

**Integrative Medical Center of New Mexico**  
**Burton M. Berkson, MD, Ph.D.**  
**1155 C Commerce Dr.**  
**Las Cruces, NM 88011**  
**Phone: 575-524-3720 Fax: 575-524-3721**

**New Patient:**  
**Appointment Date:** \_\_\_\_\_ **Time:** \_\_\_\_\_

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Please arrive 30 minutes before appointment. Eat before coming.

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What you need to bring on your first visit

(Please do not mail these forms. Bring them with you to your first appointment.)

1. Record your food and liquid intake for a week.
2. Bring ALL medications and supplements in their bottles (alternatively, you may bring a list).
3. Bring all current lab work/blood tests, xrays, CT scans, MRIs, and medical records/history.
4. Record exercise and relaxation regimens.
5. Record sleep habits.
6. Record any stressors that currently or in the past impacted your life.
7. List any nuclear, chemical exposures and overseas deployment.
8. List of questions you want to ask.
9. We will need to have a copy of your Medicare card and the back and front of your insurance card with the ID#, Group # and address readable.

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.

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**Directions:**

By airplane: You will fly into El Paso International Airport. Las Cruces is about 40 miles from El Paso. You may choose to rent a car or catch the shuttle from the airport to Las Cruces.

1. From the airport: Take Airways Blvd. to I-10 West.
2. Go west on I-10 to I-25 North
3. Exit at Rt. 70. When you exit, bear right onto the service road to DEL REY
4. Turn right and bear right onto Telshor at Sam's Club light
5. Turn Left on Commerce. The Office is on the left - 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 and bear right onto Telshor Blvd.
  4. Turn Left on Commerce. The Office is on the left - Suite C in the business center.
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**Where to Stay:**

Many establishments will give a medical discount. Ask when you call to make a reservation. The following are some examples of places to stay in the area.

**Bed and Breakfasts**

Dreamcatchers: 575-522-3035

Hilltop Hacienda: 575-382-3556

Holy Cross Retreat: 575-524-3688

Lodge on the Desert: 575-523-9605

Lundeens: 575-526-3326

Valley Vista: 575-382-8103

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

**Hotels**

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

My Value Place: 575-528-2046

**Corporate Apartments**

Staybridge Suites: 575-521-7999

The Casitas: 575-522-4525

The Omni: 575-522-6664

Town Place: 800-257-3000 (ext. 5210)

Villa de Telshor: 575-522-0804