

the ed & phyllis davis

wellness institute

at southampton hospital





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clinical excellence and a holistic approach to wellness

Southampton Hospital's Ed & Phyllis Davis Wellness Institute offers the only hospital-based integrative medicine on Long Island's East End. We are dedicated to preventing illness, and empowering individuals to live healthier lives. We offer integrative medicine to patients who are coping with and healing from chronic illnesses, and to people who want to lead a healthy lifestyle and maintain well-being.

Studies have proven that worry and stress, especially about things out of our control, can cause both physical and emotional problems that exacerbate health issues in patients who are facing life-threatening or chronic illness.

Integrative medicine combines modern science, psychology, nutrition, and exercise physiology to enhance the natural healing capacities of your body and mind. Our full range of complementary therapies supports traditional medicine and teaches patients to harness their own healing power to improve their quality of life. Preventative integrative medicine is also a highly effective way to maintain health and strengthen the mind/body connection. In both situations, the resulting self-care is a key element to well-being.

To create a comfortable, calming, soothing environment, we worked with a Feng Shui consultant, used low VOC paints, and installed a sophisticated heating/cooling system for superior air quality. Mind, body and even the environment, come together to foster healing at the Wellness Institute.



mind/body programs

Mind/Body medicine combines conventional medical treatment with an awareness of how behavior and attitude can affect health. The diagnosis of an illness can be overwhelming and stressful, affecting a person mentally, physically and spiritually. Our program is designed to supplement medical treatment by helping the participant cope with the stress of illness and make informed choices about treatment. You will understand the link between stress and physical/emotional problems and learn to use positive thoughts and beliefs to foster new behaviors and attitudes that will encourage healing. You'll develop skills to help you incorporate mind/body principles and practices into your life. Better nutritional management will put you on track for healthy eating and our therapists will help you identify the physical activity most beneficial to your circumstances.

Each course consists of six weekly group sessions, 90 minutes in length. An initial medical evaluation is necessary and is covered by most insurance providers. Following the evaluation, course leaders tailor a program specific to your needs. During the program, your other healthcare providers and physicians will be aware of your progress as well as any issues of concern. You will receive educational information to help you better understand your

illness or risk for disease, and your plan will include techniques that reduce and control your symptoms and stress.

Throughout the program, our staff will provide support and professional assistance, giving you the encouragement to modify your lifestyle to prolong good health and delay the impact of disease for as long as possible. Most important, your feelings of confusion, despair and helplessness will be replaced by a sense of control and well-being.

The following programs are offered intermittently throughout the year:

- Cancer Wellness
- Cardiac Wellness
- Diabetes Management
- Reducing Symptoms of Chronic Illness

Our staff has completed extensive training at Benson-Henry Institute for Mind/Body Medicine at Massachusetts General Hospital. Insurance accepted, no referrals necessary.



anti-aging medicine

Whether you're feeling run down and simply cannot put your finger on what's wrong, you're overweight and want to get back on track, or you're suffering from chronic illness, Dr. Alex Aponte, MD, FACFM can help. The Medical Director of the Wellness Institute, board-certified in Anti-Aging medicine, Dr. Aponte treats more than just the symptoms. By reviewing your family history, genetics, environmental toxins, emotional stressors, diet, and trauma, he identifies threats to your health and tailors an individualized plan for you.

Our completely personalized approach to medicine and wellness involves an hour-long consultation with the physician, with follow-up consults based on your individual needs. Our team approach improves the patient's total well-being by eliminating risk factors. Our goal is to counteract the common culprits that decrease the quality of life brought on by daily stressors.

Dr. Aponte specializes in:

- Hormonal imbalance in both men and women
- Physician-supervised weight loss
- Sleep disorders
- Digestive issues
- Immune imbalance
- Executive physical exams
- Nutritional health

get well. stay well. be well.

- Acupuncture
- Acupuncture Circles
- Bootcamp/Body Sculpt
- Cardio Tone
- Children's Programs
- Functional Fitness for Seniors
- Hypnotherapy
- Integrative Support Services for: Cancer, Fertility/Menopause, HIV/AIDS, Weight Loss
- Massage Therapy
- Meditation and Visualization
- Mommy and Me Yoga
- Pilates
- Nutritional and Weight Loss Counseling
- Smoking Cessation
- Stress Management
- Tai Chi
- TRX
- Yoga
- Healthy Eating Workshops and Seminars
- Zumba

We believe in forging a partnership between each client and our integrative practitioners, to create a plan to address the physical and emotional issues that can impede wellness. If you are unsure about which services are most appropriate to your needs please contact us so that we can assist you. Consultations are available with our Nurse Practitioner so that you can personalize your wellness plan.





a complete range of massage services

all wellness institute massage therapists
are new york state-licensed

- **Medical Massage:** Following an evaluation by a licensed medical massage therapist, a massage treatment plan targeted to specific problems will be created for the individual. Various massage styles such as Swedish Massage, Deep Tissue or Trigger Point Therapy, will be used to enhance circulation, relieve deep muscle and connective tissue pain and tension, while promoting relaxation and stress reduction.
- **Amma:** The application of pressure on acupuncture points effectively moves and balances the body's vital energy or "chi."
- **Craniosacral Therapy:** The therapist gently works the spine and skull to release restricted nerve pathways, re-balancing the craniosacral rhythm.
- **Infant Massage:** An instructive class for parents and caregivers that teaches the benefits and hands-on techniques that alleviate some of the discomforts newborns may experience.

