

General Information: Green Lake Natural Medicine is the naturopathic medical practice of Dr. Steven Milkis, a licensed naturopathic physician in the State of Washington. Your treatment may include a variety of modalities as described below.

Methods, Procedures and Therapeutic Approaches: Dr. Milkis may perform general diagnostic procedures, dietary advice and therapeutic nutritional counseling, lifestyle counseling, exercise prescriptions, psychological counseling, topical treatments, herbal medicine, natural medicine, soft tissue and osseous manipulation, electromagnetic and thermal therapies.

Dr. Milkis may utilize any of the following procedures as necessary to give proper assessments, determine treatment approaches, treat, or otherwise address your health concerns.

- **General Diagnostic Procedures:** including but not limited to venipuncture, pap smears, radiography, and blood and urine lab work, general physical exams, neurological and musculoskeletal assessments.
- **Psychological Counseling; Lifestyle Counseling; Exercise Prescriptions**
- **Topical Treatments:** including applications of hot/cold, liquid nitrogen, or other substances.
- **Herbs/Natural Medicines:** prescribing therapeutic substances that include plants, minerals and animal materials. Substances may be given in the form of teas, pills, powders, tinctures (may contain alcohol); topical creams, pastes, plasters, washes; suppositories or other forms. Homeopathic remedies, often highly diluted quantities of naturally occurring substances, may also be used.
- **Dietary Advice and Therapeutic Nutrition:** use of foods, diet plans or nutritional supplements for treatment—may include intramuscular vitamin or mineral injections.
- **Soft Tissue and Osseous Manipulation:** use of massage, neuro-muscular techniques, muscle energy stretching or visceral manipulation, as well as manipulations of the extremities and spine including traction and cranio-sacral therapy.
- **Electromagnetic and Thermal Therapies:** includes the use of ultrasound, low and high volt electrical muscle stimulation, transcutaneous electrical stimulation, microcurrent stimulation, diathermy, low level laser, infrared, and ultraviolet therapies.
- **Potential Risks:** While not common, can potentially occur from any therapy. Some examples include but are not limited to: pain, discomfort, blistering, discolorations, infection, or burns from topical procedures, heat or frictional therapies, electromagnetic- and hydrotherapies; loss of consciousness or deep tissue injury from needle insertions or needle breakage; allergic reactions to prescribed herbs or supplements; soft tissue or bone injury from physical manipulations; and aggravation of pre-existing symptoms.
- **Potential benefits:** Restoration of health and the body's maximal functional capacity, relief of pain and symptoms of disease, assistance in injury and disease recovery and prevention of a disease or its progression.
- **Notice to Pregnant Women:** All female patients must alert the doctor if they know or suspect that they are pregnant, since some of the therapies used could present a risk to the pregnancy.

I understand that Washington State law does not authorize naturopathic physicians to treat me for any **cancer or malignancy** and that I am required to be under the care of a medical doctor or osteopathic physician (oncologist) if applicable, while receiving care at Green Lake Natural Medicine. I recognize that I am here for supportive therapies only.

I understand that I may ask questions regarding my treatment before signing this form and that I am free to withdraw my consent and to discontinue participation in these procedures at any time. With this knowledge, I voluntarily consent to the above procedures, realizing that no guarantees have been given to me by Green Lake Natural Medicine or any of its personnel regarding cure or improvement of my condition. I understand that a record will be kept of the health services provided to me.

I hereby acknowledge that I am financially responsible for services rendered.

Patient Signature

Date