



## MidLife Support for Women's Health Concerns

It's important to consult with these providers to understand the types of treatment they provide and if there are any limitations to their scope of practice. Some only offer hormone treatments in 'pellet' form, and this may not suit every person. Some offer nutrition, lifestyle, and supplemental treatments for those not appropriate for menopausal hormone therapy (MHT). Some offer aesthetics and anti-ageing treatments in a spa-like atmosphere. Be sure to ask plenty of questions about their training in hormone health and available treatments.

### Local Providers

#### **The Women's Group**

Multiple OB/GYNs

850.473.3696. 2114

Airport Blvd., Suite 1000. Pensacola

[https://www.thewomensgroup.org/?utm\\_source=google\\_menu](https://www.thewomensgroup.org/?utm_source=google_menu)

Accepts many major health insurance plans

#### **Ascension Sacred Heart/U.F. Health Women's Care Center**

Multiple OB/GYNs

850.416.2400.

1657 Trinity Drive, Suite A. Pensacola

<https://healthcare.ascension.org/specialty-care/womens-health>

Accepts many major health insurance plans

#### **Within Women's Wellness**

Specialising in Disease Prevention, Menopause, Hormone Therapy, & Sexual Health

Dr. Sara Evans, N.P.

5053 Bayou Blvd, Suite G. Pensacola

850.270.7021

[www.withinwomenswellness.com](http://www.withinwomenswellness.com)

#### **Pensacola Wellness Solutions/Medi-Weightloss Clinic**

Dr. Ken Mitchell

850.791.6010.

910 Royce Street. Pensacola

<https://pensacolawellness.com>

Direct Pay only

### **Emerald Coast Holistic Health**

Holly Gibson, Iridologist and alternative medicine practitioner

850.918.8424

6050 N. 9th Ave, Suite D. Pensacola

<https://emeraldcoastholistichealth.com>

### **Everwell/Consult Rx**

850.473.9190

6506 N. Davis Hwy, Pensacola

<https://revconsultrx.com>

Offering functional medicine services for hormone health

### **Awaken Functional Medicine**

Amy Drab, PA-C. Offers monthly membership and a-la-carte services

Nutritionist and Health Coach on staff

850.517.6578

2600 Partin Drive N, Suite 110. Niceville

<https://awakenfm.net>

### **Mind, Body & Soul Medical Aesthetics & Wellness**

Marlee Bruno, PA-C, CLMC

850.204.0755.

201 South A. Street. Pensacola

<https://mindbodysoulmedical.com>

### **East Hill Medical Group**

Aesthetic Services & Biote Hormone Optimization (pellet therapy) provider

850.437.0035

114 E. Gregory Street. Pensacola

<https://easthillmedicalgroup.com/>

### **Carrington Medical Spa**

Dr. Lilia Slutsker

Aesthetic Services & Biote Hormone Optimization (pellet therapy) provider

<https://carringtonmedical.com>

850.903.9313

810 Scenic Hwy, Suite C. Pensacola

## Integrative Medicine/Preventative Medicine Providers

These come from the WorldlinkMedical.com site, which provides additional education to medical providers in the field of ageing and hormone treatments. More information is provided below on this site.

### **Tracey Livingston NP-BC**

A New Beginning Naturally

3328 Bemiss Road, Valdosta, GA

229-469-6137

<https://www.valdostahealth.com>

### **Joanne M. Keller, APRN**

3643 Lake Center Drive, Mount Dora, FL

352.385.2631

<https://jmkellerwellness.com>

## Homeopathic Providers

These places offer alternative treatment options (herbs, supplements, etc.) and have experts on staff to consult with consumers. Again, always be certain to ask plenty of questions about their training in hormone health and available treatments or limitations to their scope.

### **Ever'mans Cooperative**

Garden Street & 9 Mile Road in Pensacola

<https://www.everman.org>

### **Asher & Bee Apothecary and Tea House (Certified Herbalist)**

Marni, 850.565.9476

35 W. Maxwell St., Pensacola

<https://www.asherandbee.com/book-online>

## Online Resources for Integrative Medicine Providers

A resource provided by the only Integrative Medicine MD in Pensacola who recently retired. This is a site where people can search for providers well-trained in hormone management and effective treatments to encourage healthy ageing.

### **WorldLinkMedical.com**

This is a resource for providers *and* patients, so don't be overwhelmed. Scroll down to the bottom of the home page and use the link under "Support" for "Patient Education." The next page will have the link for "View the Provider Directory" in the middle of the page. You will need to enlarge the area covered in the search, as there are no options locally. (I provided two close ones above)

### **MidiHealth.com**

This is an online service that offers telehealth and accepts insurance for the treatment of issues related to perimenopause & menopause, among other concerns. Dr. Mary Claire Haver, MD, recommended it, so it made the list.

[www.joinmidi.com](http://www.joinmidi.com)