



Bio-Identical Hormone Replacement Therapy Affinity Wellness 4 Life Anti-Aging Program

Patient Booklet (**please read carefully**)

Dear Patient,

Thank you for choosing Affinity Wellness 4 Life for your anti-aging and wellness program. You have made the right choice and have now taken one of the biggest steps in your life to reduce the effects of aging and damage to your cells. As we age, our bodies succumb to internal and external stressors which unfortunately promote cellular aging. Particularly, increased aging may result from multiple factors including: cellular breakdown, oxidative damage, genetic and acquired diseases, environmental factors (i.e. Pollution, stress, toxins and medications), infection, nutritional deficiencies and declining hormone levels. All these combined effects take a significant toll on physiological processes disrupting the normal balance that was once present during youth. The overall effect: *faster aging, disease and decreased lifespan!*

Here at Affinity we are serious about your health and wellness. We begin by working and **listening** to you- *the patient*. We will take the time to address any medical concerns or symptoms that you may have been experiencing while delivering the most comprehensive anti-aging, nutritional & hormonal replacement program available. Extensive energy and recommendations will go into your new antiaging program initially and over time, so of course it will be imperative following specialist guidelines throughout the journey.

Once again, thank you for choosing Affinity Wellness 4 Life for your ultimate health and wellness program!

**Best of Health,
Dominic Sorrentino PA-C ABAHP
President and Anti-Aging Specialist**

~ Affinity's Comprehensive anti-aging approach includes:

- 1. History and Physical exam**
- 2. Affinity 4 Life Laboratory Analysis**
- 3. Comprehensive "One on One" Laboratory Review**
- 4. Bio-identical Hormone Analysis and Advisement**
- 5. Nutritional, Supplementation & Fitness Advisement**
- 6. Patient Summary**

~ Our program is very unique in that we take a comprehensive approach to health, wellness, preventative medicine & hormonal balancing encompassing **specific** areas such as:

- 1. Symptomatic, Peri and Post-Menopausal Females**
- 2. Male "Andropause" and Testosterone Deficiencies**
- 3. "Adrenal Fatigue" and Cortisol Management**
- 4. Thyroid Dysfunction and Support**
- 5. Cholesterol Management**
- 6. Diabetes / Glucose Control**
- 7. Cardiovascular Disease and Support**
- 8. Digestive & Urinary tract protection**
- 9. Bone support and Osteoporosis prevention**
- 10. Musculoskeletal support**
- 11. Inflammatory Disease prevention and Rheumatology**
- 12. Cancer prevention**
- 13. Immune system and support**
- 14. Memory / Neurological Functions and Support**
- 15. Diet, Supplementation and Exercise Programs**

~ Few if any "primary care" or "endocrinologist" analysis will provide such a detailed and comprehensive approach to disease states and body systems checkpoints as described above! It is however necessary to approach each system individually to properly assess disease risk. Laboratory analysis will then function as the fulcrum to understanding what may be happening internally.

Affinity 4 Life Diagnostic Testing:

Affinity 4 Life Diagnostic testing is a ***comprehensive anti-aging laboratory analysis*** encompassing most major areas of hormonal and nutritional deficiencies. Very few practitioners effectively check most hormonal and nutritional functions and may be missing underlying condition(s) and/or symptoms that may not be effectively treated.

Affinity 4 Life diagnostic testing will check most hormonal levels along with nutritional status thereby providing the physician evidence to treat underlying conditions and/or symptoms. This in turn allows you, the patient, to have the most comprehensive anti-aging / wellness testing available.

Major biological areas tested include:

- **Female and male sex hormones:** All estrogens (E1, E2, E3), Progesterone, testosterone, DHT, binding globulins, DHEA & Pregnenolone,
- **Growth hormones-** IGF-1 (insulin growth factors and binding proteins), Direct GH
- **Thyroid hormones:** TSH (thyroid stimulating hormone), free T3, free T4, autoimmune antibodies, reverse T3 levels, and carotenenes.
- **Adrenal hormones:** Cortisol (serum and salivary), DHEA, epinephrine & aldosterone levels
- **Brain / Pituitary Hormones (stimulating):** GhRh (growth hormone releasing), FSH & LH (female and male sex gland releasing), TSH (Thyroid) & Prolactin levels.
- **Cholesterol panels-** complete lipid panels including: Total cholesterol, LDL (low-density- bad), HDL (high-density- good), and VLDL (very-low density very bad) lipoproteins, triglycerides, lipoprotein A, particle sizes and heart risk ratios.
- **Complete Chemistries:** Including blood profiles, immune status, electrolytes, blood sugar, pancreatic (including insulin), kidney and liver functions.
- **Vitamin / mineral / amino acid profiles:** including B12, Vitamin D3, calcium, folic acid, essential amino acid and Iron panels.
- **Inflammatory markers:** ESR, CRP (cardiac and systemic), Homocystiene, PLA2, myeloperoxidase and others.
- **Bone Markers:** Vitamin D3, calcium, and magnesium levels
- **Autoimmune markers:** Lupus panels, rheumatoid arthritis and anti-thyroid antibodies.

