

Feel Younger, Stronger, Sexier!

Reveal a more youthful you.

Infinity Medical Institute recently welcomed Teresa "Tami" McGarry, PA-C, to its Tampa location. Tami was brought on board to perform *bio-natural hormone replacement therapy*, or BHRT, and to expand the institute's cosmetic services. She is prepared to take up that challenge.



Tami specializes in cosmetic and BHRT treatments.

"I earned my physician assistant degree through a program at Kettering College in Kettering, Ohio, and I have twenty-eight years of experience as a PA," Tami relates. "I started working in *facial reconstructive neurosurgery* and did that at a Level One trauma center in Ohio for nineteen years.

"I've always loved the art of aesthetics. I love the creative aspect of it, so I wanted to take the skills I learned in the surgical arena and apply them to the cosmetic field. In 2012, I made the decision to train in aesthetics, and I've been practicing aesthetic health and wellness medicine in Florida and Ohio ever since."

Tami describes Infinity Medical Institute as "one of the premier BHRT centers with a very large, satisfied client base that comes in every three months to get their hormone pellets." She adds that during that visit, patients can also receive cosmetic services such as *BOTOX* Cosmetic, fillers, *platelet-rich plasma* (PRP or PRF), *PDO ThreadLift*, peptide therapies and stem cell therapy.

"One of the major goals of the leadership at Infinity Medical Institute," Tami points out, "is to provide a variety of services

that help patients look and feel younger as they live longer."

"We've expanded our cosmetic services to provide a one-stop shop for whole-body wellness and youthfulness," elaborates Michael Montemurro, president of Infinity Medical Institute. "This way, we can help our patients look more youthful to match how they're feeling on the bio-natural hormones."

BOTOX Cosmetic and *XEOMIN* are examples of popular *neuromodulators* available at Infinity Medical Institute. Neuromodulators relax muscle contractions to smooth fine lines and wrinkles on the face.

The practitioners at Infinity Medical Institute also offer a variety of fillers for cheek, chin and lip augmentation. Some of the fillers available include *RADIESSE* and the entire *JUVÉDERM* collection: *JUVÉDERM Ultra*, *JUVÉDERM Ultra Plus*, *VOLBELLA* XC, *VOLLURE* XC and *VOLUMA* XC. All cosmetic fillers have unique properties that perform best in different areas of the face and last for different periods of time.

"As people age, they start to lose volume in the face," Tami explains. "The cheeks begin to sag; the lips begin to lose fullness, wrinkle and turn in; and people get that natural aged appearance. Fillers restore volume to the face."

Fillers placed in the cheeks elevate the cheekbones and eliminate the drawn-out look of the face. Fillers applied to the lips give them a full, soft, pouty appearance. Fillers can be used in men along the jawline to give them a more masculine jaw or around the brow and temple area to square out the male face.

"*RADIESSE* is different than the other fillers," Tami asserts. "It's a volumizing filler for deep wrinkles, and we use it primarily in the cheeks and marionette lines. It's one of my favorite fillers because it lasts from eighteen to twenty-four months. It also initiates collagen production, so it lays down a more permanent base. And it's the only filler that's calcium-based, which provides the long-lasting effect."

"In the skilled hands of a trained practitioner, all of these products are safe. We've been using them for years and achieving

very rewarding cosmetic effects. The key is for the artist to know which product to use on which patient in which area to give the patient the best look. The products are different and have different uses, and no two faces are the same."

New Horizons

Infinity Medical Institute also offers PRP, which can regenerate and tighten skin as well as change skin tone, and recently expanded its cosmetic services to provide a nonsurgical facelift called the *PDO ThreadLift*.



"The *PDO ThreadLift* is an FDA-approved procedure using absorbable *polydioxanone* sutures to lift, tighten and smooth skin, improving texture," Michael informs. "There are various types of threads used to achieve the desired results. They are safe and used in cardiothoracic surgery."

"Smooth threads are used for fine lines and improving overall skin texture, twisted threads are used for deep folds or wrinkles and barbed threads are used to visibly lift the skin around the face, eyes and neck, commonly referred to as a *mini facelift*."

"The *PDO ThreadLift* is performed in the office and the results are immediate," Tami adds. "During the procedure, we pass the threads through the areas of the face to be treated. As we withdraw the threads, they tighten the skin. It's similar to the effect that occurs with a facelift, but without the surgery."

Results of the *PDO ThreadLift* are immediate using barbed threads, but all three threads force the skin to produce collagen, which lifts the skin and fills in lines over the following three to six months. Threads are absorbed throughout that time as they are replaced with new collagen.

"*Microneedling* is another procedure we offer that results in collagen production to smooth the skin and improve its appearance," Michael observes. "Microneedling is a minimally invasive procedure that causes microscopic punctures to the skin's surface, which initiates the production of collagen."

