

Mind and Body

Treating All Your Healthcare Needs



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AMHC and KVHC provide integrated health care for children, adults and families. By combining the best practices of primary (adult, family practice, pediatric) and mental health and substance abuse care, our integrated health care approach treats all patient needs... **mind and body.**

While chronic disease, such as diabetes, cardiovascular disease and chronic obstructive pulmonary disorder, can cause significant emotional stress, requiring an integrated care approach to treating an individual, chronic stress can also occur when the stressors of life are unrelenting or when little stressors accumulate.

Almost every system in your body can be damaged by stress. People suffering from stress-related disorders tend to show hyperactivity in a particular *preferred system*, such as the skeletal-muscular, cardiovascular or gastrointestinal system.

For example, chronic stress can result in muscle tension and fatigue, hypertension, migraine headaches, ulcers and chronic diarrhea. Stress-triggered changes in the lungs can increase the symptoms of asthma and bronchitis. Loss of insulin during the stress response can be a factor in the onset of adult diabetes.

KVHC / AMHC's team of integrated providers can develop a therapeutic treatment plan with you that addresses stress-related symptoms and disease to mitigate or counteract the affects of late to mid-life stress sensitive diseases and disorders.

Paying attention to the needs of your mind and body helps you maintain good health and wellness.