

WPNV Wellness Services

Initial Assessment & Wellness Evaluation:

Your initial consultation with Dr. Ivey-Crowe will be approximately 60 minutes. You will be asked to complete a Medical History/Health Questionnaire to provide the physician a better understanding of your medical history and any medical concerns and conditions that you may have. You will have a one-on-one consultation where she will sit and listen. A comprehensive lab screening including a complete blood count and metabolic chemistries will be ordered. If you have results from labs ordered from your primary care physicians or a specialist within the last 6 months, those must be provided to the office with your initial consultation. Additionally, a complete body fat analysis and Body Mass Index will be performed as well as an EKG. After carefully evaluating the results of your labs, and based on your conversation, you will be scheduled for a follow up appointment to discuss a Plan of Action.

Package Offerings:

Hormone Optimization

Female Menopause:

Hormone imbalances occur from age 30 onwards. By age 50, people have approximately 50% of hormone function for estrogen, progesterone, testosterone, thyroid and Human Growth hormones. It only takes a small change in hormone levels to cause havoc in our body. Hormone imbalances affect weight, sexual function, mood, appetite and cravings. Menopausal symptoms may include but not limited to:

Fatigue	Hot Flashes	Weight Gain	Low Libido
Anxiety	Memory Loss	Depression	Dry Skin
Vaginal Dryness	Night Sweats	Insomnia	Fatigue
Bloating	Hair Loss	Irritability	Joint pain

Dr. Ivey-Crowe will evaluate lab results and may order additional test via blood, saliva or urine to further assist in an individual plan. A physical exam may be performed. Results of last pap, ultrasound reports and lab results from your Gynecologist should be provided if performed within the last 6 months.

Evaluation is based on each individual. Treatment plans include Bio-identical Hormones, natural supplements, synthetic hormones or pellet therapy. Follow up visits will be required with a minimum of 4. Additional visits may be necessary to continue hormonal treatments.

Male Andropause:

Between the ages of 40 – 55, men begin to experience a gradual drop in testosterone which is an androgen. This condition is called Andropause, also known as the male menopause or MANopause. Reduction in testosterone symptoms include but not limited to:

Hair Loss	Memory Loss	Erectile dysfunction	Muscle loss
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Sleep Apnea

Diminished Libido

Fatigue

Depression

Irritability

Night Sweats

Gynecomastia(mail breasts)

Evaluation is based on each individual. Testosterone replacement therapy is a treatment for men with low testosterone. There are a number of creams as well as Bio-identical testosterone creams made specific for each patient.

Sexual Health/Intimacy

Sexual issues create many problems for couples and individuals. Dr. Ivey-Crowe can work with individuals and/or couples to help improve sexual self-esteem, knowledge, and competence, resulting in more fulfilling and pleasurable relationships. Are you experiencing any of the below:

- Are you able to enjoy sex?
- Are you and your partner not getting along due to sexual issues?
- Are you experiencing a decline in your sexual desire?

Dr. Ivey-Crowe will review medical history and biometrics. Laboratory testing and physical exams may be necessary for further evaluation. Individualized therapy recommendations may include but not limited to:

- Cone therapy
- G Spot injections
- Libido Therapy

Referral to an outside therapist for additional counseling may be required.

Reproductive Health

Infertility is the inability to get pregnant after one year of trying (or six months if a woman is 35 or older). This may also include women who can get pregnant but are unable to stay pregnant. Some common cause of infertility in females may include but not limited to:

Clotting disorders

Hormone imbalances

Obesity

Age

Ovarian Cysts (PCOS)

Pelvic inflammatory disease

Scarring from STD

Thyroid disease

Male infertility may be due to but not limited to:

Sperm defects

Decreased # of sperm

Blockage of sperm

Overall health and lifestyle (alcohol, smoking, medicines)

Scarring from STD

Consultations with the physician should include both partners for review of medical history/laboratory testing and biometrics. Additional testing may be required.

Treatment options may/can include natural or herbal supplements.