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- **Manual Lymphatic Drainage Massage:** An advanced form of massage that stimulates the lymphatic system to remove congestion and stagnation from within the body.
 - **Prenatal Massage:** Lowers stress hormones, balances blood pressure, relaxes tense muscles and relieves nerve pain caused by the physical changes that occur during pregnancy.
 - **Reflexology:** A therapeutic method of relieving pain and promoting good health by applying pressure and stimulating pressure points on the feet, hands, and ears.
 - **Reiki:** A gentle therapeutic touch that relieves physical, emotional or spiritual blockages.
 - **Shiatsu:** This technique uses the application of pressure on acupuncture points and uses range of motion stretching to move and balance the body's vital energy.
 - **Sports/Activity Massage:** Prepares you for activity or aids in recovery from a sports-related injury.





wellness programs and classes

At the Wellness Institute, we respond to the changing needs and interests of our community and we add programs throughout the year. Please check www.southamptonhospital.org for current information and schedules.

- **Acupuncture:** Involving the stimulation of specific points on the body with fine, disposable needles and/or finger pressure, acupuncture works through the body's nervous system to relieve many physical ailments and emotional problems. The first treatment includes a thorough evaluation including your medical history. Treatments address a variety of ailments including digestive, respiratory and circulatory disorders, addiction, anxiety, stress, stiffness and pain, women's health and hormone imbalance.
- **Acupuncture Circle:** benefits of working in a small group include minimized cost, group healing, camaraderie and a meditative social environment. Circles include general health maintenance, fertility support and cancer support.
- **Therapeutic Bodywork:** a holistic approach working to restore balance in the body to achieve optimal health. Treatments are based on Chinese medical theory using hands-on techniques that combine many East Asian modalities such as Tui Na and Zen Shiatsu.

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- **Exercise Counseling and Training:** Exercise lowers blood pressure, cholesterol levels, body weight, and helps to maintain your functional and cognitive abilities, so that you can remain independent as you age. If you have health concerns such as cardiac disease, diabetes, or osteoporosis and are unsure if exercise is safe, or if you want to improve your exercise regimen, our certified Exercise Physiologist will individualize a plan for you that will help you to achieve your goals. Guidance and supervision of our personal trainers and exercise counselors provides helpful support.
 - **Fitness Classes:** Fit camp, cardiotone, zumba and more to have fun, shed pent-up stress, and burn a tone of calories! Benefits include improved cardiovascular health, stress relief, enhanced muscle strength, definition, coordination, weight loss, and increased metabolism
 - **Nutritional Counseling:** Our Registered Dietician provides one-on-one counseling that focuses on dietary changes to improve your health. Specialties include diabetes, obesity (for those who need to lose weight or who are pre/post weight loss surgery), cardiac disease, renal disease, and pregnancy. Group weight loss classes are also available.





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- **Integrative Nutrition Counseling:** With the guidance of a Health Counselor, you will create a healthy lifestyle and achieve your goals in areas such as weight management, food cravings, sleep, energy and digestion. You and your Counselor will customize a plan to improve nutrition, physical activity and spirituality, and you'll develop a thorough understanding of whole foods and how to implement changes to improve energy, balance and general health for the rest of your life.
 - **Smoking Cessation Program:** Southampton Hospital, including its grounds, parking lots, and its off-site facilities throughout the East End, are smoke- and tobacco-free. If you smoke, we can help you quit and stay smoke-free. We offer classes, hypnosis and individual consultation with a Nurse Practitioner.
 - **Stress Management:** Stress can be overwhelming when it is part of our everyday lives, and when it becomes chronic or not under control, we open ourselves to a variety of illnesses. Learn meditation and relaxation techniques to restore your sense of health and well-being. Classes are held monthly and individual consultations are available.

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- **Pilates:** A safe, sensible exercise system using a floor mat that works to get your mind in tune with your body. Muscle elasticity, joint mobility and core strength are improved, and proper breathing is emphasized.
 - **Tai Chi:** Mind/body, self-healing systems that use movement, meditation, and breathing to improve balance, health and well-being.
 - **TRX:** Build total body strength and muscular endurance through body weight exercises on the TRX suspension system. Physical results can be seen in as little as six weeks. Benefits include increased total body flexibility, mobility, core strength, and stability.
 - **Yoga:** There are a variety of yoga disciplines, all involving a series of precise posture and focus on breathing to achieve a connection between the mind, body, and spirit. Programs for all levels of experience and specific audiences are available.





general information

All inquiries are welcomed and we will be happy to speak with you regarding a personalized wellness plan. Customized programs for community organizations, businesses and schools at off-site locations are also available. No physician referral is required. For Wellness Institute locations, current programs, fees, schedules, appointments, and special promotions, visit www.hamptonswellnessinstitute.com, or call us at 631-728-WELL. Friend us on Facebook!



Committed to excellence, to community, and to you.

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