

Gilchrist Launches Integrative Medicine Program

New service for patients with cancer will be led by Dr. Delia Chiamonte

October 5, 2018

Hunt Valley, Md. – Gilchrist, a nationally recognized, nonprofit leader in serious illness and end-of-life care, is pleased to announce the launch of a new Integrative Medicine program for patients receiving cancer treatment, beginning in October 2018. Under the direction of Delia Chiamonte, MD, Gilchrist's Integrative Medicine program will focus on a patient's full range of needs, using evidence-based modalities to alleviate the symptoms and stress of cancer and its treatment and improve quality of life. The service is available to patients receiving treatment at the Sandra & Malcolm Berman Cancer Institute at GBMC.

Dr. Chiamonte is certified by the American Board of Holistic and Integrative Medicine and the American Board of Family Physicians, with added certification in Hospice and Palliative Medicine. Prior to joining Gilchrist, Dr. Chiamonte was the Associate Director of the University of Maryland School of Medicine Center for Integrative Medicine.

Gilchrist's Integrative Medicine services will include integrative nutrition consultations; evidence-supported approaches to the use of supplements in cancer treatment; and mind-body therapies such as meditation, guided imagery and breathing techniques. Patients may also receive integrative treatment planning for symptoms such as sleep problems, anxiety, depression, pain, nausea, fatigue and stress. Planned future services include acupuncture, yoga therapy, therapeutic art and mind-body modalities.

"It is crucial to treat the whole person and not just the disease," said Dr. Chiamonte. "Gilchrist's Integrative Medicine program offers a wide variety of treatments, from medications to massage to relaxation strategies, to help people with cancer gain control over unpleasant symptoms and thrive during treatments and beyond."

In addition to seeing patients in the Integrative Medicine practice, Dr. Chiamonte will provide consultations for Gilchrist's Palliative Care program, offering both conventional palliative medicine approaches and integrative medicine approaches.

For more information or to schedule an appointment, please call 443-849-3184. For referrals, call 443-849-6255.

ABOUT GILCHRIST

Gilchrist is a nationally recognized, nonprofit leader in serious illness and end-of-life care. With elder medical care, counseling and hospice, we help people at every stage of serious illness live life to the fullest and make informed choices about their care. Since 1994, the organization has served thousands of individuals throughout Central Maryland—in homes, in skilled nursing and residential care communities, and at our three inpatient hospice centers in Towson, Howard County and Baltimore. Gilchrist is accredited by CHAP (Community Health Accreditation Partner), and is a recipient of the prestigious Circle of Life award from the American Hospital Association. For more information about Gilchrist, visit gilchristcares.org.

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