

What you will learn:

An analysis of 191 research studies with 8,600 patients documents that people who prepared for surgery had less pain, fewer complications and recovered sooner.

Peggy Huddleston's Five Steps to Prepare for Surgery:

1. Calm preoperative jitters guided by the Relaxation CD or tape. Feeling peaceful strengthens your immune system and creates the biochemistry that enhances healing.
2. Visualize your recovery by turning worries into healing imagery.
3. Surround yourself in the love of family and friends to feel calmer before surgery.
4. Use "Healing Statements," words spoken during surgery that reduce the use of pain medication by 23-50%.
5. Establish supportive doctor-patient relationships.

Ideally you will read the book and use the CD or tape one or two weeks before your operation. If you only have a day before surgery, you can still benefit.



Peggy Huddleston's Prepare for Surgery, Heal Faster™

Program by Kathleen Sanders, APRN

Program includes the book,
Prepare for Surgery, Heal Faster and its
companion Relaxation CD.

Insurance accepted. Co-pays may apply.

*Program is given in person or by phone.
A family member or friend may accompany you for free.*

**To schedule a program
call 203-276-4777
stamfordhospital.org**

Center for Integrative Medicine & Wellness, 1st Floor
Tully Health Center
32 Strawberry Hill Court,
Stamford, CT 06902

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Center for Integrative Medicine & Wellness

Affiliate Columbia University-College of Physicians & Surgeons
Member NewYork-Presbyterian Healthcare System
A Planetree Hospital



Kathleen Sanders, APRN

is fully trained and certified to present the
Prepare for Surgery, Heal Faster Workshop™.

Kathleen is an Integrative Nurse Practitioner with the Center for Integrative Medicine & Wellness at Stamford Hospital.

She is board certified as a Family Nurse Practitioner. Kathleen completed a Fellowship in Integrative Medicine with Dr Andrew Weil's program at the University of Arizona and is a Bravewell Collaborative Fellow. She also has a master's degree in public health from Columbia University.

Kathleen provides Integrative Medicine consultations specializing in stress management, pain management and lifestyle counseling. She is also a Reiki practitioner.

Kathleen is dedicated to empowering patients and working with them to achieve optimal health with all that Integrative Medicine has to offer.

Healthcare professionals are saying:

“I recommend Peggy Huddleston’s program to all who require surgery and want to recover faster.”

Andrew T. Weil, MD
Author, *8 Weeks to Optimum Health*
Director, Program in Integrative Medicine
University of Arizona

“Most complete program for approaching surgery with maximal healing power.”

Christiane Northrup, MD
Surgeon and past president
American Holistic Medical Association
Author, *Women’s Bodies, Women’s Wisdom*

“Best program I have ever seen showing how to prepare for surgery — physically, emotionally and spiritually.”

Joan Borysenko, PhD
Author, *Minding the Body, Mending the Mind*
Co-founder, Mind/Body Clinic
Beth Israel Deaconess Medical Center
Harvard Medical School teaching hospital

“Essential for those who desire to participate in their healing.
I enthusiastically recommend it!”

Susan L. Troyan, MD
Surgical Director, BreastCare Center,
Beth Israel Deaconess Medical Center
Instructor in Surgery, Harvard Medical School



Use Relaxation CD to:

- ◆ Reduce anxiety
- ◆ Stop headaches
- ◆ Reduce chronic pain
- ◆ Lessen side effects of chemotherapy and radiation therapy
- ◆ Feel calmer during medical procedures such as a biopsy, MRI, endoscopy or cardiac catheterization



Photo: Harold Feinstein

Peggy Huddleston

is the author of *Prepare for Surgery, Heal Faster: A Guide of Mind-Body Techniques*.

Her writing and clinical work focus on the ways emotions and the human spirit enhance healing. She has been featured nationally on PBS-TV. More information is available on the Web at www.HealFaster.com

Peggy Huddleston’s Prepare for Surgery, Heal Faster™

Learn Mind-Body Techniques to:

- ◆ Reduce anxiety before surgery
- ◆ Have less pain after surgery
- ◆ Reduce side effects of radiation therapy and/or chemotherapy



Presented by
Kathleen Sanders, APRN

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