

Welcome to the Lexington Natural Health Center!

Dr. Belanger is looking forward to meeting you at your first appointment and will work hard to help you. A cancer survivor himself, Dr. Belanger has years of experience treating hundreds of people with all kinds of cancers and has spent countless hours sorting through the research on many cancer therapies (both conventional and alternative). His approach is very unique, innovative and comprehensive. Utilizing his background in laboratory medicine, Dr. Belanger frequently orders blood and other lab tests to determine imbalances in your body that may influence cancer growth. He then uses the results of these lab tests to construct a naturopathic treatment approach. He will also use these tests in addition to CT's and MRI's, to determine if his treatments are helping. The treatments he recommends can often be used with conventional therapies. In fact, the natural medicines he prescribes, often treat factors not addressed by conventional therapies and thus, may further improve your outcome. All of his recommendations are based on research studies published in peer-reviewed medical journals located at www.pubmed.gov. Dr. Belanger is thoroughly knowledgeable on the research of herbal and drug interactions and will always keep these interactions in mind when constructing a treatment plan for you.

Please read the following information to gain a better understanding of what your appointments will be like. **Once you have read the below information, please sign and return the signed copy to us.** Your signature does NOT commit you to follow up visits. It is for the sole purpose of acknowledging that you have read this letter. **In addition to signing this letter, please complete and sign the attached medical history and consent forms prior to your appointment.**

FIRST APPOINTMENT

During your first visit, Dr. Belanger will take a full history and may do a brief physical exam. He will then explain how the immune system properly functions to detect and destroy cancer cells and how this system can become impaired in people with cancer. He may recommend blood tests to determine the state of your immune system and to check for the presence of circulating cancer growth factors and circulating cancer cells. He will also give you a handout on diet and ask you to read it during the time between your first and second visit.

If you are receiving chemotherapy and/or radiation or are about to start these treatments, Dr. Belanger will review the research with you on how various natural medicines can reduce cancer cells from developing resistance. **If you are about to start chemotherapy and/or radiation, we request you come in at least 10 days in advance, if possible,** because pretreatment with natural medicines may be more effective for preventing resistance. During the appointment, he will recommend a combination of nutritional supplements based on the therapies you are or will be receiving. The purpose of these supplements will be to increase your response to the chemotherapy and/or radiation and decrease their side effects. For a brief synopsis of his approach to enhancing chemotherapy and radiation and treating cancer with natural medicines go to Dr. Belanger's youtube channel Cancer Concepts and Complements.

SECOND APPOINTMENT

Approximately three weeks after your first appointment, you will be scheduled for a second appointment to discuss the immune lab results and Dr. Belanger may recommend some nutritional supplements to help correct any abnormalities seen in your immune system. He will also answer any questions you may have about the diet handout given to you at the first appointment.

ADDITIONAL APPOINTMENTS

After your second appointment, the frequency of your follow-up appointments will depend on the stage of your cancer, the amount of laboratory abnormalities and whether you are also concurrent receiving conventional therapies. Generally, Dr. Belanger will suggest that you repeat some of the immune tests if they were abnormal and the growth factors which were elevated in one month after your second appointment. This is to confirm that the nutritional supplements are helping. When the results of these tests are back, Dr. Belanger may make some changes to your supplement list if the labs are not more favorable. If you respond well, i.e. all your immune system tests improve and the cancer growth factors decrease, your outcome should improve, i.e., you may have improved scans or the cancer may stop growing or become slower growing.

OFFICE VISIT OR TELEPHONE CONSULT RATES

First office visits & telephone consults with Dr. Belanger cost \$260.00, for one hour. If the visit runs over one hour, \$65.00 will be added for each additional 15 minutes. **For telephone consults, an additional 15 minutes may be added to account for time spent typing, e-mailing the treatment plan and preparing the lab orders and lab kits.**

Second visits and additional visits cost \$130.00. If these visit run over 30 minutes, \$65.00 will be added for each additional 15 minutes.

If you are a current member of Blue Cross Blue Shield of Massachusetts, 10% will be deducted from your office visit charges. If you are 65 years old or older or a full-time college student and do NOT have Blue Cross Blue Shield of Massachusetts, 10% will be deducted from your office visit charges.

Dr. Belanger also charges \$45 to draw blood at his office. Shipping blood to laboratories often costs between \$25 and \$220 depending if it's going overseas or staying in the U.S. There also may be a \$98 charge for dry ice if he orders a lab test that requires freezing.

