



body parts make a whole

The RexView Medical office building, now nearing completion on Blue Ridge Road, is the new home of Landmark Urology and Complementary Medicine.

By Mark W. McClure, MD

Body Parts—an interesting topic for this issue, and a revealing reminder to me of my medical and personal journeys. At an earlier point in time, I would quickly have thought about “body parts” as a urologist, my special field of medicine, and perhaps talked knowingly about a host of topics: kidney stones, prostate cancer, vasectomies, sling procedures—on and on.

Now I view and think about the body differently, not as “many parts” but as a miraculous working whole, well-described as a “living matrix.” We are made up of body parts,

to be sure, and still we are one—best understood in a holistic way.

This new way of thinking about health and healing evolved over time. When I started medical training in 1972, I knew nothing about vitamins and frankly was taught little about nutrition—or about health, for that matter. But I did learn a lot about disease.

Becoming a medical specialist, a urologist, was challenging and exciting, but in time, it was frustrating, as well. Slowly I came to realize that urologists, and most of traditional Western medicine, did marvelous work in acute care cases,

but were sharply limited in caring for patients with chronic conditions. If I had a kidney stone, I wouldn’t hesitate for a second in going to a competent urologist to take full advantage of the miracles of modern medicine—in this instance, lithotripsy. But if my problem was profound fatigue, I would look beyond conventional medicine to a range of alternative therapies and practitioners.

THE SEARCH

This longing to be more helpful to many of my patients—suffering, for example, with such chronic conditions as prostatitis—led me to explore other options. Every urologist I know—including me—can treat prostatitis effectively, as well as a host of other disease states. That fact left me unsatisfied. I not only want to treat such ailments effectively, I want to know how to *prevent them from occurring*, or at least sharply reduce the incidence, when it’s possible to do so.

This search for optimal health, for me and for my patients, led me to several unconventional choices: I left a successful specialty group in 1997—very much bucking the trend of consolidation to create ever-larger medical practices—to establish Landmark Urology and Complementary Medicine. I was announcing to myself, and to my patients, that we were on a journey of discovery in search of robust good health, at

all times, in every way. I became a vegetarian. I do yoga and meditate every day. I exercise regularly. In other words, I practice what I preach. And I went on to become the first urologist on the planet who was a charter member of the American Board of Holistic Health.

MY PARTNER

From the day I first opened Landmark Urology and Complementary Medicine, Cheri Elliott, RN, has been my nurse and has gone on to become my practice partner and life partner. Cheri will soon complete her studies at UNC-CH as an Adult Nurse Practitioner, and will be back with us full-time within several months. Her journey of healing over the past 30 years has taken her into emergency rooms of major urban hospitals, a long stint as a flight nurse as part of an aero medical transport team, duty as an EMS paramedic, special training with the Carolina School of Massage Therapy, and studies in the treatment of lymphedema, craniosacral therapy, zero balancing, healing touch, and honing her medical intuitive skills. Born to heal, she is a blessing to me and to our patients.

The journey continues. I’ve written a book, *Smart Medicine for a Healthy Prostate*, that incorporates my twin concerns: emphasis on prevention of disease states, and effective treatment when disease manifests. I’m delighted that the book has been well-received, by professionals as well as patients.

Cheri and I have also taken the lead in establishing the non-profit *New Visions Center for Art & Healing*, a collaborative project of patients, artists, and health care professionals whose mission is to expand the boundaries of healing through the power of art, creative play, and community. It is a heartfelt and rewarding enterprise. A listing of coming workshops is included in an advertisement on page 3.

The next step in our journey of health and wellness is a move from our office, where we have been for the past six years, to larger space in the sparkling new RexView Medical office complex, where we will happily occupy Suite 118. More space means greater opportunities to interact with our patients and others with workshops and other events. Stay tuned.

For us as for you, our loyal readers, life is a work in progress, sometimes challenging, often exhilarating, offering constant opportunities to learn and grow. Who could ask for more? May all of your “body parts” be forever holistically joyous and content. *lkh*

Dr. McClure’s book, Smart Medicine for a Health Prostate, is available in bookstores. He is medical editor of Health & Healing.



Dr. McClure and Cheri Elliott, RN — soon to be an Adult Nurse Practitioner.

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