



The “New Medical Model”

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The traditional medical model focuses on making a specific diagnosis and then attaching a very specific medical or surgical treatment option to that diagnosis. This works well in the acute setting (such as an emergency room) when it is imperative to provide a highly specific intervention as quickly as possible for a given symptom complex. However, this model fails miserably in the clinic setting when one is evaluating very complex chronic medical conditions (e.g. diabetes, hypertension, metabolic syndrome, chronic fatigue, headaches, depression, multiple sclerosis and fibromyalgia).

The new “functional matrix” medical model presumes that all individuals have unique circumstances coupled with individualized physiological and genetic characteristics that render them susceptible to certain medical ailments. These individualized factors which affect mind, body and spirit intertwine with one another to create a web like pattern of causation. This model also hypothesizes that common symptoms or signs do not necessarily imply common causation. The “one disease, one pill” model does not hold true in this scenario.

The uniqueness and complexity of today’s chronic medical challenges requires active client participation regarding his or her health care. The client is the driver along the path to better health. Today’s new medical model embraces the notion that a client must be endowed with education, self-empowerment and personal accountability for life choices, realizing that these choices can shape his or her future health path. The engagement of a wide variety of health care providers ranging from traditional western to naturopathic to eastern is essential for this new model to be effective. Effectively managing medical clients requires innovation, communication and integration on behalf of the interdisciplinary group of participating providers.

The ideal health care center would pride itself on following this new “functional matrix” medical model. The initial focus would be to attempt to restore health to the highest level in order to maximize the likelihood of successful long-term disease management. This concept stems from the notion that a healthy human body is the best healer of disease. Of course, optimal health is best achieved when the client is empowered with the skills to proactively participate in this process. The new medical model would incorporate a variety of like-minded health care professionals from a wide variety of disciplines all under one roof. Examples of such disciplines include general medicine, naturopathy, acupuncture, pharmacy, behavioral medicine, physical therapy and fitness, massage, and holistic health education. Innovation, integration and education are the keys to the success for such a medical model.

Medicine today is blessed with highly advanced and sophisticated technologies, however, the best technology is the one that was endowed to us by nature. If we harness our own potential for optimal health, we will more than likely be better equipped to combat future and present illnesses in addition to the added bonus of graceful aging.

