

# Sarah Poston

## SPECIALTIES

As a Family Nurse Practitioner, Sarah has a broad scope of practice to address any health concerns you may have. Here are just a few of her specialties.

**Preventative Strategies ~ Woman's Health ~ Transitions ~ Partnership  
Home Visits ~ End of Life ~ Collaborative Care**

### Preventative Strategies

Sarah uses everything in her tool kit to encourage patients to pursue choices that can prevent the progression of disease and the ensuing intensity of medical intervention. She counsels on lifestyle choices and finding natural solutions to precursor conditions of hypertension, metabolic syndrome, diabetes. BodyTalk plays a key role in her prevention tool kit because it can address the root cause of dis-ease, as well as the symptoms. Sarah can provide the optimum balance between natural and pharmaceutical/medical treatments to best meet your health goals.

### Woman's Health

Treating the whole woman is Sarah's strength. She looks at the physical, emotional and spiritual aspects of a person to find the best treatment for that patient. While finding relief for symptoms such as dysmenorrhea, menopause, chronic fatigue, Sarah searches for the causative factors of the pain or discomfort so that issues can be resolved on a deeper level. At any stage in a woman's life, Sarah has the experience and skill to provide the best healthcare possible.

### Transitions

Different stages in life require different healthcare perspectives. From childhood to adolescence, from young adult to middle age, from active senior to end of life, all emphasize different medical needs. Sarah's work as a Family Nurse Practitioner can help you navigate these transitions and ensure that you are receiving the most up-to-date and appropriate diagnostic methods, medical interventions and lifestyle support to enrich your health and life.

### Partnership

More than a healthcare provider, Sarah is your healthcare partner. She can partner with parents who are guiding their children from childhood into adolescence. With a parent's guidelines, Sarah provides a sounding board for that emerging adolescent to explore questions of development, sexuality, emotions, lifestyle choices and other issues where clear scientific evidence can be imparted with compassion. Sarah can be your qualified partner when you are seeking guidance for your own healthcare needs. Without prejudice, she can present you with a full spectrum of options for you to consider in your pursuit of optimal health. She can partner with you when you are taking on the care of aging parents or end of life decisions. In today's fragmented medical delivery system, a partner like Sarah can help you make the best choices possible.

## Home Visits

House calls a thing of the past? Not so! Sarah will visit your home to provide care for you and family members. This service particularly benefits:

- Seniors who have difficulty getting to a physician's office
- Moms with multiple children at home not wanting to pack up the family for a doctor's office visit and risk further germ exposure
- Families who want care for all members and who do not want to go for multiple doctors visits...e.g. pediatrician, gynecologist, internist, etc., to meet their collective medical needs
- Sometimes you just feel too sick to even leave home (like with the flu)

Discover the advantages of qualified home visits with Sarah.

## End of Life

Sarah's extensive experience with Hospice and geriatric care is available to you as you deal with end of life issues for yourself or a loved one. Sarah can work holistically with the patient to maximize quality of life and help you evaluate the balance of treatments to enhance and/or extend life. She can empower your choice to avoid unproductive tests and procedures. Sarah can also guide you in ensuring you have the proper forms and documents in place to protect you and your family. Sarah is available via phone consultations for those clients who live outside the Boulder area.

## Collaborative Care

Knowing that no one person has all the answers, Sarah has a wide network of healthcare providers with whom she collaborates to provide the best possible care for you. Her scope of collaboration includes MDs, Surgeons, Naturopaths, Nurse Practitioners, Psychiatrists and Psychologists, Nutritional Counselors, Physical Therapists and Massage Therapists. You can be assured that if needed, a team of professionals can be assembled to help address your health concerns.