Although not a cosmetic service, Infinity Medical Institute is also offering *peptide therapy* to help patients feel younger, stronger and sexier.

"Peptides are amino acids that are essential for the body to function properly," Tami educates. "They keep the body healthy and operating efficiently. Peptides are helpful for weight loss, vitality, energy and overall looking and feeling younger."

"It is sometimes difficult for people to obtain enough peptides through food products, so Infinity Medical Institute now offers peptide programs tailored to address a multitude of concerns such as weight, hair loss, low immunity and muscle loss."

"Michael and his team of professionals also plan to offer *stem cell therapy* in the near future," Tami adds.



Donna is looking and feeling better and gives Infinity Medical Institute an A+ grade for making that happen.

Tailored Game Plan

Illinois native Donna Turner spends her days juggling two demanding careers. She's a landlord for the eight rental properties she owns but also manufactures swimming pool and spa accessories.

With her busy schedule, Donna can't afford to be slowed by the nagging, tiring symptoms of *perimenopause*. Those symptoms recently began to take a toll on her nonetheless.

"Being a woman of a certain age, I began having hot flashes, which were miserable, and I was fatigued," Donna shares. "I was

also achy and overweight. I felt like I was aging at a rate faster than I wanted."

"Sleeping wasn't that much of an issue, except for when the hot flashes woke me up at five o'clock in the morning. My biggest problem was that feeling of fatigue that sat me down in a corner and knocked me out. My energy was really low."

"I continued to exercise, but I wasn't experiencing any of its benefits. I wasn't losing weight or gaining muscle. It was like I hit a plateau. I was stagnant in my workouts."

When Donna's friend told her about a seminar on hormone therapy held by Infinity Medical Institute, she decided to attend. The presentation left a positive impression.

"The people from Infinity Medical Institute were very knowledgeable, upbeat and positive," Donna describes. "I was impressed because Infinity Medical Institute's program has a medical basis to it. Many other places are more like spas, so you don't know how medically sound their programs are."

Following the seminar, Donna decided to visit Infinity Medical Institute and undergo an examination. The staff's testing of Donna's blood revealed that her hormone levels were quite low and were therefore the cause of her unpleasant symptoms.

Donna's low hormone levels also made her an ideal candidate for Infinity Medical Institute's BHRT, notes Moriah Moffitt, MD, a physician on staff at the institute.

"When I first went in and met with Dr. Moffitt, she went over my blood tests," Donna remembers. "She was very knowledgeable, and I felt very secure with her. And again, that medical component is one of the reasons I chose Infinity Medical Institute over other places."

"Another reason I chose Infinity Medical Institute is that before they inject the pellets every three months, they do a blood test to measure your hormone levels. Other places only do blood tests once a year."

"The staff at Infinity Medical Institute treat me as an individual, and they adjust my pellets to what my blood tests show. They don't just follow a standard game plan."

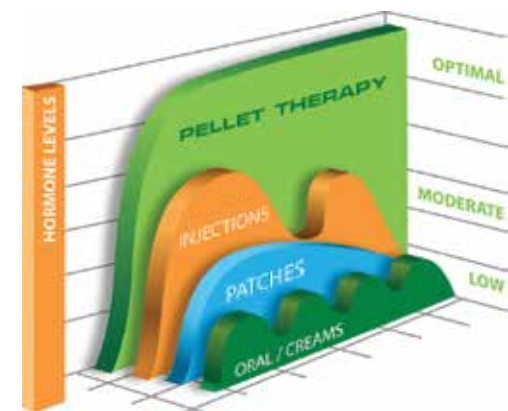
Bio-Identical Match

The *bio-natural L3 hormone pellets* used by Infinity Medical Institute are derived from plants, a natural material that is molecularly changed in structure and function for a 100-percent bio-identical match to the body's own hormones. Synthetic hormones, by contrast, can be as little as six- to eight-percent bio-identical, therefore leading to known high risk factors.

"Hormones affect everything, including our growth through childhood, our sexual

development, our moods, how we break down our food, our sleep patterns, stress, how much weight we gain – just about every function in the body, big and small," Dr. Moffitt observes. "They also play a role in many health conditions such as *diabetes*, an over- or underactive thyroid, *osteoporosis*, *obesity*, *anxiety* and *depression*."

"Our bio-natural L3 pellet hormone therapy helps to give effective results as we provide patients with a product that is all natural, and we stand behind it. It's the most effective hormone treatment on the market because it's replacing natural, normal hormones with biologically identical hormones that the body is used to seeing, rather than synthetic versions of the hormones."



