

# TULA – Treatment FAQs

## Wellness at Nomi Resort

### **What can I expect in my first consultation?**

Over the course of one hour, the doctor will become familiar with your personal health history, reviewing the completed patient intake forms you bring to your first appointment. The doctor will conduct a focused physical exam. Based on the results, appropriate lab testing will be ordered. Treatment programs are prescribed during your second visit, once the lab results have been completed.

### **What type of testing is involved in the program?**

A Tula MD will order private lab testing to gain insight into hormone, nutrient or toxin levels in the body. The TULA program we may require a comprehensive private lab evaluation that includes saliva and/or urine testing, which yields more useful results.

### **Are your services covered by OHIP?**

Consultations are not covered by OHIP. Some blood work where applicable, will be covered.

### **Are your services covered by Insurance?**

Consultations are not covered by Insurance. Coverage treatment varies with each insurance provider and the medical plan with which you are enrolled. You are encouraged to check directly with your insurance provider.

### **What costs can I expect besides the cost of the Annual Fees?**

Prescription costs for bio-identical hormones and recommended supplements are the responsibility of the client as well as any required private tests. Additional services such as intravenous vitamins or supplement therapy are available separately. For more details on the Annual Membership Program email us at [programs@nomiresort.com](mailto:programs@nomiresort.com)

### **Do I need a referral from my family doctor?**

Referrals from family doctors are *not required*.

### **Will the physician that I see at TULA become my family doctor?**

The physicians at Tula are highly trained specialists practicing Preventative Care and Integrative Medicine. You are encouraged to see your family doctor for general health issues and routine care.

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### **Can I be a client at TULA if I do not live in Canada?**

Yes, TULA welcomes all client orders throughout North America. Follow up appointments can be conducted by telephone or Tele-Health at the patient's discretion. All payments can be made by credit card or through online debit. Contact our office to review your travel situation and learn about how we can assist in providing you with prescriptions directly delivered to you at home, your cottage or while your traveling or visiting.

### **Is treatment gender specific?**

No, aging is not gender specific and we treat both men and women who are suffering from hormonal and many other related conditions. Although many of our patients are receiving bio-identical hormone replacement therapy as part of their customized treatment program, the scope of an Integrative Medicine Practice is quite extensive. Men experiencing andropause, athletes who would like to optimize their body functions and patients with early signs of diabetes are all examples of potential patients who would benefit from the program. We encourage patients of all ages who have experienced a decline in health to consider an integrated approach.

### **Are bio-identical hormones safe?**

Over the past 20 years, research and trials have been conducted on the use of bio-identical hormone replacement therapy (BHRT) and the evidence points to safe application and beneficial results. As one of the fastest growing medical specialties, there are thousands of doctors and hundreds of thousands of patients using individualized BHRT today demonstrating remarkable success.

Bo-identical hormones are very effective in the treatment of hot flashes, memory problems and improve sleep.

Bio-identical natural hormones are anti-inflammatory and therefore it improves anti-aging by their nature of action.

### **How long do I need to take bio-identical hormones?**

Each patient chooses the treatment plan and length of use in collaboration with your doctor. At Balance Medical Center we strive to empower our patients to make informed decisions about their personal treatment plans. If you decide to take bio-identical hormone therapy, you may take them as long as you feel you need them.

### **Is the HCG Hormone Diet Safe?**

HCG is 100% natural human placenta and is completely safe. HCG has been further researched to be known to aid in reducing cancer. For more additional information, visit Dr. Erika Schwartz, MD and Expert on the HCG Diet Protocol. <http://blog.drerika.com/2011/06/hcg-diet-.html>

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## **What do I do if I run out of prescriptions?**

Prescriptions are typically written to last until your next visit. If you need a refill before you are able to schedule a visit, please contact us with your request to administer your refill. A brief prescription will be issued to allow time to arrange your next visit. There is a fee of \$50.00 for prescription renewals given outside a scheduled office visit. All refills require our MD's approval.

## **Who can I speak with for more information about TULA?**

You can contact us at [1-888-765-9951](tel:1-888-765-9951) or email us at [programs@nomiresort.com](mailto:programs@nomiresort.com). We also encourage you to explore the website for further details. [www.nomiresort.com](http://www.nomiresort.com)

## **RESOURCES**

Helpful resources for additional information:

**The Hormone Solution** by Erika Schwartz, MD [www.drerika.com](http://www.drerika.com)

**Why Your Man Might Need Hormones – The Mid-Life Hormone Crisis...**

<http://www.dailymail.co.uk/health/article-3254288/Grumpy-tired-tubby-man-need-HRT.html>

**Stay Young & Sexy with BHRT** - by Dr. Jonathan V. Wright

**Thyroid Power: Ten Steps to Total Health**

by Richard L. Shames, M.D. & Karilee Halo Shames, R.N., Ph.D.

[Thyroid Power: Ten Steps to Total Health](#)

**"The Physicians Hormone Handbook"** - The Hormone Handbook - 2nd Edition - The Keys to Safe Hormone Therapies By Thierry Hertoghe, M.D.

**Testosterone for Life:** Recharge Your Vitality, Sex Drive, Muscle Mass, and Overall Health by [Abraham Morgentaler](#)

[www.suzannesomers.com/HealthAndHormones](http://www.suzannesomers.com/HealthAndHormones)

**Breakthrough: Eight Steps To Wellness** - by Suzanne Somers

**Ageless: The Naked Truth About Bio Identical Hormones** - by Suzanne Somers