



2010 READERS' PICKS BEST OF...

WINNER FOR GENERAL PRACTICE DOCTOR'S OFFICE

This physician's patients go the distance

Formerly located in Fort Wayne, Dr. Angela LaSalle moved her practice to Carmel in 2009 to expand integrative health services in Indiana. Her patients, however, stayed with her. And this year they voted her Best General Practice Doctor's Office.

"I'd really like to thank my patients for their loyalty and dedication," Dr. LaSalle said. "A significant number of them make the drive to Carmel to continue to see me, and that's such an honor."

Dr. LaSalle is a graduate of Indiana University School of Medicine. She is board certified in Family Medicine with a fellowship in Integrative Medicine through the University of Arizona, a program founded by Andrew Weil, M.D.

With a special interest in endocrinology, Dr. LaSalle works with clients with thyroid issues, insulin resistance and hormonal disruptions that include menopause and andropause.

Contrary to what many believe, integrative medicine is not a different form of family practice, she said. It's about hormonal balance, nutrition, biochemistry and how the body's systems work together. In fact, it is its own specialty.

"People tend to think of integrative as

Angela LaSalle, MD

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alternative, and it's not. It's about how the body systems communicate as a system, and dealing with the body as a whole," she said.

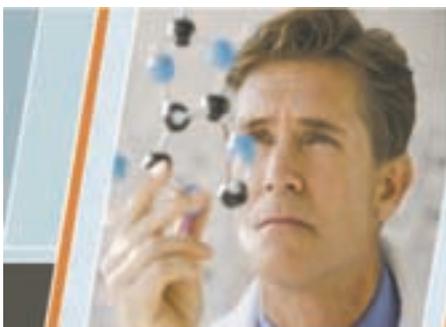
"Traditional therapies are not thrown out, because we use mainstream *and* alternative. This means we have more tools in the toolbox and can spend more time treating the cause, not the symptom, giving patients in-depth education about what's going on with them."

Dr. LaSalle will present an integrative health seminar on Osteoporosis & Vitamin D Deficiency 6:30-8:30 p.m. Monday, Oct. 4, at Dupont Resource Center, Dupont Hospital, 2512 E. Dupont Rd., Suite 220. Register online at ih2010octconf.eventbrite.com for the free seminar or call (260) 416-3009. The next presentation in the seminar series is scheduled for Dec. 6.



PHOTO SUBMITTED

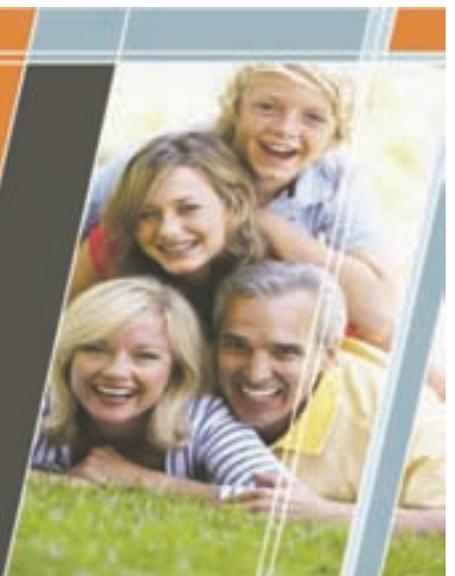
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