"Through our bio-natural hormone replacement therapy, patients such as Donna achieve consistent absorption of the proper, predictable levels of the hormones their bodies require for optimum health," Dr. Moffitt continues. "This is done through the simple insertion of a pellet approximately every three to five months."

Hormone pellets are about the size of a grain of rice and are typically injected under the skin in the hip or buttocks. To ensure the patient is receiving the proper amount of hormones, comprehensive evaluations of overall health are performed prior to the pellets being administered. Hormone levels are measured before each new pellet is inserted as well.

"We want to be sure that the treatment we administer is going to be the overall best course of action for that patient," Dr. Moffitt notes. "We're very thorough with the labs at every visit in order to see what has changed, and what needs to be altered."

"We want to be sure every patient is feeling the best they possibly can. We not only



look at their labs, but we look at their overall health because other issues such as diabetes and high blood pressure can affect how the treatment is administered."

A-Plus Rating

Infinity Medical Institute provides customized treatment because people respond differently after beginning BHRT. Donna experienced a quick reaction to her hormone therapy, and the benefits remained evident months after her initial pellets were inserted.

"After the first treatment, my hot flashes were gone, and I started getting more energy," she raves. "A couple of months later, I began to feel like I *wanted* to work out instead of like I *had* to work out."

"And once I did start working out again, I started building muscle and losing weight. Now, I feel like I'm in my forties, not my fifties. It's amazing. Now that my hormones are consistent, my moods are level, I'm sleeping well and I've got my energy back."

Donna is excited by her BHRT results, but its success highlighted another concern for her. While she felt much better about her body, she felt less comfortable about her face. She believed it needed a little lift to give her a more youthful appearance to go with her renewed energy.

"Even though I felt great, I thought my face made me look tired all the time, like I just woke up," Donna confirms. "I thought I could use a little tweak. First, I was treated with *XEOMIN*, which is a neuromodulator like *BOTOX* Cosmetic. I got the treatment in my forehead and around my eyes to soften the lines and wrinkles."

"My face was also a little saggy because the tissue starts to break down as people age. I recently had a filler injected into my cheeks and chin to build up that tissue again. I underwent a *PDO ThreadLift* to tighten up my cheeks as well."

Donna took advantage of several cosmetic treatments available at Infinity Medical Institute.

She says the results appear very soft and natural. They make her look as good as she feels on the bio-natural hormone therapy.

"It's not like a facelift, where people look like the Joker, with their skin stretched tight like a balloon," she elaborates. "Instead, most people don't even realize I had anything done. They just say I look well-rested and happier."

"The woman who injected the filler started me off with a little bit, just enough to fill in some creases but not enough to change the shape of my face. It tightened up around my cheeks and neck because those are the areas that bothered me most."

Donna says she began to see a difference in her face and neck within a week of receiving the filler and *PDO ThreadLift*. That and the results of her other treatments earned Infinity Medical Institute's staff a perfect score from the entrepreneur.

"The treatments are slowly tightening and taking away the waddle under my neck and the creases in my cheeks," she enthuses. "Now, I look like I'm smiling instead of grumpy. And I know there's going to be even more tightening."

"I can't say enough good things about the people at Infinity Medical Institute. There's a doctor who treats me, a nurse who works with me and owner/managers who check on my progress. It's so good to know they actually care about me and care that I'm getting good results."

"My experience at Infinity Medical Institute rates an A-plus. On a scale of one to ten, I give them a ten."

FHCN article by Patti DiPanfilo. Photos by Jordan Pysz. mkb

Join the staff at
Infinity Medical Institute
for a
Peptide Therapy Seminar
on
Thursday,
January 23, 2020,
at 6 p.m.

Look Good,
Feel Great
The experienced staff at
Infinity Medical Institute
looks forward to working
with you. They are located in
Tampa at:
1715 N. Westshore Blvd.
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871-2929

The O-Shot® Advantage

The *O-Shot* is a unique treatment for *urinary incontinence* offered at Infinity Medical Institute. It can help reverse the condition's uncomfortable symptoms.

"Incontinence often affects every aspect of a woman's life, from her sleep patterns to her personal interactions," Dr. Moffitt reports. "The *O-Shot* helps to tighten, or strengthen, the bladder muscles and stop the leakage."

"There are far too many women experiencing incontinence issues when they cough, laugh or sneeze, and we want them to know there is help available."

Most women have a series of shots, usually a total of three, averaging one injection every three months, the doctor explains. Many experience a 90-percent improvement after the third shot, and typically, a vast improvement soon after the first shot.

Dr. Moffitt assures patients that the procedure is pain free and there are no side effects.

"We make sure patients are comfortable, well informed and at ease with the procedure before and during the treatment," she stresses. "There is never any pain, and the results are felt very quickly."



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For more information, please visit www.infinitymedicalinstitute.com