



NH Integrated Health Care, LLC

What does “integrated health care” mean? Integrated health care is when more than one licensed credentialed health care provider, who provide diverse therapies, work out of one space. This allows the client to have ready access to programs or services that will help them reach their optimal health!

NH Integrated Healthcare (formerly Integrated Optimal Health) has been a health care provider since August 2010. We have two locations: 45 Washington Street, Suite 15 in Conway, NH and 140 Washington Street, Suite 205 Dover.

We are now providing cutting edge blood testing for Lyme and co-infections and individualized treatment plans for both acute and chronic Lyme.



DIABETES

MEDICALLY SUPERVISED WEIGHT LOSS

CHRONIC ILLNESS MANAGEMENT

LYME DISEASE

GENERAL HEALTH CARE SERVICES

NH Integrated Health Care, LLC



DIABETES EDUCATION & TREATMENT

MEDICALLY SUPERVISED WEIGHT LOSS

LYME & CHRONIC ILLNESS MANAGEMENT

GENERAL HEALTH CARE SERVICES

DUSTIN FORREST

Family Nurse Practitioner, MSN, APRN, CDE

MARIE L. VESELSKY,

RD, LD, MS, CDE, BC-ADM

NHintegratedhealthcare.com

45 Washington Street, Suite 15
Conway, NH 03818

140 Washington Street, Suite 205,
Dover NH, 03820

603-662-0234 • Fax: 888-444-1204

• WE ACCEPT MOST INSURANCE •



SERVICES PROVIDED



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DIABETES

- Prevention of diabetes
- Type 1 & Type 2 diabetes
- Basic/Advanced carbohydrate counting
- Insulin Pump
- Intensive diabetes management including medications and insulin therapy

MEDICALLY SUPERVISED WEIGHT LOSS

- Individualized carbohydrate number for weight loss
- Individualized meal plan created for the client
- Medical quality protein meal replacement programs
- Weight loss medications for appropriate candidate
- Referral for gastric bypass surgery
- Weigh-ins for accountability
- Preparation for elective surgery – Patients work with multidisciplinary specialists in obesity medicine, nutrition, diabetes management and psychology to achieve your goal BMI and to lower post-operative complications.

CHRONIC ILLNESS MANAGEMENT

- Healing arts including massage and Reiki
- Medical nutrition therapy (MNT)
- Support Group
- Medical cannabis
- Health/Fitness coaches
- Chronic Lyme Treatment Modalities

LYME DISEASE

Lyme Disease – Lyme disease is an increasingly common bacterial infection that is acquired from the bite of an infected black-legged (deer) tick. Most people who become infected with Lyme disease do not recall a tick bite. CDC surveillance case data documents that ~30% of confirmed cases lack a reported rash. **Early Lyme disease may present as a “summertime flu,” producing fever, fatigue, muscle or joint pain and headache with or without the EM rash.**

Diagnosis is often a clinical diagnosis based on a person's exposure to ticks, their symptoms, and their physical examination findings. There are people that have tested negative for Lyme and/or co-infections for several years only to find out when they get more accurate testing that they are indeed positive.

People suffering symptoms of Lyme and other tick-borne illnesses now have new options for diagnosis and Lyme Disease treatment.

At NH Integrated Health Care, we provide cutting edge blood testing and individualized treatment plans for both acute and chronic Lyme. Black legged ticks often carry multiple bacteria, viruses and parasites that can be transmitted individually or along with Lyme disease bacteria. Potential infections include babesiosis, anaplasmosis, ehrlichiosis, bartonella, and others. We provide tick borne disease panels and/or co-infection panels.

We provide the latest in diagnostics. We educate you on treatment options and provide treatment for you or refer you to other quality high care professionals as appropriate.

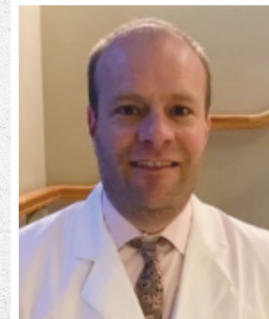
We provide better outcomes through better testing for the pathogens that cause Lyme and a range of tick-borne illnesses. We also do lab testing to assess your overall health.

We provide ongoing care to manage your chronic illness and also offer nutritional therapy, fitness **programs and support groups for people that continue to feel the effects of their Lyme disease.**



MARIE VEESKY, MARIE VEESKY, RD, LD, MS, CDE, BC-ADM, is a licensed Registered Dietitian that specializes in weight loss, diabetes education and renal disease since 2002 for individuals that want to use diet and lifestyle changes first, or in addition to, any medications that have been prescribed.

Marie is licensed to practice Medical Nutrition Therapy (MNT) in the state of Maine & New Hampshire and provides nutritional therapy for adults and children which include diabetes type 1, diabetes type 2, pre-diabetes, high blood pressure, high cholesterol, gluten intolerance, food allergies, and Lyme. Appointments are covered by most insurance and many will let you self-refer if you are seeing a licensed registered dietitian. We provide support groups for diabetes, weight loss and Lyme.



DUSTIN FORREST, MSN, APRN, CDE, Family Nurse Practitioner, specializes in all types of diabetes and provides medically supervised weight loss with a focus on metabolic syndrome. Metabolic syndrome typically consists of elevated blood sugars, high blood pressure, high cholesterol and a large waist circumference related to being significantly overweight.

Dustin will provide individualized diabetes care, education, and intensive diabetes management, including prescribing diabetes medicine and insulin therapy as appropriate. Our comprehensive medically monitored weight loss program can help people lose the weight and improve weight related medical conditions. Dustin also specializes in Lyme and chronic illness management.