CANCELLATION POLICY: A 48 hour cancellation notice is required or a cancellation fee will be charged to your account.

Patient Signature _____

EMAILS

Email responses to patients from the doctor that require extensive research or time will be charged at the rate of \$65.00 per 15 minutes

NUTRITIONAL SUPPLEMENT COSTS

Costs for nutritional supplements are separate from office visit costs. Dr. Belanger uses laboratory tests to help determine which nutritional supplements you will need. If you are on chemotherapy or radiation, he may suggest additional supplements to help support your system and improve the response to the chemo or radiation. Costs are hard to predict and can vary from month to month and person to person. If there are multiple laboratory test abnormalities one may need more supplements than someone with a few imbalances. We at the Lexington Natural Health Center offer competitive prices on our nutritional supplements. **Nutritional supplements can range from \$50.00 to \$1000.00 a month.**

RETURN POLICY & REFUNDS: Unopened items only. Absolutely 30 days maximum on return. All returns are subject to a 10% restocking fee. Special formulas and refrigerated items are nonrefundable. I understand that the payment provided for consults with LNHC is nonrefundable.

Patient Signature: _____

LABORATORY TESTING

Dr. Belanger uses Labcorp as his primary lab and other labs such as Viracor, Cincinatti Childrens Diagnostic Immunology Laboratory, Eicasonoid Core Laboratory, UMP Laboratory and RGCC for other testing. These labs offer many tests to assess growth factors and immune imbalances involved in cancer progression. Labs like Quest Diagnostics have more limited testing. For more information on using laboratory tests to assess one's immune system please listen to Dr. Belangers youtube channel Cancer Concepts and Complements.

Labcorp often bills insurance companies, **but we cannot guarantee that the labs will be covered. To help determine if they are covered, it is your responsibility to check with your insurance company before going to the lab.** If your insurance won't pay for the lab tests, Dr. Belanger will let you know which tests are most important and their costs. All labs are OPTIONAL, but they are very helpful if you can afford them. Costs for non-Labcorp tests can vary from \$600 for a single test to \$8000 for a panel of tests. The other labs listed above do not bill insurance, so you have to **prepay** for the tests and submit the bill to your insurance for reimbursement. If you want to

check with your insurance ahead of your first appointment please call your insurance and give them the following CPT codes. These are some of the common tests Dr. Belanger orders. You will also need your diagnosis code (ICD10 code) which is often found by doing a search at <http://www.icd10data.com/2011/Volume1/default.htm>.

LabCorp Tests www.labcorp.com 1-800-258-1441 does not bill Aetna	CPT codes
C-reactive protein, high sensitivity	86141
Fibrinogen	85385
Platelet count	85049
Ceruloplasmin	82390
Vitamin D3, 25 hydroxy	82306
D-dimer	85379
Immune complexes	86332
IGF-1	84305
Ferritin	82728
Copper, serum	82525
Calcitriol	82652
T & B-lymphocyte/Natural Killer cell profile	86355;86357;86359;86360 (this one has a lot of codes because it is a panel of tests)
Immuknow	86352
Transforming Growth Factor beta MMP-9 VEGF, serum Interleukin-2 receptor Interleukin-8 Thrombin Antithrombin Complex VEGF, plasma Interleukin-10 Interleukin-6 IGFBP3 Leptin	83520 (Note this code applies to all these tests)

Cincinnati Children's Diagnostic Immunology Laboratory	CPT codes
CTL function	86352
Cytokines, Intracellular	88184, 88185x6, 88187
T-cells, regulatory	88184, 88185x3, 88187
NK cell functional assay	88184, 88185 (x2)
Soluble CD163	83520

Viracor IBT Laboratory	CPT codes
Hepatocyte Growth Factor, serum	83520

Ospeopontin (University of Minn)	83520
PGE2 (Vanderbilt University)	84150

PAYMENT OPTIONS

Payment for the office visit is required at the time of the visit. Cash, checks and major credit cards are accepted forms of payment.

We hope that having this information prior to your visit is helpful. If you have any questions or need additional information, please call our office at (781) 274-6190, and we will be glad to help. Remember, you have an incredible healing ability deep within your body! Don't underestimate your natural defenses against cancer. If you replenish your body with the help of naturopathic medicines, it can do amazing things!

SIGNATURE

Date