



## Frequently Asked Questions: **Integrative Medicine**

### **What is Integrative Medicine?**

Integrative medicine involves combining one or more complementary or alternative modalities with conventional western based veterinary medicine. This involves a holistic approach to diagnosis and treatment, taking the whole animal into account, and it aims to treat the root cause of the disease. Some types of treatments that may be involved include (but are not limited to) chiropractic, acupuncture, physical rehabilitation, massage, laser therapy, pharmaceuticals, nutrition, or surgery.

### **What kind of pets can benefit from integrative medicine?**

Theoretically, any companion animal (large or small, young or old, athlete or couch potato) can benefit from integrative medicine. When practicing an integrative approach, the pet's unique needs are assessed, and the treatment plan is individualized based on those unique needs.

### **What conditions can be treated with integrative medicine?**

While an integrative approach can be applied to almost any ailment in veterinary medicine, certain disorders are treated more commonly. Typical conditions that tend to respond well to an integrative approach are:

- **Musculoskeletal conditions:** arthritis, hind end weakness, hip dysplasia, cruciate ligament ruptures, neck and back pain, and strains or sprains.
- **Neurological disorders:** epilepsy, intervertebral disc disease, Wobblers syndrome, fibrocartilagenous embolism (FCE), and lumbosacral stenosis.
- **Urogenital disorders:** incontinence, cystitis, recurrent urinary tract infections
- **Gastrointestinal imbalances:** chronic vomiting, diarrhea, inflammatory bowel disease, food sensitivities
- **Chronic skin disorders:** allergies, ear infections, anal gland issues



- **Internal medicine disorders:** kidney disease, Cushing's, Addison's, Diabetes Mellitus



### **What is involved with**

Here at Aldergrove medicine consult is

MacKenzie. She will start by reviewing previous medical records, taking a thorough history and performing a conventional western veterinary medical examination, including an orthopedic and neurological exam. She will then perform examinations from Chiropractic and Traditional Chinese Veterinary Medicine perspectives. Based on the findings, Dr. MacKenzie will then discuss with you the various options for treatment or further diagnostic workup. Depending on how we choose to proceed, the first chiropractic adjustment, acupuncture treatment, laser therapy session, or combination treatment will be performed.

### **an integrative medicine consult?**

Animal Hospital, the initial integrative booked for one hour with Dr.

### **How long will it take to see results?**

Since every pet is different, it can be difficult to predict how each individual will respond to treatment. Some patients respond dramatically after the first treatment, while in others, it takes longer to see a response. A general rule of thumb is that the longer a disease has been present, the longer it will take to resolve. Typically though, we can expect to see some positive results by the third treatment.

**How can I get started?** If your regular veterinarian is at a clinic other than ours, we can arrange to have your pet's medical records sent over for review prior to the first appointment.



Dr. Raceeta MacKenzie is a veterinarian who has a special interest in veterinary chiropractic and acupuncture. She completed the Canadian Animal Chiropractic Certification Program at the Veterinary Chiropractic Learning Centre in Brantford, Ontario in 2012 and the International Veterinary Acupuncture Society (IVAS) Basic Course in Veterinary Acupuncture in 2015.