

# FREQUENTLY ASKED QUESTIONS

Dr. Denise Patterson, BHSc (Hons) ND

## What is Naturopathic Medicine?

Naturopathic Medicine is a holistic medical approach that involves supporting the body's natural ability to heal itself. Naturopathic Doctors use a variety of different diagnostic testing such as standard bloodwork, and comprehensive testing to determine the root cause of the illness, allowing us to focus on specifically targeting the direct cause of the illness opposed to simply treating the symptoms. Naturopathic Medicine incorporates many different treatment modalities such as Traditional Chinese Medicine, Acupuncture, Botanical Medicine, Lifestyle Counseling, Nutraceutical Supplementation, and Nutritional and Dietary Counselling. Each individualized treatment plan draws from a variety of these modalities based on the patient's needs.

## What is a Naturopathic Doctor?

Naturopathic Doctors are provincially regulated primary care providers with an extensive education in health, including a four year undergraduate degree as well as four years of training at an accredited Naturopathic College. Naturopathic Doctors incorporate standard diagnostics with a wide range of natural treatment options. They are skilled in developing personalized treatment plans that treat the whole body and have a keen interest in disease prevention. Every Naturopathic Doctor has their own practice and treatment style, so it is important to find the right fit for you! I am all about patient education and empowerment, meeting people where they are at, and helping set realistic and attainable goals that are sustainable. If you are curious about learning more about my practice style and if we would be a good fit – book a 15 min complimentary meet and greet with me! It is a perfect way to get to know each other!

## What conditions can Naturopathic Doctors treat?

Naturopathic doctors are trained as primary health practitioners, and can treat the same variety of conditions as family doctors. Some common conditions seen are:

- Digestive concerns
- Stress and Burnout
- Low Energy & Fatigue
- Sleep disturbances
- Headaches
- Skin related issues
- Hormone Balancing
- Thyroid Support
- PMS & Periods
- Perimenopause & Menopause
- Reproductive health & fertility
- Acute and Chronic Pain
- General health maintenance & disease prevention

Wondering if I can help you with your health concerns? Book a 15 min complimentary meet and greet visit and we can chat!

## Can Naturopathic Doctors order lab tests?

YES! Naturopathic Doctors can order a variety of testing, including bloodwork and many comprehensive tests. NDs LOVE analyzing testing and making sure that your levels are not just “normal”, but optimal! Some of the most common testing includes the following:

- General bloodwork (customized to patient depending on health concerns)
- Thyroid Function Panel
- Dried Urine Hormone Panels
- Fertility Hormone Testing
- Adrenal Hormone Testing
- Food Sensitivity Testing
- Comprehensive Gut Analysis
- SIBO Testing

## Is it okay if I am currently taking pharmaceutical medication?

YES! This is a common misconception with naturopathic medicine. Naturopathic Doctors are NOT against medications that are necessary for your health. I have a collaborative practice style and work WITH other members in your healthcare team, whether that is a medical doctor, chiropractor, massage therapist, physiotherapist, counsellor, etc. There are many things that Naturopathic Doctors can do to help support the body while you are taking necessary medications, such as address any nutrient deficiencies caused by that medication or treat common side effects. If you have any questions, let's chat! Feel free to book in a 15 min complimentary meet and greet with me!

## Are Naturopathic Doctors covered under OHIP?

Visits with Naturopathic Doctors are not currently covered under OHIP. However, naturopathic services are included in the majority of extended health care plans. Be sure to check if you have coverage with your insurance provider.

## Are Naturopathic Doctors regulated in Ontario?

YES! Naturopathic Doctors are both nationally and provincially regulated and undergo both national and provincial board exams to make sure we hold the upmost standards of care! If you ever want to double check my credentials, check out the College of Naturopaths of Ontario at [www.collegeofnaturopaths.on.ca](http://www.collegeofnaturopaths.on.ca)

## What should I expect from my first visit?

Your initial naturopathic visit is 60 minutes in length. During this visit a detailed health history will be taken, we will discuss your current health concerns, your health goals and conduct any relevant physical examinations. Lab testing may be recommended as a tool in assessment and diagnosis, depending on the case. We will also discuss your current medication/supplement list and go over any lab testing you may have had previously done and may have brought to your appointment. Based on the information gathered during your initial assessment and personalized research I conduct outside of the visit – a comprehensive individualized treatment plan is developed and implemented during your first follow up visit.

Follow-up visits are between 30 and 45 minutes in length depending on the case, and are used to implement appropriate naturopathic treatment modalities, monitor progress, and re-assess the treatment plan.

## Can Naturopathic Doctors do acupuncture?

Visits with Naturopathic Doctors are not currently covered under OHIP. However, naturopathic services are included in the majority of extended health care plans. Be sure to check if you have coverage with your insurance provider. YES! Naturopathic Doctors undergo four years of training in Traditional Chinese Medicine and Acupuncture. Acupuncture involves the gentle insertion of fine needles at designated acupuncture points along specific acupuncture meridians. Acupuncture promotes the smooth flow of energy through the body which is used to treat numerous health concerns, such as pain management, stress relief, digestion complaints, sleep concerns, women's health, period regulation, PMS support, anxiety, headaches, fertility, muscle tension, sport injuries and so much more.

Acupuncture sessions are booked as a 30 min subsequent visit and require an initial assessment prior to your first acupuncture session.

## Do you offer virtual visits?

YES! However, virtual visits are only offered as follow up visits. Your initial assessment will be conducted in office, allowing me to fully evaluate your health concerns. We will then determine your individual comprehensive treatment plan and if your case is suited for virtual visits. You will then have the option to book your follow up visits as in office or virtual visits depending on your convenience!

Virtual visits are awesome for last minutes changes, if you are short on time, if your child care fell through, or the weather took a turn for the worse.

Note: you need to be a resident of Ontario in order to qualify for virtual visits.

**STILL HAVE QUESTIONS?!**

**Feel free to contact me to get some answers!**