

North State Medical Group, PA

We would like to take this time and thank you for choosing North State Medical Group, PA for your bio-identical hormone replacement (BHRT) needs. Dr. Susane Habashi- Ahigian and Dr. Gerald T. Ahigian are Board Certified in Family Practice, Anti- aging medicine, and Integrative Holistic Medicine.

BHRT is very complex in nature and often requires extensive time to review and answer questions. We suggest that you bring in your most recent Pap smear, mammogram, and blood work. At your first visit your labs may be drawn and additional testing kits may be sent home with you. If any lab work is done on the initial visit, which requires follow-up we will have you return in 1-2 weeks to review those tests. Saliva, stool, micronutrient and other specialty test take approximately 3-4 weeks to return at which time we will call you to make an appointment to review the stool and saliva test.

Individual regimens will be personalized upon the review of lab results. We will see you on a monthly basis, initially, to check your progress and make any changes if necessary. Subsequently, once you are doing well with a particular treatment regiment we would like to continue to see you every 3 months to for maintenance. We do require that if you continue on BHRT that you have a repeat lab work for any abnormalities on your blood work and labs to monitor your hormone replacement and any other condition you may be treated for.

This is a long and complex process. Reversal of adrenal fatigue, balancing hormones, gut issues, thyroid issues etc. may take months depending on the situation. We ask your understanding, compliance and interaction throughout the process. We have learned that if patients do not take the supplements to help with their adrenals and hormones it does take longer to see results and maximum benefits will not be realized. We can also recommend several books for you to read to help you better understand BHRT. Our goal is to make you healthier and more balanced from the inside out.

For those patients that have also chosen Dr. Susane Habashi-Ahigian or Dr. Gerald T. Ahigian as their primary care physician for issues such as Hypertension, Diabetes, Cholesterol, COPD, etc. require a separate appointment. Our practice of Anti-aging Medicine and Integrative Holistic Medicine is upstairs at Andelana Wellness Center and Spa on Thursday mornings every other week and Thursday afternoons every other week. Our Primary Care Practice is downstairs at North State Medical Group where we can see you for primary care on Monday, Wednesday, Thursday and Friday.

Our office does bill most insurance plans; however you as the subscriber will be responsible for knowing what your insurance plan covers. You will be responsible for any deductible and coinsurance at the time of visit. If you are having labs on additional testing you may/will receive bills for those services provided.

If at anytime during your treatment you have any questions please contact Lisa Blalock
Phone: 704-483-2280 Email: lblalock@nsmgpa.com

“It is understood that this (“diagnostic”) or (“therapeutic”) treatment may not be considered a conventionally accepted medical treatment but our physicians believe these may be or benefit to select patients.”

Patient Name: _____

Witness: _____ Date: _____

Primary Care Physician

____ I do not have a Primary Care Physician and at this time choose Dr. Susane Habashi-Ahigian as my PCP. I also realize that primary care visits will require me to have a separate appointment from hormone related issues.

____ I currently have a Primary Care Physician and would like any needed information sent to them to the information below.

Physician Name:

Address: _____

Phone Number: _____ Fax Number: _____

SUPPLEMENTS

Our physicians prescribe natural vitamins and herbs for overall wellness as other medical conditions. The FDA does not regulate the Nutraceuticals industry; therefore there can be a tremendous variability in the quality of these products. Our office has done due diligence in investigation and choosing certified companies and products that will give our patients good results. However, these are not the only products or companies available that are of a high standard. If you chose not to purchase products from our office, we ask that you do research the companies that you are purchasing products from, and preferably choose a company that is CGMP certified or GMP certified.

We can recommend several books for you to read to help you better understand BHRT. Please inquire with Lisa if you are interested.

Patient Signature: _____

Witness:

Date: _____