



Integrative Medical Center of New Mexico

1155 C Commerce Dr., Las Cruces, NM 88011 • Phone: 575-524-3720 Fax: 575-524-3721

Patient Name: _____

Appt Date: _____ Time: _____ with Dr. _____ Berkson

Follow-up Appt Date: _____ Time: _____

What to bring to your visit:

- This packet filled out and signed. Please arrive 10 minutes before appt. Eat before coming.
- Record your:
 1. Food and liquid intake for ONE week
 2. Sleep habits
 3. Exercise & relaxation regimens
 4. Stressors that currently or previously impacted your life.
 5. Any nuclear, chemical exposures and overseas deployment.
- All medications and supplements in their bottles (or bring a list).
- Pertinent medical records: blood tests, x-rays, CT scans, MRIs, progress notes.
- List of any questions you want to ask.
- Your Medicare/insurance card with the ID#, Group #. We can make copies in the office.

Due to chemical sensitivities and allergies of some of our patients, we request that you refrain from the use of perfumes, fragrances, and aftershaves during your visits to the office. Thank you.

Directions:

By airplane: You will fly into El Paso International Airport. Las Cruces is about 40 miles from El Paso. We recommend you rent a car if you are flying to El Paso. This gives you the freedom to get groceries, blood tests, etc.

From the airport: Take Airway Blvd. to I-10 West.

1. Take Airway Blvd. to I-10 West and head west on I-10 for 50 miles and keep right at Exit #144 to I-25 North.
2. Continue on I-25 North for 6 miles. Take Exit 6 at Rt. 70. Bear right onto the service road to Del Rey.
3. Turn right onto Del Rey and bear right onto Telshor/Northrise.
4. Turn Left on Commerce. The office is across from the U.S. Post Office - Suite C in the business center.

From Albuquerque:

1. Take I-25 South approx. 220 miles to Rt. 70.
2. Exit to Del Rey Blvd. and merge onto Bataan Memorial E.
3. Turn right onto Del Rey and bear right onto Telshor/Northrise.
4. Turn left on Commerce. The office is across from the U.S. Post Office - Suite C in the business center.

Where to Stay:

Many establishments give a medical discount. Ask when you call to make a reservation.

We highly advise having access to a kitchen. Below is a sample of lodging available in the area.

Bed and Breakfasts

Dreamcatchers: 575-522-3035 (guest kitchen avail.)
Holy Cross Retreat: 575-524-3688 (kitchen access)
Lodge on the Desert: 575-523-9605 (individ. kitchens)
Lundeens: 575-526-3326 (no kitchen use)
Valley Vista: 575-382-8103 (kitchen)

Corporate Apartments (Kitchens)

Staybridge Suites: 575-521-7999
The Omni: 575-522-6664
Town Place: 575-532-6500
Value Place: 575-528-2046
Villa del Telshor: 575-522-0804
Village at Northrise: 575-522-1110

Hotels (* indicates kitchenette)

America's Best Value Inn* 575-524-8627
Best Western Mission Inn: 575-524-8591
Comfort Inn: 800-424-6423
Fairfield Inn: 575-522-6840
Hotel Encanto: 575-522-4300
La Quinta: 800-531-5900
Motel 6: 575-525-2055

[Weekly House Rentals: www.vrbo.com](http://www.vrbo.com)