

QUARTERLY NEWSLETTER

SUMMER 2015

Andry
MEDICAL SERVICES
Individualized Care for Optimal Living

MDweightWorx[®]
Physician Directed Weight Loss

Now Offering Aesthetics!

Continuing improvement is our focus for our patients. Improving your health physically, mentally, and emotionally is what sets us apart. You've followed Dr. Andry's advice, lost some weight, and you're feeling happier and more confident. Now it's time to treat yourself and make the outside feel as good as the inside. We are so excited to be able to offer an array of aesthetic services right here in the office at incredible prices. Our laser uses ELÓS Technology which combines both light and radio frequency that can be adjusted for all skin types, hair colors, and body locations for optimal treatment:

- Hair removal and permanent hair reduction on face, arms, underarms, chest, back, and more.
- FotoFacial RF[®] color correction of spider veins, age spots, uneven skin tone, rosacea, sun damage, and acne clearance.
- Refirme[™] skin tightening and wrinkle reduction targets telltale signs of aging, including sagging under the eyes, saggy brow lines, and nasolabial folds.
- Matrix IR Fractional improves skin texture of aged skin including reduction of folds, pores, depressed scars, and smoother and tighter skin appearance.
- Triniti[™], the complete skin program for immediate, visible and long lasting results. Triniti[™] is a non-surgical treatment in three steps, performed sequentially, during the same office visit. With the triniti[™] skin program, color correction and wrinkle treatment can all be achieved in a single session, helping you achieve total facial renewal.

In addition to laser treatments, we also offer skin tag, mole, and cherry angioma removal with the Touch 100 treatment. Our Multiderm machine offers non-invasive and chemical-free microdermabrasion's that gently exfoliate the face, neck, and décolletage to diminish dull complexion, uneven skin tone or texture, age spots, and even dark spots that can appear when acne starts to clear. Unlike traditional microdermabraders, the Multiderm does not use particulates or rough, diamond-type edges to exfoliate the skin. Using a revolutionary vibrating stainless steel paddle system, the Multiderm performs a myriad of functions: exfoliating the epidermis in a massage-like manner to gently remove the stratum corneum, allowing the skin to become smoother and softer.

Finally, our partnership with Image Skincare allows us to offer customized treatments available exclusively through licensed physicians and aestheticians. Image Skincare is the most innovative skincare company in the world using unique Vectorize-Technology[™] and plant-derived stem cell technology to help you "Age Later". We offer professional peels and treatments completely customized to your individual skin needs. Follow up your aesthetic treatment with Image's world renowned daily cosmeceutical skincare products to continue to improve or prevent environmental damage. Consultations with La-Donna, our certified laser technician, are completely free and available on a walk-in basis. Just ask the front desk to add you to the schedule!

"Beauty is whatever
gives joy."
~ Edna St. Vincent Mil-
lay

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The Cash Pay Model vs. Insurance

Part of Dr. Andry's revolutionary approach to healthcare comes from creating an actual healthcare marketplace—a pay-as-you-go system that allows you, the consumer of healthcare, to know and decide what you're paying for, how much it costs, and why it's necessary. Because the cash pay model provides up-front pricing, you are armed with the knowledge of exactly what's being done and how much it actually costs. There are no insurance middlemen, no employees whose job you're paying for simply to charge you more money. There are no premiums coming out of your paycheck, no deductibles and no hidden fees or massive, unexpected bills later

on. Health insurance plans have a very real value. The ability to pay a large percentage of major medical expenses, including accidents and major illnesses, helps millions of people receive access to the emergency care services they need without breaking the bank. Sometimes, in those rare and expensive instances, health insurance plans can pay for themselves many times over. In most cases, and for most people, paying only for the services rendered is a sensible option. Health insurance should be viewed the same way home and auto insurance is viewed. One doesn't make a claim on their homeowners' insurance policy when they

change a lightbulb. The cash pay model instantly cuts healthcare costs for both consumers and providers by eliminating the fees and premiums associated with insurance carriers, as well as lowering the cost of providing healthcare by not having to pass along the costs of staff and their associated benefits, and the cost of medical payment default. The cash pay model is built for the healthcare consumer and provider, not the insurance companies. Patient care can take center stage. This is the kind of patient care that is a partnership and is tremendously more effective than traditional billing models.

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Dr. Andry, Featured Speaker



Dr. Andry has been chosen to be a featured speaker at this year's American Functional Medical Association conference in Atlanta!

The AFMA is an organization comprised of scientists and healthcare practitioners from all specialties, ranging from physicians, pharmacists, scientists, naturopaths, and chiropractors to nurse practitioners, nurses and physician assistants. They are dedicated to the advancement of scientific knowledge to detect, prevent, and treat functional and aging related diseases.

Dr. Andry will be speaking about brain modulation and weight management focusing on new pharmaceutical approaches to treating overweight and obese patients.

What an honor and an exciting opportunity for Dr. Andry to share his extension knowledge and experience with other practitioners!

Product Spotlight— MaxHealth Ultra Liquid Vitamin

MaxHealth Ultra Liquid Vitamin™ is an all natural rich blend of vitamins, minerals, amino acids, antioxidants, omega fatty acids, probiotics, electrolytes, digestive enzymes and essential nutrients necessary to maintain optimal health. It contains medicinal herbs, anti-oxidants, adaptogens and nutrients that may help to support the body's response to stress while support-

ing the immune system, hormonal balance, metabolism, detoxification, mental functioning, energy levels and gastrointestinal functioning. It may promote energy, stamina and metabolism.

Dr. Andry highly recommends MaxHealth to his patients as a highly effective way to get essential vitamins and nutrients into the body. The liquid form makes it more readily absorbed

by the body than a tablet multivitamin. As an added bonus, it tastes similar to a Flintstone vitamin! Yum!





