



# THE *Wellness Journal*

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HEALTH · MIND · BODY

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# MUPS

## MEDICALLY UNEXPLAINED PHYSICAL SYMPTOMS

MUPS are defined as complaints of physical symptoms or signs for which there is no adequate objective patho-physiologic evidence to explain the disease.

It is observed that MUPS is associated with other psychiatric disorders like depression and anxiety.



## DEPRESSION MANIFESTS ITSELF IN DISGUISED MALADIES

Patients with major depression complaints of non-specific physical symptoms including remative thoughts of fatigue, weight loss and pain symptoms.

Patients with anxiety disorders may complain of palpitations, chest pain, dizziness, abdominal discomfort and other symptoms.

Because of such unusual presentation, up to half of these patients go undiagnosed and untreated.

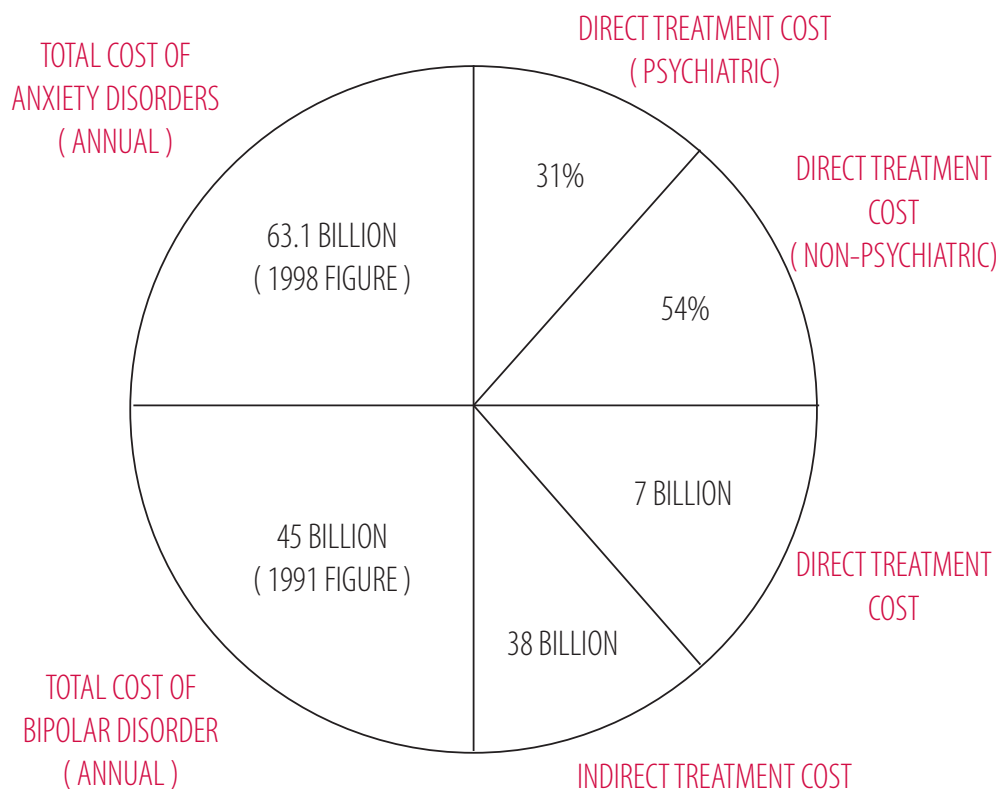
# WHAT HAPPENS IN A PHYSICIANS OFFICE

It is estimated that five to nine percent of adults who see primary care providers suffer from depression.

Data indicates that when a patient with psychiatric disorders present with a psychological symptom, practitioners

establish the correct diagnosis 94% of the time. But, when the same patient presents with a somatic disorder, the correct diagnosis is established 50% of the time. Furthermore, data also shows that in 83% of cases, these patients present themselves with somatic complaint.

IT GOES TO SHOW THAT THE BODY AND MIND ARE CONNECTED AND THAT PATIENTS WITH PSYCHOLOGICAL ILLNESS FREQUENTLY HAVE ACCOMPANYING ORGANIC SYMPTOMS.



## FINANCIAL IMPACT OF DEPRESSION

Estimated Annual Cost of Depression in U.S.: 43.7 Billion (1990 Data)

# ROLE OF CENTREC CARE AS A PROVIDER

Centrec Care was founded as an alternative to costly hospital care when health care costs started to soar in the mid-eighties. Centrec had two goals in mind; first, to provide good quality care and second, to do so in a cost effective manner.

