



MARIN GENERAL HOSPITAL

CENTER FOR INTEGRATIVE HEALTH & WELLNESS



Marin General Hospital's TAM Program

The TAM (Total Atherosclerosis Management) Program is a **comprehensive, scientifically-based, therapeutic approach to lifestyle change** with the intention being to stop the progression of coronary heart disease and other vascular diseases

For more information
about TAM Program,
please call:

415-927-8599



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NEXT SESSION

March 15 – May 9, 2013

Weekend Kick-Off

- Friday 4 – 8pm
- Saturday 9 – 5pm
- Sunday 9 – 1pm

Every Tuesday & Thursday

4 – 8pm

1:1 Sessions

- Cardiology RN
- Registered Dietitian
- Psychologist

LOCATION

2 Bon Air Rd, Suite 100, Larkspur
(corner of Bon Air Rd & Magnolia Drive)

COST

\$3400* / 8-week session

*A \$5500 value

ADD'L 2013 SESSIONS

June –August

September - November

At Marin General Hospital's **Center for Integrative Health & Wellness**, we know first-hand that programs providing intensive support and education around healthy lifestyle choices can reduce hospitalization and improve health outcomes. For this reason, we are excited to offer the **TAM (Total Atherosclerosis Management) Program** to heart patients in our extended community.

From 1993 through 2012, the TAM Program graduated more than 800 individuals through 75 programs under the nurturing and careful guidance of **Dr. Mark Wexman** (Partner, Cardiovascular Associates of Marin). TAM's unique design enables us to educate, empower, and motivate the individual to adopt new lifestyle habits in support of their recovery from or prevention of heart disease.

Five-year follow-up data demonstrates that participants with known coronary artery disease who remained compliant with the program had remarkably high (88%) event-free status and further benefited with a 96% 5-year survival rate.

The **UNIQUE BENEFITS OF THE TAM PROGRAM** include:

- At least 12 hours of **direct physician coaching**
- An 8-week **intensive, "whole person" approach** to healing
- **Individualized counseling around nutrition, exercise, and stress reduction**
- Individual and group instruction regarding a **heart-healthy diet**
- **Computer analysis of current nutritional status** and follow-up meetings to monitor progress
- **Guidance on shopping, storing, cooking and preparing food** for maximum nutritional value
- **Individualized cardiovascular fitness plan** with regular monitoring for progress
- **Weekly integrative mind/body sessions**, including Tai Chi, Chi Gong, Feldenkrais®, and mindful meditation

Meet Our Team:

Medical Director:	Mark Wexman, MD	Exercise Physiologist:	Raymond Martinez, MS
Cardiology Nurse:	Moe Roddy, RN	Dietitian:	Sonya Angelone, RD
Psychologist:	Claire Costello, PhD	Stress Management:	Kenn Chase

Plus, additional health & wellness experts present each week as Guest Lecturers