Disclaimer: Testing may not be covered by insurance. It is your responsibility to check insurance benefits. Referral to an outside Fertility specialist may be required after results are obtained based on medical evidence.

Fatigue Disorders

Fatigue is sometimes difficult for patients to describe but can be related to exhaustion, lethargic, memory loss. Fatigue is mainly a symptom and not a disease. The key is discovering the underlying cause. Dr. Ivey-Crowe will evaluate the medical history/laboratory results. Blood and chemistry labs will be used to assist in evaluating underlying issues. Some common causes of fatigue are listed below but not all inclusive:

Common Causes of Fatigue	
Metabolic/ Endocrine	anemia; hypothyroidism; diabetes; electrolyte abnormalities; kidney disease; liver disease; Cushing's disease
Infectious	infectious mononucleosis; hepatitis; tuberculosis; cytomegalovirus; HIV infection; influenza (flu); malaria and many other infectious diseases
Cardiac (heart) and Pulmonary (lungs)	congestive heart failure; coronary artery disease; valvular heart disease; COPD; asthma; arrhythmias; pneumonia
Medications	antidepressants; anti-anxiety medications; sedative medications; medication and drug withdrawal; antihistamines; steroids; some blood pressure medications; some antidepressants
Psychiatric (Mental Health)	depression; anxiety; drug abuse; alcohol abuse; Eating disorders (for example; bulimia; anorexia); grief and bereavement
Sleep Problems	sleep apnea; reflux esophagitis; insomnia; narcolepsy; shift work or work shift changes; pregnancy; Extra night hours at "work"
Vitamin Deficiencies	vitamin B12 deficiency, vitamin D deficiency, folic acid deficiency, iron deficiency
Other	cancer; rheumatology illnesses such as rheumatoid arthritis and systemic lupus; fibromyalgia; chronic fatigue syndrome; normal muscle exertion; obesity; chemotherapy and radiation therapy

Menstrual Disorders/PMS/Mood

Menstrual disorders are problems that affect a woman's normal menstrual cycle. They include painful periods, abnormal bleeding or irregular cycles. Premenstrual syndrome (**PMS**) has a wide variety of symptoms, including mood swings, tender breasts, food cravings, fatigue, irritability and depression.

Dr. Ivey-Crowe will provide an initial consultation which includes family and reproductive history. Previous laboratory results and ultrasound images may be requested. A physical examination may be performed and new diagnostic tests such as lab work and ultrasounds may be ordered.

Treatment for menstrual disorders may include herbal, nutritional and hormonal therapies, medications, education and exercise/weight loss programs.

Weight Loss

The Serotonin-Plus Weight Loss Program is a medical supervised weight loss program with a 99% success rate. The average weight loss is 30-35 pounds in 12 weeks. The program includes 12 weeks of the Serotonin Formula™, our unique patented oral serotonin supplement that acts as a natural appetite suppressant and significantly reduces carbohydrate cravings, in combination with an FDA approved prescription appetite suppressant to jumpstart the metabolism. Additionally, a dietary plan is provide for high-protein, low-carbohydrate meal options. This 12 week program is designed to help make life style changes to include eating, exercising and portion controls.

The initial consultation includes blood and chemistry labs, medical history, body composition analysis and an EKG. Thereafter, weekly visits with our staff include a weigh-in, blood pressure check and personalized assistance.

If additional weight loss is needed after the program ends, the program can be continued for a nominal fee and the purchase of additional Serotonin Formula™.

Insurance Reimbursements:

WPNV Wellness does not accept insurance. Insurance reimbursement may be available thru FSA debit cards or for qualified HRA and FSA plans. Fees may also be tax deductible medical expenses based on IRS regulations. We are not qualified to provide guidance in this area. Labs will be billed thru your insurance carrier.

Wrap It Up

WPNV is

Happy to announce a New Product

It Works!!

- Defining Gel
- Body Wraps

**Give the gift of softer, smoother, and more
luminous skin.**

Good Bye to Cellulite



Additional information can be provided by any member of our staff.

