Are you living with a gastrointestinal disorder and also feeling fatigued or depressed? Or perhaps you have a daily headache combined with difficulty sleeping?

At the UPMC Visceral Inflammation and Pain (VIP) Center, we provide integrated care to help people with gastrointestinal disorders cope with their individual symptoms.

UPMC Visceral Inflammation and Pain Center
Medical Arts Building
Suite 401
3708 Fifth Ave.
Pittsburgh, PA 15213
Phone: 412-802-6696
Fax: 412-683-7160

For more information, visit us at UPMC.com/gastrovipcenter.
UPMC Visceral Inflammation and Pain Center

Our center is an integral addition to the adult patient care program at the Digestive Disorders Center and other UPMC sites, offering comprehensive psychological assessments and, if necessary, pharmacological assessments from our multidisciplinary team of experts. We will set up a personalized treatment plan for each patient to help decrease suffering and distress, to enhance quality of life, and help patients manage their symptoms more effectively.

Our Services

Our experts focus on preventing and minimizing symptoms that are not specifically associated with Inflammatory Bowel Disease (IBD) or other gastrointestinal conditions, including:

- Stress
- Anxiety and depression
- Persistent abdominal pain
- Associated illnesses
- Sleep disturbance
- Functional gastrointestinal symptoms
- Substance abuse
- Opiate dependency from other treatments

We offer a variety of treatment options to meet your needs, including:

- Problem solving therapy
- Relaxation/hypnosis
- Psychopharmacology consults
- Assessment for sleep disturbances
- Assistance with eating issues
- Cognitive behavior therapy
- Biofeedback
- Parent and family guidance
- Vocational and educational reintegration
- Skill teaching groups

Scheduling a Consultation

Ask your UPMC gastroenterologist for more information about whether the VIP Center is right for you. For general questions, please contact us at 412-802-6696.

Parking and Directions

Medical Arts Building
Suite 401
3708 Fifth Ave.
Pittsburgh, PA 15213

Parking is available at the UPMC Medical Arts Garage. The garage entrance is located at 115 Atwood St. Pittsburgh, PA 15213.

To reach the VIP Center from the Medical Arts Garage, valet park and walk to the second level of the garage. Proceed through the marked doors to reach the main Medical Arts security desk. Sign in and take the elevator to the fourth floor. The VIP Center is located to your right.

The VIP Center was founded in 2011 by Eva Szigethy, MD, PhD. Dr. Szigethy is an associate professor of Psychiatry, Medicine and Pediatrics at the University of Pittsburgh, is board-certified in child, adolescent, and adult psychiatry, and is an American Society of Clinical Hypnosis certified hypnotherapist. Dr. Szigethy is available for complex consultations.

Our team of psychologists and psychiatrists look forward to assisting you with your care. Please contact your gastroenterologist with any questions.