



CHRISTINA LUCAS-VOUGIOUKLAKIS DO **Medical Director, Family Medicine Residency Center.** **Director of Osteopathic and Lifestyle Medicine** **Education. Board Certified in Osteopathic Family** **Medicine & Lifestyle Medicine**

DR. LUCAS HAS BEEN IN PRACTICE SINCE 2009. SHE HAS BEEN PRACTICING OSTEOPATHIC FAMILY MEDICINE WHICH INCORPORATES MANUAL MANIPULATIVE MEDICINE INTO GENERALIZED MEDICAL CARE FOR ACUTE AND CHRONIC CONDITIONS.

SHE BECAME BOARD CERTIFIED IN LIFESTYLE MEDICINE IN 2019 AND HAS INCORPORATED THIS UNIQUE PRACTICE OF CARE WITH HER PATIENTS. LIFESTYLE MEDICINE FOCUSES ON PRIMARY PREVENTION OF DISEASE THROUGH STRESS REDUCTION, MEANINGFUL RELATIONSHIPS QUITTING SMOKING/DRINKING, INCREASING EXERCISE, TIME IN NATURE, PROPER SLEEP, AND WHOLE FOOD PLANT BASED FOCUSED NUTRITION.

HER OTHER INTERESTS INCLUDE SERVING ON LIFESTYLE MEDICINE INTEREST GROUPS AS A COMMITTEE MEMBER, WRITING FOR MSUCOM'S WELLNESS NEWSLETTER, SPENDING TIME WITH HER FAMILY, SINGING AND PLAYING THE PIANO, AND TRAVELING ABROAD. SHE IS PASSIONATE ABOUT PUBLIC SPEAKING AND EDUCATING HER COMMUNITY ABOUT HOW OSTEOPATHY AND LIFESTYLE MEDICINE INTEGRATE WELLNESS INTO GENERAL DAILY MEDICAL CARE.

My mission as an Osteopathic Family Practice physician is to provide quality and thorough care to my patients to the best of my ability. I strive to educate, support, reassure, and demonstrate humor, and compassion for my patients. I use my language skills in Greek and Spanish to enhance communication and decrease barriers.

My goals are to provide the highest quality of care and set a standard of excellence for my patients. From a business standpoint, I strive to continue to optimize effective billing and coding by providing a full variety of unique services and procedures including Osteopathic Manipulative Medicine.

OMT is an excellent alternative to standard forms of pain treatment and offers patients a means to deal with pain that is non-addictive. My patient testimonials and sustained colleague referrals endorse my success in providing a more integrative approach to acute and chronic pain control.

My 12+ years of patient service have taught me the importance of active listening, empathy, patience, and connecting with others. I am interested in exploring other fields of medicine such as integrative nutrition, anti-aging, and preventative medicine. I am working to broaden my knowledge in these fields.

I am patient, empathetic, understanding, and work diligently to serve my patients in a full care setting. I have a strong work ethic and high integrity and will rise to the highest level of expectation. I look to maximize my skills among other physicians with whom I work and learn from their knowledge in order to improve my own knowledge base. I look forward to working with others in the fields of Osteopathy, Integrative and Family Medicine.

Favorite Quotes: "People don't care how much you know unless they know how much you care." – Mary Kay Ash

"Everything great that has ever happened to humanity has begun as a single thought in someone's mind" YANNI

Motto: "Listen to Learn and Learn to Listen" – Dr. David Law

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