

QUARTERLY NEWSLETTER

WINTER 2014/2015

Andry
MEDICAL SERVICES
Individualized Care for Optimal Living

MDweightWorks[®]
Physician Directed Weight Loss

Help with Weight Management

The holiday season is over and many are left wondering what to do with the extra weight gained from all of those family gatherings and office parties. We have a number of specific programs developed and suited to assist persons dealing with excess body fat to effectively lose weight, and learn to keep it off. Dr. Andry is a board-certified Bariatric specialist with over 12 years experience in helping patients rid themselves of the physical, hormonal, and emotional problems that come from excessive weight. Our staff is trained specifically to identify and manage the physical, medical, and emotional barriers to weight loss that so many experience.

We are different because we are directed by an experienced and passionate physician who is a national leader in medical weight loss and who sees weight as a chronic health problem (just like hypertension, diabetes, or high cholesterol) not a personality flaw. Our programs are tailored to suit our clients instead of a “one size fits all” approach. So if you’ve lost weight (with us or elsewhere) and have regained, get a hold of us early and we will gently and effectively get you back on track.

“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”

~ Thomas Jefferson

Welcome Kathy Frasure, FNP



Kathy Frasure is a board certified family nurse practitioner, who brings to Andry Medical Services more than 20 years of experience in the medical field. After receiving her bachelor of science in nursing from East Tennessee State University in Johnson City, Tennessee, she began her nursing career as an emergency room nurse working in both Martinsville and Bloomington ER’s for more than 12 years. Her time spent working in the ER exposed her to a wide variety of medical experiences, peaking her interest to return to school to obtain her master of science in nursing through the University of Indianapolis. She began her nurse practitioner career working in an

Allergy and Asthma office for several years and then transitioned to work for a grant for the federal government SAMHSA (Substance Abuse Mental Health Services Administration) at the local community mental health center, Centerstone. The grant was charged to improve the physical health of the clients already receiving mental health services at Centerstone. Kathy and Dr. Andry worked together for 4 years on this grant overseeing the physical health care of the clients and supporting the team providing services to the clients. The grant focused on improving 5 disease states (blood pressure, cholesterol, diabetes, smoking cessation, and obesity) that would in turn reduce cardiac disease and overall mortality. During the time Kathy spent working with the clients to improve their health she discovered her passion to support individuals in weight loss and weight management. Kathy brings empathy, energy, and experience to assist others in improving their health.

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Hormone Replacement Therapy

Hormones are the way in which our body tissues communicate with and regulate their actions. They are the “currency” of our bodies. As we age, our bodies can lose the ability to produce, release, or respond to hormones appropriately. This loss of function is a contributor in nearly all chronic disease.

We believe working to re-balance our hormone systems is an effective, efficient, and logical medical intervention, and that it makes far more sense to utilize the very sub-

stances our bodies do before turning to pharmaceuticals to achieve health.

Andry Medical Services address several hormones in our practice including testosterone, estrogen, progesterone, insulin, thyroid growth hormone, cortisol neurohormones such as dopamine, serotonin, and norepinephrine.

If you are a per or post menopausal woman with depression, hot flashes, mood changes, or problems with sex drive, you may need hormone replacement therapy. If you are an

adult man who suffers from decreased energy or depression, lost muscle mass, have trouble sleeping, have lost general interest, or have decreased performance, you are also a good candidate for hormone replacement therapy.

Schedule an appointment to speak with Dr. Andry to determine if this therapy is right for you. Simple blood tests can be performed to determine if you need medications, supplements, or both to help balance your hormone levels.

“AS WE AGE, OUR BODIES CAN LOSE THE ABILITY TO PRODUCE, RELEASE, OR RESPOND TO HORMONES APPROPRIATELY. ”

Do you need to Detox?

Did you overdo it during the holidays? Ask about the TaylorMD Detoxification Package. The package includes TaylorMD’s Detox RX, Colon Detox, Green Med, and Flora Repair Support. The total retail value is \$172 but purchase as a package and save 25% for a total cost of \$129.

Detox RX supports the liver and detoxification pathways of the

body. It helps to rid the body of toxins and harmful hormones.

Colon Detox aids the release of toxins by the colon. It supports colon health and may help in the prevent re-circulation of unhealthy hormones.

GreenMed contains a wide variety of healthy greens and plant extracts to help support detoxification, metabolism, gut health,

digestion, and energy levels.

Flora Repair Support contains probiotics essential for GI health. It provides fiber that helps eliminate waste, toxins, and excessive hormones. Fiber has also been shown to support healthy cholesterol and blood sugar levels.

Purchase the TaylorMD Detox package today!

New insurance?

Did your insurance plan change this year? If so, please bring your new card to your appointment so that we can make a copy for your chart.

