

OB/GYN adds integrative medicine to practice

By Enterprise Staff

Dr. Denise Helin, an OB/GYN at Livingston HealthCare, now offers comprehensive integrative women's health through her practice at Livingston HealthCare.

Currently, Helin is the only medical doctor in the region who is also fellowship trained in integrative medicine and offering this approach as part of her practice, a LHC news release said.

In 2010, Helin completed a two-year fellowship in Integrative Medicine through the University of Arizona Cen-



**DENISE
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ter for Integrative
Medicine.
Created by Andrew
Weil, M.D., in 2000, the
fellowship has achieved
international recognition
as the leading integrative
medical education program
in the world, the release
said.
Helin has worked with
women in Park
County since 1999.

"I love my work. It is my calling and what I was meant to do," she said in the

release.

Her goal has always been for each woman who leaves her office to feel she has the guidance she needs to seek and maintain wellness. Her increased focus on integrative women's health allows her to expand this guidance.

"Alternative medicine has long been an interest of mine," Helin said. "I have used it in conjunction with traditional treatments for preventive care, pregnancy, and disease management for many years."

For more information on Helin and LHC, visit www.livingstonhealthcare.org.