Centrec's philosophy of treatment was to preserve total health

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**Centrec Care's philosophy of treatment is based on total health with the integration of three components of health: Physical, Psychological and Emotional.**

## TOTAL *health*

**This is a body-mind concept. For when a body is ill, the mind is unwell, and when the mind is ill, the body is unwell.**

Such an approach not only heals the body and mind, but together brings an improved functioning heightened with better quality of life.



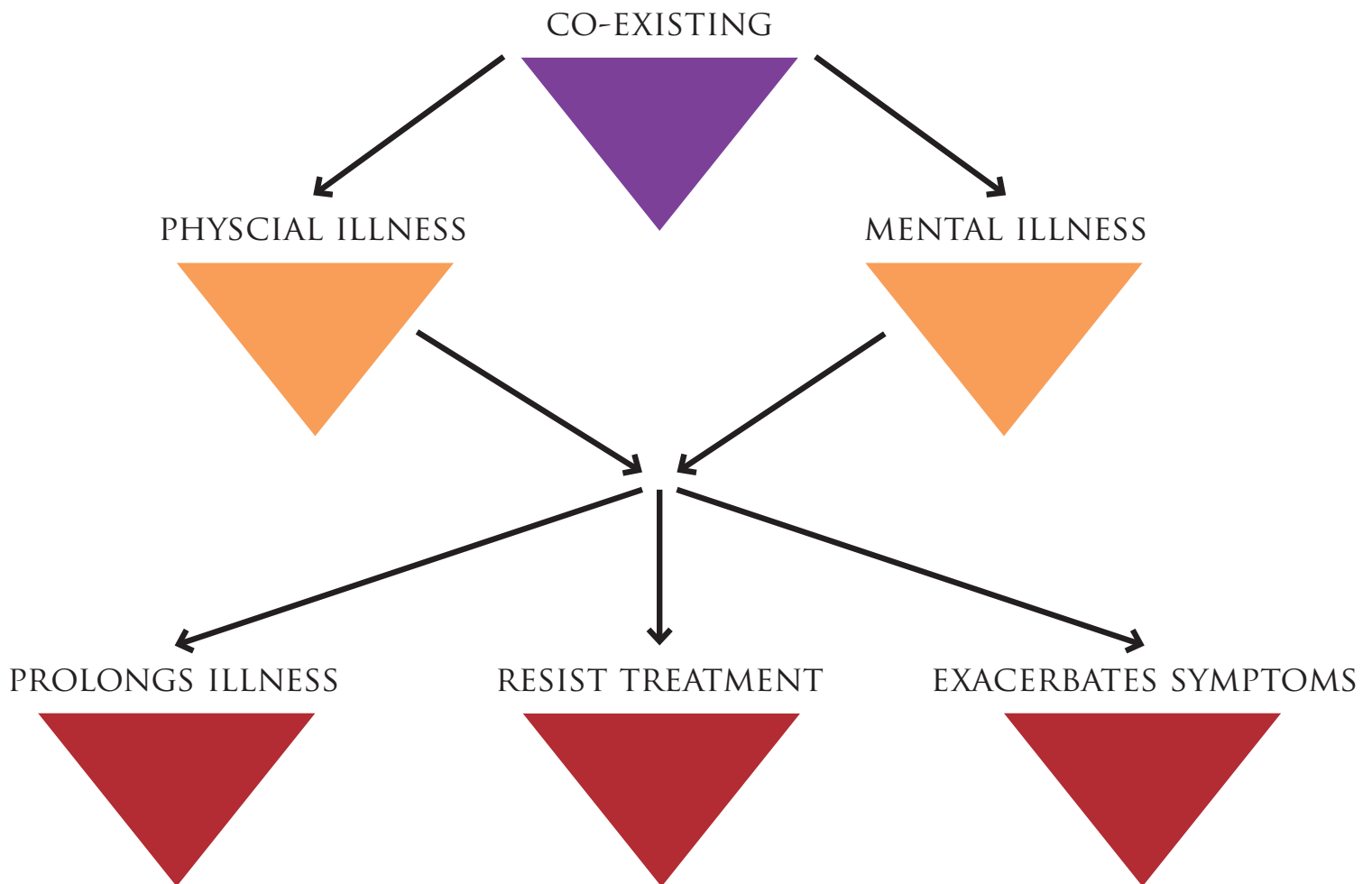
To achieve this goal, Centrec Care's multi-modal treatment team works in close collaboration with the patient's primary care physician, as the case may warrant.