Don’t forget, we can file your charges with your insurance company on your behalf for a \$15 fee. This saves you from trying to figure out how to submit your office visits to your insurance carrier. There is no

guarantee that your insurance company will reimburse you as this depends on your individual plan and carrier. If your insurance company does process your claim for payment, they can either send the check to you or to our office

If received by our office, the amount received will be applied to your account as a credit which you may use toward your future

appointments or product purchases. We will not process refunds. Be aware, there are certain insurance carriers that our system cannot file such as Medicare, Medicaid, SIHO, MDWise, and others. If you have questions about this service or whether we can file with your insurance carrier, be sure to ask Charlotte.



Winter Tips for Staying Healthy

Staying healthy during the winter can be easier with these tips from the Center for Disease Control & Prevention:

- Wash your hands often. Cover your mouth and nose when you sneeze with a tissue or arm, not your hands.
- Manage stress wisely and get plenty of sleep.
- Stay dry and warm. Dress in several layers.
- Travel safely. Don't drink and drive and always wear a seatbelt.
- Quit smoking and avoid breathing other people's smoke.
- Get regular check-ups to help find potential problems early. Stay up to date on vaccinations.
- Prevent injuries by using step stools instead of climbing on furniture. Check batteries in smoke & carbon monoxide detectors.
- Handle and prepare food

safely. Avoid cross contamination by keeping raw meats away from ready-to-eat foods and surfaces. Wash hands and surfaces frequently.

- Eat healthy and be active! Limit fats, salt, and sugary foods. Moderation is the key during the holidays. Be active for at least 2.5 hours a week. Help kids and teens be active for at least 1 hour a day.

The Importance of Medication Reconciliation

Before your appointment, the staff prints a list of your current medications to give to you at check-in. It's important to double check and update your med list as needed. You may find it helpful to bring your prescriptions with you to your appointment. This is especially helpful for patients who are

prescribed medications from multiple doctors. An updated med list will help us to check for interactions between medications and better determine the best course of treatment.

We have been working on implementing a new electronic system for the practice and

strive to keep your information as up to date as possible. This also includes contact information and insurance cards. If anything has recently changed, please let the staff know so we can update your chart. As always, our goal is to provide you with the best possible care.

“AS ALWAYS, OUR GOAL IS TO PROVIDE YOU WITH THE BEST POSSIBLE CARE.”

Get to know us! Featuring Charlotte— Daily Operations Specialist



Charlotte has worked at Andry Medical Services for a year and a half. She has experience working in several positions here at AMS including the front desk, check out, and phone operator. While you will still see her during your appointment or speak to her on the phone from time to time, she now focuses on tasks behind the scenes to improve the internal flow of the office. She also handles supply ordering and financial reconciliation

Charlotte is an only child who grew up with her mom and dad in the Louisville area. After getting her Bachelor's Degree in Psychology and Gender studies from IU, she loved Bloomington so much she decided to make it her home. She also decided to continue her education and get her Master's in Business Administration from Indiana Wesleyan. Charlotte is currently in the midst of planning her wedding. She will be marrying her boyfriend of 7 years this

April in Louisville, Kentucky. When not working or wedding planning, she loves to curl up on the sofa with her fur baby, a 9 year old Parson Jack Russell Terrier named Jackson and watch television. Some of her favorite TV shows to watch right now are Game of Thrones, The Walking Dead, and Scandal. Her favorite artists are Grace Potter and the Nocturnal and George Strait. Her favorite hobby is attending concerts and plays.

ANDRY MEDICAL SERVICES—INDIVIDUALIZED CARE FOR OPTIMAL LIVING

451 S. Park Ridge Rd.
Suite 101
Bloomington, IN 47401
Phone: 812.331.8282
Fax: 812.331.8283
E-mail:
info@andrymedicalservices.com

**WE'RE ON THE WEB!
ANDRYMEDICALSERVICES
.COM**

"LIKE" US ON
FACEBOOK TOO!

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.



Two for One Special & Bonus Healthy Recipe!

From January through March, new MDweightWoRx members will enjoy a two for one enrollment fee. Bring a spouse, family member, or friend and you can both enroll in the program for the \$135 enrollment fee. Ask Frankie for more details.

Spicy Maple Chicken Wings

INGREDIENTS

- 1 Cup tomato puree
- 1 Cup water
- 1/2 Cups sugar-free pancake syrup
- 2 Tbsp poultry seasoning
- 1 1/2 tsp chopped garlic
- 2 Pounds chicken wings

DIRECTIONS

1. In a large saucepot over high heat, bring tomato puree, water, syrup, chicken seasoning and garlic to boil.
2. Separate the wings at the joint and discard the wing tips. Add wings to pot, turn heat down to low, cover and simmer 5 minutes. Uncover and cook 20 minutes more until wings are cooked through. Transfer wings to a platter and continue cooking until liquid thickens to form a glaze, about 10 more minutes.
3. Season to taste with hot sauce (Tobasco, if desired), salt and pepper. Add chicken wings back to pot and toss to coat well.
4. Heat broiler; arrange wings on broiler pan. Broil until crisp, about 5 minutes per side.

Prep Time: 45 minutes Cook Time: 10 minutes
28.5g protein , 24.2g fat, 1g fiber, 363g calories
Serves 6