

March 10, 2015

To CT Public Health Committee,

I have been a patient of naturopathic physicians for about five years. Naturopathic medicine has been life changing for my health. It has helped me manage several different health conditions in ways that conventional medicine can only help so much. I would like naturopathic physicians (NDs) to have medication prescriptive authority consistent with their current training.

I started seeing a naturopath initially to manage a health condition called Polycystic Ovary Syndrome (PCOS). The prescription drugs available to treat this condition are not suitable for my needs and lifestyle. However, I later developed a nerve condition which doctors are still researching, but is similar to Fibromyalgia. The only proven way, so far, to treat this condition is with conventional prescription medication. I prefer to see a naturopathic physician for most if not all of my healthcare needs and seeing a separate doctor solely for refilling my prescription medication is unnecessary, inconvenient, and somewhat costly as it requires separate appointments.

Prescriptive authority for NDs would benefit me also because I trust my naturopathic physician to prescribe medications that will have the least amount of side effects and will not interact negatively with natural supplements and herbs that I may be taking. I would not trust a traditional MD to have the full knowledge of interactions between drugs and supplements/herbs. Also, it has been my experience that some traditional physicians will not collaborate with the natural healing approach that I am taking with my ND, which can be very difficult to get around.

So, I ask you to please support providing prescriptive authority to naturopathic physicians.

Thank you,
Diana Doughty