

A Serious Illness Doesn't Have to Mean the Death of the Spirit

No matter what stage of an illness a person is at, it is ALWAYS possible to experience a deeper sense of peace and wellbeing. Death can and should be a peaceful and beautiful transformation, but it doesn't just happen. A peaceful and beautiful death requires some preparation and planning.

Dr. Bob can help make that happen.



Why I Do What I Do

It is my life's purpose to help people move beyond fear and discomfort, in the face of serious illness or the end of life, so they can experience all the joy and meaning of life – living as fully, as presently, and as peacefully as possible, until their last breath.

What the Audience Learns from Dr. Bob

They hear inspiring and heartfelt stories about his experiences with patients and families. They learn how to prepare for the Best Death. Dr. Bob gives his audience insider information about the gaps in health care, how the last stage of people's lives can be redefined, and how his medical practice, Integrated MD Care, helps people have a better life and, when they are ready, a better death.

Dr. Bob's Keynotes



Preparing for the Best Death

A peaceful and struggle-free death is what we all hope for. This is almost always possible to achieve, but it doesn't just happen—it takes careful planning, preparation, and guidance. Dr. Bob shares the steps that are critical for achieving peace and comfort instead of stress and struggle in the final days, weeks, or months of life. Plus, find out the one thing you should do right now to prepare for the Best Death.



Surviving the Gaps in Health Care

The elderly and ill face immense challenges when it comes to meeting their needs for health and wellbeing. Most people are unaware of these challenges and gaps in the health-care system until they find themselves struggling through them. Dr. Bob exposes these gaps and offers expert guidance for helping patients and families avoid them or successfully navigate through them.



Redefining Care in the Last Stages of Life

A serious illness does not need to result in the loss of the spirit. Whatever stage of illness a person is at, it is almost always possible to experience a greater sense of peace and wellbeing. Dr. Bob discusses the Integrated MD Care model and shares stories of patients having dramatic improvement through personalized good medical care and integrative therapies. You'll learn how taking action now will help ensure a peaceful transition.



How We Support Patients Who are Ready to Die

Many people who are suffering from a terminal illness or are very frail and dependent due to advanced age believe that death is a better option than living with the pain, struggle, loss of independence and loss of dignity caused by their condition. Dr. Bob discusses the legal options available to allow life to come to a peaceful and dignified end. He shares stories of some of the patients and families he has been privileged to help through physician aid in dying. You will gain an understanding of end-of-life options and learn how to help someone who is ready to die.

Integrated MD Care

Dr. Bob Uslander, "Dr. Bob" has been practicing medicine for more than 25 years. His concierge palliative care practice, Integrated MD Care, includes a team of holistic practitioners serving the elderly, those experiencing complex illness, and those needing end-of-life care or aid-in-dying assistance. Dr. Bob is dedicated to helping people live with joy and without fear and struggle at any stage of life. He is dedicated to helping patients live, and die, with more peace and dignity, on their own terms.