

MEDICINE THAT'S PERSONAL

THIS MONTH'S
TOP STORIES

A New Era: Telemedicine

Your Provider is Coming to You.



The Hormone Center is excited to launch TELEMEDICINE. Imagine your provider video conferencing with you anywhere in the world on your computer or mobile device.

Now patients don't have to physically come to the office to talk to their medical provider. No more time off work or having to fight traffic.

With telemedicine, patients receive the same facetime with their provider as an in-office visit.

Our initial rollout of the technology will be focused on patients who originate (or have originated) their relationship in the state of Pennsylvania. If you're already a patient, no matter where you live, you can utilize telemedicine right away!

If interested, we will email a link to download the video software in seconds and get right into the video consult. No signup or account creation. Just follow the links! **It's that simple.**

Please visit www.HormoneCenter.net for other requirements.

Stubborn Allergies? Allergy Drops are your Answer.

Forget Allergy Shots. Just put the Drops Under Your Tongue.

Allergy drops may be a solution for allergy sufferers. The drops consist of natural allergens in a glycerin base – the same vaccine that allergists use through injections. Like injection immunotherapy, allergy drops stimulate the immune system to protect against environmental airborne allergens without drug side effects.

No one likes to get shots, especially kids. The drops can be self-administered under the tongue without the risk of dangerous reactions (such as anaphylactic shock).

Diagnosis is done through blood testing which is significantly more accurate than the traditional skin prick test.



Patients fill out an allergy questionnaire which is reviewed by a medical provider. If allergy symptoms exist, the medical provider issues a blood lab order for the patient.

Once the results are received, the medical provider reviews the findings to determine whether environmental allergies exist. If so, the patient consults with the medical provider to go over the findings as well as to start treatment.

If no environmental allergies exist, the medical provider will discuss whether the patient wants to explore other potential causes of their symptoms.

<http://www.hormonecenter.net/allergy-drop>

What's Up Doc?



Question:

I've had melasma for the past couple years. I'm desperately trying to get rid of it. I have a feeling it has something to do with a hormone imbalance or copper overload. Do you recommend the Hormone Center for my condition?

Answer:

Melasma can be caused by several different factors including sex hormones, stress, adrenal gland dysfunction or genetics. At The Hormone Center we can perform in-depth testing of your sex hormones and adrenal glands and determine if that is the cause of your condition. We can also test for heavy metal toxicity to determine if it is stemming from an overload of copper. Copper excess can stem from adrenal dysfunction, and would be treated by increasing doses of zinc. We would set up a treatment plan to treat any hormone imbalance, nutritional deficiencies, as well as work with you on improving gut health and diet. When appropriate, we use bioidentical hormones to treat hormonal imbalances and pharmaceutical grade supplements to help with deficiencies or improve function of specific systems.

The melasma that is already there can be very difficult to treat, sometimes laser therapy helps. Balancing hormone levels will keep the melasma in check and not allow it to progress.

New Employee Spotlight

Amanda Keifer RN

Amanda is our new nurse, her contact email is amanda@hormonecenter.net.

Q&A

Q: What initially interested you about The Hormone Center?

After 7 years of working in the hospital setting I wanted to be in an environment that really helped patients that other doctors couldn't or wouldn't be able to help. I saw patients suffering with fibromyalgia and hormone issues that weren't being addressed or treated. When I found the Hormone Center I was so excited to work in a practice that helps patients with these types of diagnosis-es. Also I am excited to practice in Aesthetics- which I extensively trained for at the National Laser Institute in Dallas, Texas.

Q: What is your background? (family, school, past work, etc)

I attended Loch Haven University for Nursing. I have focused on Emergency Medicine for the past 6 years including spending some time travel nursing and multiple medical missions trips to Honduras and Mexico.

Q: What are some of your passions/hobbies?

Traveling, hiking, paddleboarding

Q: What would be your dream vacation?

Next up- Thailand or Greece

Q: What's is your favorite food?

Thai



Amanda Keifer RN

Hormone Center Events

September 15th – Aging, Exercise, and Peak Performance

7:00 pm – 9:00 pm

Crossfit TPA 129 McCarrell Ln #105, Zelienople 16063

September 23rd - Ideal Wellness Cookout

1:00 pm - 3:00 pm

North Park (details to come)

September 26th- Complete Chiropractic Seminar

7:00 pm - 9:00 pm

2710 Rochester Road Cranberry Twp 16066

October 3rd- Choice Women's Night

7:00 pm - 9:00 pm

Rum Runners 3385 Babcock Blvd, Pittsburgh, PA 15237

6 Foods That are Legal in the US but Banned in Europe.

Business Insider -- 3/1/17

- The US has different regulations and rules when it comes to allowing products and chemicals in food than other parts of the world.
- Several countries have banned things like arsenic, food dye, and Olestra for their harmful effects.
- Some of these ingredients are still legal in America.

Ever noticed how ingredients on your packaged foods don't always sound, well, like food?

Chances are, if the ingredient is not something you'd stock in your home kitchen, it's a preservative or artificial additive to boost the flavor, color or texture of whatever you're about to eat.

If you were cooking a recipe calling for an ingredient you didn't like or had heard potentially dangerous information about, you would probably cut out that ingredient, right? Such a luxury doesn't exist with packaged foods, though. In places like the European Union, legislature has banned additives that are potentially dangerous, while in the United States, the Food and Drug Administration is still totally cool with them.

When it comes to reading ingredient lists, perhaps the best advice comes from food scholar Michael Pollan, who wrote in "The Omnivore's Dilemma" — and has since reiterated many, many times — don't eat anything

your great-grandmother wouldn't recognize as food. Abstaining from the food Europeans don't recognize as food may be another good rule to follow, because our foods are still full of ingredients banned across the pond.

Beef: Synthetic growth hormones

Synthetic growth hormones rBGH and rBST were approved for use in cows by the FDA in 1993 and the federal agency hasn't looked back..

Colorful Foods: Artificial Dyes

Food dyes like Yellow 5, Yellow 6 and Red 40, used to make unappealing food look more edible and enticing, have been found to cause hyperactivity in otherwise healthy children and carry allergy and cancer risks as well..

Cereal and bread: Azodicarbonamide (ADA)

Azodi-what? Also known as the yoga mat chemical (you'll find azodicarbonamide in commercially baked bread *and* yoga mats), this chemical additive is a whitening agent and dough conditioner that the FDA considers safe for food uses including cereal flour and bread dough.

Read the full article: <http://www.businessinsider.com/foods-illegal-outside-us-2017-3>

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