecca Parish, MD, and Denise Hilliard, MD, hosted a **Women's Health Forum** on April 24 in San Ramon addressing important topics in women's health, including *What Mom Couldn't Tell You: Latest Research on Women's Sexuality and The Latest Procedures in Fat Reduction, Skin Care, and Vaginal Health*.

Rebecca Berke, BCH, and Patricia Geraghty, FNP-BC, WHNP are hosting a **Sleep for Health Workshop** May 4, 11:00am-1:00pm, where they will be presenting tools to help you sleep well and gain the benefits of more energy, improved concentration and better health.

Allyson Mayo, DBH, is presenting a 90-minute workshop at the CoCoKids' **25th Annual Early Learning Conference** on Saturday, May 11, at Diablo Valley College.

Rebecca Berke, BCH, will be presenting *Mindfulness into Total Mind/ Body Alignment* at Oakwood Athletic Club's **Commit to Get Fit** event on Monday, May 13, at 6:00pm.

MEET OUR CLINICIANS

INTERNAL MEDICINE

Rebecca Parish, MD
Internist/Founder & Medical Director

Denise Hilliard, MD
Internist/Aesthetic Medicine Specialist

WOMEN'S HEALTH

Patricia Geraghty, FNP/WHNP
Women's Health Specialist

Renee Hilliard, MD
*Gynecologist/
Aesthetic Medicine Specialist*

HEALTH & WELLNESS

Maria Carson Breber
Decision Making Coach

Bess Inzeo, MA, PPS
Counselor/Child Wellness Advocate

Allyson Mayo, DBH
Behavioral Fitness Coach

Anne McEntee, RN, NBC-HWC
Health & Wellness Coach

MUSCULOSKELETAL CARE

Jeremiah Dees, CSCS
Kinesiology and Movement Specialist

Clayton Francis, CMT
*Certified Massage Therapist/
Kinesiology Specialist*

Christopher Lee, LAc
Acupuncturist

Scott Seibert, MD
Orthopedic Surgeon

Kai Tiltmann, DC
*Chiropractor/
McGill Method Master Clinician*

NUTRITION/ WEIGHT MANAGEMENT

Sahar Berjis, RD, MPH
Registered Dietitian

AESTHETIC MEDICINE

Denise Hilliard, MD
Internist/Aesthetic Medicine Specialist

Renee Hilliard, MD
*Gynecologist/
Aesthetic Medicine Specialist*

DERMATOLOGY & PLASTIC SURGERY

Jason Fung, MD
Dermatologist

Paul Wotowic, MD, FACS
Plastic Surgeon

THERAPY SERVICES

Brett Beaver, LMFT
Licensed Marriage & Family Therapist

Kristin Avicolli, LCSW
Licensed Clinical Social Worker

Alan Brast, PhD, CCHT, CSA, NLP
Therapist

Rebecca Berke, BCH
Hypnotherapist/Mindfulness Specialist

Denise Arline, MA
*Reiki Energy Therapist/
Holistic Life Coach*

Katie Craft, CCLS
Certified Child Life Specialist

Maddie Schmitz, CCLS
Certified Child Life Specialist



comprehensive
wellness

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www.comprehensivewellness.org