

LIVING WELL IN LOWRY

BY NEIGHBORS FOR NEIGHBORS

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Cairn Personalized Health & Movement: They'll meet you where you're at!

Did you know the average visit to your primary care physician is about two hours? Oh, not so fast. That two hours is not actually spent receiving care, so let's break it down. You leave your office at 9 a.m. for a 9:30 appointment. You arrive early, sign in, and then you're given 10 minutes of paperwork to fill out while you wait. You thought you were saving time, though, by registering online the night before because these questions are awfully familiar. You fill it out anyway since you've got time. Your doctor's running behind, but you finally get into the exam room about 10:00. A nurse comes in, checks your vitals and talks to you about your concerns. This lasts about 10 minutes. Then, you wait another 10 for the doctor to come in. You chitchat, he or she performs your exam and then (maybe) prescribes medication, taking another 10 minutes. Another few to check out and head back to your car, and it's now almost 11:00 a.m.

The worst part? Sometimes you leave without any answers. Worse still? You might find yourself back at that office a month or two later with the same issues, going through the same routine.

Now, let's say your care provider was here in Lowry. Located right in the heart of Lowry, in fact, just east of the Wings Museum. The time you spend at an appointment here will definitely not look like your conventional appointment, but you can expect to have a whole 60-minutes carved out just for you! That's right, a 1:1 conversation with your provider on your first visit. That's one-hour spent with you to listen, hear, understand, and begin to build on your personal story to create your personalized health plan. After all, primary care is not one-size-fits-all.

Cairn Personalized Health & Movement (Cairn), formerly Rocky Mountain Osteopathic Medicine, has been in the neighborhood for over

ten years. At its core, you'll find Lowry residents Dr. Mark Winslow and recently added Certified Nurse Practitioner Jennifer Mooney who comes with over 30 years experience. Cairn has become the go-to place for those patients seeking the full spectrum of care from musculoskeletal health, primary care and movement. Cairn offers the community the best healthcare you could ask for, under one roof.

"We're the bridge between integrative and conventional medicine. We're also more than that, we're the bridge between your emotional, spiritual and physical being," explains Mooney.

She believes our symptoms, conditions and diseases are really just messages. What is our body trying to tell us? As toxin-filled as our lives have become from the food we eat to the air we breathe, we do our best to live clean, healthy lives, but the reality is we can't do it all ourselves. This is where Cairn comes in.

"The important part of creating a healing relationship is recognizing where you are in your unique experience of symptoms. I believe our role as health care providers is to work together with someone to connect the dots between symptoms, tests, images (as necessary), working diagnoses, and the significance this all has in your life. Then, together we create a plan that can include a variety of tools to move toward healing. It may be simple, or it may take time. It may be medication, or supplements, but whatever is recommended, we provide tools so you feel empowered to create your own healing from the inside out," she says.

The providers at Cairn don't see their patients as problems they need to fix. "I don't believe people need to be fixed! Our patients

are puzzles, and each puzzle requires different pieces to complete. We're excited and enthusiastic about why we come to the office every day."

Lindsey Long, Cairn's Therapeutic Exercise Teacher, is a patient of Mooney's for this reason. "I knew that I didn't want hippy-dippy-wave-your-hands-around-me-and-I'm-cured type of care, but I also knew that I didn't want a drug. I wanted something in the middle and I found it here at Cairn, in fact, I found it for both my personal *and* my professional self."

We're so fortunate to have this primary care with a twist living right here in Lowry.

"I get a lot out of the process. It's amazing to be trusted by so many people and to help redefine their story to help them live their best life. We listen to you, we hear you and we can't wait to meet you where you are," Mooney says, with gratitude.

For more information and to schedule an appointment that will change your life, contact Cairn Personalized Health & Movement at 303-856-3568 or read more about them online at cairnphm.com. Cairn is located in the Iris Building at 8158 E. 5th Avenue, Suite 220.



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www.livingwellinlowry.com