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*Taking Care of Emotional and Psychological Health Preserves Total Physical Health*

# CO-EXISTING ILLNESS

The concept of Co-Existing Illness outlined below, led to the facilities attempt to work in close co-operation with the primary care physicians of those patients who presented with a co-existing illness.



IT IS THE TOTAL HEALTH CARE THAT MATTERS.  
THAT IS THE BASIC CONCEPT OF THE WELLNESS PROGRAM.

The realization was that a co-existing physical illness with a psychiatric disorder can continue to prolong and perpetuate both illness exacerbate symptoms of illness and will raise the possibility of increased complications. The answer is to improve co-ordination of care to better serve this patient population.

# CENTREC CARE TREATMENT OUTCOME

## FROM THE YEARS 1997 TO 2006

YEAR	PERCENTAGE OF PATIENTS RETURNED TO WORK	PERCENTAGE OF PATIENTS RELAPSED	PERCENTAGE OF PATIENTS HOSPITALIZED
1997	74%	17.8%	8.7%
1998	83%	20.4%	3%
1999	89%	15.4%	3%
2000	93%	16.4%	2.4%
2001	86%	18%	0%
2002	80%	13%	0%
2003	69%	12%	0%
2004	81%	12%	1%
2005	80%	12%	0%
2006	88%	8%	1.4%

The last ten year treatment outcome data presented above testifies to Centrec Care's delivery of good quality care. Additionally, its overall cost containment is reflected in its rare hospital admission (most of Centrec Care's patients come from the working population and are direct admit from the community), and its sustained record of low relapse rates. Both of these factors are usually attributed to high cost of care.

## CENTREC'S **FUTURE** OBJECTIVE

**Introduction to the Twelve Steps to Wellness:** This scientifically based and significantly improved treatment programs serves as the psycho-educational component of the program at Centrec Care. The delivery of the program is now complimented with an audio-visual presentation to augment a comprehensive understanding of its contents. This is followed by interactive group discussion and individual case management.



# TWELVE STEPS TO WELLNESS

**G**ene and their expression with experience, the attachment issues with the caretaker in early years of a child's life, lay the basic foundation for the growth of the brain and the development of the mind. Centrec Care's program contains and intense psycho educational components that provides an in-depth understanding of the development of self and the impact of such experiences on one's growth. The knowledge attained through such an educational process, allows one to identify deficiencies caused by adverse environmental experiences during the early years of life.

Taking corrective actions, one not only can heal what is troublesome now, but can also mend those that have the potential to put one's health in jeopardy in the future. Such a healing process can generate better quality of life, maximize functioning and reduce the risk of reoccurrence of illness.

This is the basic theme of the Wellness Program.

Centrec Care's Twelve Steps to Wellness program is delivered through an educational and therapeutic group format to provide a good understanding of how the brain grows and the mind develops. Below are the segments of the program.

1. Twelve Steps to Wellness
2. Total Health: The Model of Health
3. Feeling, Emotion, and Behaviour
4. Genes, Experience and Growth
5. Defense, Survival, Strategy
6. Stress, Mind and Body
7. Brain, Information Processing and Problem Solving
8. Personality, Role, Relation
9. Life-Style Balance
10. Coping, Growth, Maturity
11. Coping, Growth, Adaptation
12. Concluding Thoughts: The Wheel of Wellness



# What to expect after completion of the Twelve Steps to Wellness program at Centrec Care

- Have greater understanding of self
- Have broader knowledge of one's strength and weakness
- Acquire higher level of skill to affect change
- Acquire increase ability to cope and adapt
- Ability to operate at a higher level of functioning at home, work and in society
- Ability to manage illness effectively
- Ability to maintain greater psychological wellbeing
- Improve ability to enjoy a better quality of life

## PUBLIC EDUCATION PROGRAM

The preventive value of the psycho-educational program prompted the organization to embark on an in-depth education of the public about way the mind develops and the factors that affect the growth and development of the mind. A good understanding of one's own development in the context of one's gene and environmental experiences may help improve function in each of our lives.

## Improving Quality of Life



Centrec Care would like to broaden its services of coordinated care by extending an invitation to other interested care providers with primary goals of improving diagnosis, providing effective care in our areas of specialty and affecting a better treatment outcome. We can only do so by working together in collaborative efforts to provide care and bring an improved quality of life to those patients suffering from various co-morbid disorders.