2020 pricing: *(prices and packages are subject to change)

Initial and 2nd visit lab review: Approx: 45 min each:

Includes comprehensive medical history and physical examination (including blood pressure, heart rate, temperature, and weight / body fat analysis.), Laboratory blood work through Quest or Labcorp. (Additional cost to non-insured), "One on One" assessment of laboratory values, hormone advisement (prescription(s) additional), diet, supplementation and exercise advise. **\$375**

Follow ups (Mandatory)- approximately every 3 months for 1st year than every 6 months to 1 year thereafter: Approx. 30-45 min:

Includes limited history and physical exam, Laboratory blood work through Quest or Labcorp. (additional cost to non-insured), one on one re-assessment of labs, hormone advisement and/or adjustments of prescriptions if needed, adjustment of supplementation and diet or exercise plan if required.

Women-\$275, Men-\$275

***Laboratory Testing:**

**(NON-INSURED- discounted): Estimated - \$200-\$400+-
(INSURED- as per insurance plan)**

***Bio-identical Hormone (BHRT) Pricing:** Depends on type, strength and dosage of hormones prescribed: (if warranted) **\$60-300+ per month**

***Medication charges additional and packaged into program**

*Determined by medical specialist during lab analysis and consultation.

****Prescriptions/medications: (IMPORTANT):**

~ It will be up to the physician or medical practitioner to determine which medication(s) (if any) will be prescribed. Medications and/or hormones must be taken seriously, **as directed** and not to be altered or discontinued by patient **unless otherwise directed by physician or medical practitioner.**

Potential side effects from medications, although not anticipated, can occur and patient is advised to contact facility as soon as possible if experienced.

If you feel it is a medical emergency please call 911.

Typically, prescriptions will be prescribed in a **1-3-month supply with blood work reassessment every 3 months.** Occasionally, prescription adjustment (mainly dosage or strength) may be needed during initial 3 months and adjusted only by physician or medical practitioner. Any change in dosage or type of medication must be closely adhered to. Patients who discontinue prescriptions on own discretion without consulting Affinity and medical practitioner may be subject to termination from the Anti-Aging Program.

***Refills will not be granted unless patient closely adheres to the prescribed program and follows up with practitioner as directed**

Testosterone Replacement for men:

Due to the increased occurrence of polycythemia (thicker blood) while on Testosterone replacement therapy all male patients will be required to donate or discard blood every 6-12 weeks. Follow up lab tests will be conducted regularly to check for this condition. PSA/prostate health will also be assessed periodically with DRE and primary care evaluation. Changes in urinary frequency must also be assessed

***Medical Insurance: (New policy as of 5/09)**

At this time, Affinity Wellness 4 Life does not directly associate with major insurance carriers for Bio-identical hormone replacement. Most laboratory blood work is covered under many insurance plans, although, it is ultimately up to the patient to contact their insurance carrier to determine exact coverage and to submit claim forms if necessary.

Consent from:

- I have read and understand all of above subtitled sections and agree to follow program above as directed by medical practitioner.

- If applicable, I agree to take all medications as prescribed by medical practitioner and not discontinue medications unless first consulting with Affinity wellness for Life and medical practitioner. Failure to do so may result in termination from Wellness program.

- Some medications prescribed) may or may not (ie some types of GH therapy) be FDA approved but will however always be compounded in FDA compliant 503A/503B type pharmacies. The medical practitioner will relay appropriate consent forms in any case to medications that may not be FDA approved.

- I understand all costs incurred to me and agree no refunds on consultation, prescription medications or lab fees (if applicable) are given once anti-aging program begins.

- I understand that medicine is not an exact science and no guarantees can be given with respect to cure of disease or relief of symptoms.

Signed: _____ **Print:** _____ **Date:** _____

Witness: _____ **Print:** _____ **Date:** _____

...Thank you for choosing Affinity Wellness 4 Life for all of your health, longevity and wellness needs!

****Live Younger. Healthier. Longer.. with Affinity!****

Medical Practitioners:

***Dominic Sorrentino PA-C, ABAAHP
Anti-Aging / Regenerative Medicine***

***Michael Heim DO- Medical Supervisor
Anti-Aging specialist***