

What's New at the MedSpa in June?



Our **June Specials** feature fantastic deals for both men and women.

We're also announcing the return of **Nutrofol**, the leading physician-recommended hair growth supplement brand that targets the key root causes of thinning.

Helping Men Address Their Most Common Health Concerns

This month, we celebrate the dads! Whether you have children of your own, four-legged kids or are simply the best uncle of the year – this one's for you! And because you want to be the best for everyone who relies on you, we want to share the top concern we hear from our male patients: *I'm not sure if it's even a problem, but I just feel off with low energy levels and fatigue.*



Trust us ... you are not alone. VitalityMDs welcomes men every day who want to return to a healthier, more energetic life. Among the most common complaints:

- Low libido
- Fatigue
- Erectile dysfunction
- Depression
- Irritability
- Difficulty concentrating

Men's health is a complex topic, consisting of physical, hormonal, sexual, and psychological health. Because it's not a one-size-fits-all approach, VitalityMDs providers start by listening to your health history and present concerns before recommending targeted screenings.

Two of the most common issues being faced by our patients are hormone and thyroid imbalances. The former often shows itself with **low testosterone** and can negatively impact fat distribution, bone density, muscle mass and strength, facial and body hair, sex drive, sperm production, and red blood cell production. Thyroid problems can cause symptoms such as sluggishness, weight gain, feeling cold, a slowed heart rate, depression, and **thinning hair**.

Symptoms for both thyroid disorders and low testosterone can be similar so it's important to work with an experienced provider to properly diagnose you and create a personalized treatment plan.

Russell Bartels, MD, and his team have been working with men for years, determining the cause and solutions for these energy and lifestyle challenges. We encourage you to schedule a consultation with one of our experienced providers at your convenience. Call 480-425-8700.



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