

WellnessRx., Inc is an Integrative Medicine Center designed to provide Complementary Medicine, Physical Therapy, Chiropractic, Counseling, and Prevention of illness. The individual businesses are quite separate and function as a cooperative, with office sharing of common space, office staff and billing services. All questions should be directed to the main number, 419-897-6490. We first started in 1998 though most of the clinicians have been practicing over 25 years or more.

**Welcome to Spine and Joint Care Inc.:**

Dr. Nielsen has been practicing Orthopedic Medicine (as opposed to surgery) since 1981. He is dedicated to surgical avoidance using Physical Therapy, Chiropractic, Exercise, Prolotherapy, Synvisc, Glucosamine, Topical therapies, Trigger injections.

The real emphasis of the practice is centered much more on comprehensive evaluation of pain causes by exhaustive collection of old records, history, examination, use of imaging like x-rays, and cooperative consultation to find the real cause of pain. E.g. - Knee pain can be not just from arthritis of the knee but hip, Sacroiliac, lumbar disc, foot alignment, gout etc.

**Complementary Medicine:** Dr. Nielsen's practice combines the use of Traditional Medicine (drugs, surgery, and lab) and Alternative Medicine (nutrition, supplements, detoxification etc.) to provide healing and pain relief. Much of American medicine is aligned along lines of established allegiance. He finds both to have their place and utility and combines both.

**Primary care and Family Physicians:** Dr. Nielsen was originally trained as a Family Physician, Board certified in 1978 and recertified every seven years but he does not practice Family Practice. While he will see pediatrics for specific problems on a select basis and does work on blood pressure and cholesterol issues, he asks that each patient keep their own Family Physician for basic medical care, acute illnesses, hospitalizations, etc. He does not maintain hospital privileges or make rounds.

**Medical Records:** At every visit, you will be provided with a copy of your visit record, lab work and x-ray reports performed since the last visit. They are free of charge and contain highlighted areas directing you to what you need to do before your next visit. We suggest you keep a folder with ALL your records from all physicians and take them to all medical care (consults, Emergency Departments, surgeons etc.) as it increases knowledge, reduces testing limits errors, speeds care and coordinates care. You will be probably charged for any replacement records.

**Prolotherapy:** 'Prolo' is a primary tool in orthopedic medicine and Dr. Nielsen's practice. This technique developed by orthopedic surgeons in the 1960's unfortunately fell out of favor in the 1980's due to its unprofitable nature (Knee replacement pays much more). Patients who had benefited would not let the procedure pass and soon, Family physicians and Pain Physicians picked up the procedure and it grew from 300 practitioners in 1992 when Dr. Nielsen began to over 4000 today. Read more about this at [getprolo.com](http://getprolo.com).

The procedure involves injecting solutions of concentrated sugar (Dextrose) and Saline (23%) into ligaments and tendons to create growth and repair. It can eliminate many orthopedic surgeries and reduce chiropractic visits.

**Physical Therapy:** Cathy Breen LPT brings years of experience in assessment, myofascial release, body work, traction and conditioning to our team. She is equipped with exercise equipment and space to harden injuries when rehabilitated.

**Synvisc:** Modern biochemistry has brought from rooster combs, a wonderful chemical that causes cartilage to re-grow in joints. By injecting this into a knee three weeks in a row, you can be pain free for two years at a time. Well covered by insurance, it can help not only knees but also hips. Information is available on the net.

**Hormones and Women's Health:** The Premarin controversy has left women nationwide confused over how to safely treat menopause, hot flashes, memory problems, sex drive, osteoporosis and the host of other problems that come from estrogen deficiency. Dr. Nielsen has used human bio-identical hormones for 25 years with great safety and effectiveness. The trick is to do lab levels and individualize care to each woman. Men can benefit from testosterone replacement as well.

**Detoxification:** We live in a seriously poisonous environment. Between drugs, radiation, NutraSweet, mercury and other heavy metals, high fructose corn syrup, dyes, preservatives etc. we are overloading our livers and brains with toxins. We can treat many complex illnesses through elimination of these toxins rather than more medication & surgeries.

**The experimental nature of medicine:** Fourteen years ago, when Dr. Nielsen started studying nutritional medicine, there were half dozen clinicians in Ohio doing the same. Now there are dozens! As the FDA, drugs, and devices fail us, patients are turning to biochemical logical solutions to health problems. These treatments are easily criticized as 'experimental' as they lack the powerhouse \$300 million dollar research that 'validates' traditional care. All of medicine is actually experimental, 70% of all medicines used in the U.S. are used 'off label' meaning they were not designed for that use. Nutritional medicine follows sound biochemical logic and the treatments are worked out in common with hundreds and thousands of doctors in organizations like the American College for Advancement of Medicine (a great source of patient information). Sometimes, it is just about thinking through the problem and trying logical approaches and some of these indeed may be previously untried on

anyone in this practice. If you like ‘standardized care’, you are well off to join your local HMO and try drugs and surgery. ‘Everybody is doing it’ is the argument.