Hormone Pellet Therapy

Adding to our list of services, Dr. Andry now offers hormone pellet therapy as an additional option for both men and women. A small pellet containing estrogen or testosterone is implanted under the skin and releases a small, consistent dose of the hormone. Oral and transdermal hormones can produce fluctuating levels. You might experience this when you have a mood swing or a sudden change in energy. The consistency of pellet implants is why many patients have tremendous success with pellet therapy.

An additional benefit of pellet therapy is the length of time a pellet is effective. Whereas oral and transdermal hormones are taken sometimes daily, a pellet implantation is only needed every 4 to 6 months.

The procedure is done here in the office and only takes about an hour. The pellet is very small, about the size of a Tic Tac. It is inserted in the upper buttocks region after local anesthesia numbs the area. Once the procedure is done, patients are back to work within minutes.

Pellet therapy has been around since the 1940's and has been researched and studied numerous times. It's found to be safe for long term use. Women who use hormone pellet therapy describe incredible relief from menopausal symptoms, better sleep, improved libido, decreased depression, anxiety, and irritability. Men suffering from the effects of low testosterone levels are able to achieve sustained testosterone levels relieving their constant fatigue, lack of focus, loss of libido, and sexual function.

TaylorMD® Flora Repair Testimonial

From staff member Jessica: I have been taking Flora Repair probiotic for over a year. In the past, I was recommended by my OBGYN to take a probiotic to help with multiple facets: immune health, needs specific to women's health, digestive health, etc. She advised me to purchase a probiotic at my local health foods store but I found little change after taking it for nearly

six months. After beginning my employment at AMS, I began taking Flora Repair as it was so highly suggested by Dr. Andry to the majority of his patients and I had such little success with store-brand probiotics. I felt a dramatic change within the first week. I began benefiting from all of the results that my OBGYN noted that I would. I found out quickly, that not all probiotics

are equal. I recently (and accidentally) went without this supplement for a weekend and felt a poor change in my health within twenty-four hours. I feel a definite difference in my overall well-being when I don't take this supplement. It is a core piece in my daily efforts to maintain a healthy, well-rounded care plan and I would recommend it to anyone.

"I BEGAN TAKING FLORA REPAIR AS IT WAS SO HIGHLY SUGGESTED BY DR. ANDRY TO THE MAJORITY OF HIS PATIENTS... I FELT A DRAMATIC CHANGE WITHIN THE FIRST WEEK."

Get to know us! Featuring Kayla-Lab Technician

Kayla joins Whitney in the lab as our new Lab Technician. She is responsible for obtaining patient vitals and updating their meds when they check in for their appointment. As the Lab Technician, she also performs blood draws for lab tests, IV Vitamin Therapy procedures, injections, EKG's and HRV's. Kayla joined the AMS team in February and is a welcome addition to a busy lab. Originally from Solsberry Indiana, she is a graduate of East-

ern Green High School and has a degree in Fire Science from Ivy Tech where she learned much of her medical training.

Kayla enjoys going to the gym and spending time with friends in her spare time. On warm days, she can be found at the lake or driving her super cool Camaro. She also loves spending time with her boyfriend, Caleb. When in the office, her laptop is often playing 90's

Country music which she's too young to even remember. We love having her quick wit and hard work ethic as assets to the office.



ANDRY MEDICAL SERVICES—INDIVIDUALIZED CARE FOR OPTIMAL LIVING

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About Us-

Andry Medical Services is a full-service Family Medicine office with specialty training and service in additional areas of medicine. We offer Bio-Identical Hormone Therapy (BHRT) management, including Testosterone, Estrogen, Progesterone, Thyroid, Cortisol, Vitamin-D, Growth Hormone, GLP-1, among others.

We provide Advanced Medical Weight Management Services with a focus on Hormonal/ Behavioral techniques with our MDweightWoRx Center.

Our goal is to provide the highest quality medical care, understanding the latest in research, while developing a unique, individualized health plan, specifically for you and your particular needs.

We believe you are in charge of your health care and we will listen intently to your concerns and take the time necessary to understand your needs as fully as possible, and adapt our knowledge and understanding to your beliefs and goals to the best of our ability, while maintaining sound medical practice principles.

WE'RE ON THE WEB!
ANDRYMEDICALSERVICES.COM

“LIKE” US ON
FACEBOOK AND
“FOLLOW” US ON
PINTEREST TOO!

MDweightWoRx[®]

Physician Directed Weight Loss

How To Use A Daily Food & Activity Diary

Self-monitoring plays a critical role in any weight management program. A daily food and activity diary can help you learn this important skill. With this excellent tool at your disposal, you can chart your food and fluid intake, record when you've consumed your nutritional food products and track the frequency and duration of your physical activity. Try these ideas with your food and activity diary:

Plan your day.

Each morning, write down what you plan to eat that day to develop a “food roadmap.” As you eat each item listed, place a checkmark next it to indicate you've consumed it. Used as a daily planner, your diary will

keep you from straying off course.

Monitor your intake.

Compare your entries against your meal plan to make sure you're eating a balanced diet. If you notice you're not meeting all your food requirements, the diary will help you get back on track.

Keep score.

In addition to monitoring your food intake, use the diary to keep track of your fluid intake and daily exercise.

Food diaries are available in several formats from a piece of paper to a fancy app for your phone. The important thing is to use something that works for

you. Don't let a difficult food diary hinder you from tracking your food and water intake.

For those who have lost weight and want to keep it off, journaling your food is doubly important to ensure you don't end up back where you were. Carbs and calories are sneaky and can quickly add up without your notice. With persistence and planning, you can do it!!