**Counseling:** Much of our health problems come from the emotional stress of a truly crazy society. Between parents, spouses and bosses, we slowly wrap our adrenal glands in a knot and crash. While nutrition and supplements can help, sometimes you just have to sort it out. Jan Meier, L.P.C.C., and her four partners in our Christian counseling center provide sound support for parenting, marriage issues and more.

**Mission work:** Every single employee at Wellness has been instrumental in Missions International of America’s success in the last three years. Dr. Jay Nielsen and Jan Meier run a 501c3 charitable foundation that builds schools, ships humanitarian aid, and leads medical clinics in Haiti. When they are gone, the office nearly comes to a stand still and we lack a replacement for Dr. Nielsen. Please forebear during these times, as we are simply unavailable.

Bondye bon toutan: ‘God is good all the time’ (Haitian Creole), this practice is a Christian practice, trying to be the hands and feet of Christ at all times. We welcome your involvement in our spiritual lives and us in yours.

**Phone calls, Email and Faxes:** Dr. Nielsen quickly returns his own calls when possible. We try hard to keep ourselves conveniently available. Phone calls are the norm in medicine but are highly inefficient. Both people have to be found at the same time when free. Email allows responses to be in between patients, without interruption of the current patient and also allow attachments, insertion of lab and create a record of the contact. Faxes also work well if a return fax number is available. Dr. Nielsen’s email is [Jay@wellnessrx.org](mailto:Jay@wellnessrx.org) and the fax is 897-0544. Remember to put your real, not screen name.

**Informed Consent:** Recently enacted legislation by the Ohio Statehouse specifies that physicians licensed in Ohio may use alternative treatments when informed consent has been obtained and the treatment meets the standards enforced by the Ohio State Medical Board pursuant to Revised Code 4731.22 by the addition of section .227. Such care must be reasonable when compared to traditional care in terms of risk and benefit. This document and your signature are considered informed consent to be treated in this practice. We strongly encourage you to ask in each case what care is available that is traditional and/or nutritional and how they compare.

**Insurance coverage:** Dr. Nielsen accepts all insurances including Medicare and Medicaid that accept us. We DO NOT participate in any HMO’s. The oath taken at the time of medical graduation forbids ‘contracting against your patient’, which is exactly what an HMO is. Health Maintenance Organizations pay the physician to prevent use of tests and treatment to increase insurer profit to the harm of the patient. Ohio law requires that all employers offer a non-HMO option.

**Cancellations and no show for visits:** Dr. Nielsen spends 30 minutes with all follow-up visits and one hour with all new patient visits and he almost always runs exactly on time. Traditional physicians may see 5 to 7 patients an hour and run behind because it’s ‘efficient’. If you ‘no show’ your visit, they just move up 8 minutes on their schedule- no harm. No shows are very disruptive to this practice. Last minute cancellations and no show visits may be billed to you and cannot be billed to insurance. Until paid, no more care will be provided. If you arrive late, your visit will simply be shorter. We will not delay another patient for your poor timing.

**BWC:** There are few physicians left in Ohio who will work with the Bureau of Workmen’s Compensation and then represent the injured employee rather than employer. The paperwork is voluminous, delays are at times frighteningly long, and all share the frustration. We enjoy and we believe we excel at care of the injured worker. We ask that you contact us immediately within hours of any injury so we can get to work on repairing the damage done to your claim by the Emergency Department and plant physician.

**I.V. Lab:** Many nutrients, minerals, and vitamins can quickly alleviate pain, fatigue, and illness. We maintain an intravenous lab for Meyers, Magnesium, Vitamin C, colchicines, and many other IV treatments for your care. Most are not covered by insurance as is true of most safe non-pharmaceutical treatments.

**Radiology:** John Waite, D.C., Chiropractor, and Dr. Nielsen maintain a low radiation rare earth image intensifying radiology department that serves to provide high quality x-ray films while minimizing radiation. There are many x-ray procedures for orthopedics that are simply unknown to traditional radiologists; stress and bending films, postural films, leg length studies etc. X-rays performed by a ‘team’ working with the patient increases yield of results.

**Supplements:** Dr. Waite and Dr. Nielsen provide affordable very high quality supplements, vitamins, essential nutrients, and therapeutic foods for sale in the office. Our purpose is not to replace health food stores or other providers. We believe that since the use of a supplement is a test of the existence of our theory of disease that we must be able to rely on our tools as the highest quality. Once a supplement works, if you can find cheaper or more convenient sources, feel free to do so.

**I have read and understand the office policies and informed consent as provided above.**

Name: \_\_\_\_\_

Date: \_\_\_\_\_