



NORTH OF THE MOUNTAIN PRIMARY CARE
INTEGRATED MEDICAL GROUP, P.C.

IMG North of the Mountain Primary Care

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Subject: Referral for Medical Management Utilizing FEMM Protocols at North of the Mountain Primary Care

Dear Primary Care Provider,

I hope this letter finds you well. I am writing on behalf of your patient who has sought care at North of the Mountain Primary Care, an independent medical office that utilizes FEMM (Fertility Education & Medical Management) protocols to address reproductive health concerns. Our team provides a comprehensive evaluation using advanced hormone testing, gynecologic ultrasound evaluation, and reproductive cycle charting analysis to support optimal reproductive health.

Restorative reproductive medicine (RRM) is a science-based approach to reproductive health that seeks to diagnose and treat the underlying causes of hormonal and gynecological disorders rather than simply managing symptoms. This approach is rooted in evidence-based endocrinology and gynecology and is designed to work with a patient's natural reproductive cycle rather than suppress it. FEMM, a leading organization in RRM, is dedicated to the advancement of women's health through medical research and education. The Reproductive Health Research Institute (RHRI) collaborates with FEMM to further research and develop medical protocols that align with this approach.

At North of the Mountain Primary Care, we integrate FEMM Medical Management protocols to utilize a patient's reproductive cycle as a diagnostic tool. Our approach includes hormone panel testing, targeted ultrasounds, and cycle charting to assess and manage conditions such as irregular cycles, PMS and PMDD, polycystic ovarian syndrome (PCOS), endometriosis, and other gynecologic concerns. We treat infertility as a symptom rather than a diagnosis. RRM has shown to be a viable alternative to artificial reproductive technologies for patients who do not favor the cost and invasiveness of ART. By identifying and addressing underlying hormonal dysfunction, we aim to restore optimal health and fertility naturally utilizing pharmaceuticals, supplements, and lifestyle modification. In some cases, referrals to specialized endometriosis centers for surgical management may be recommended.

Please be assured that our work with this patient is intended to complement your care rather than replace it. The application of FEMM protocols within our practice is designed to integrate seamlessly with primary care efforts, providing additional insights and targeted interventions that support overall health and well-being. To ensure continuity of care, we will provide your office with copies of all assessments, treatment plans, laboratory results, and ultrasound reports.

We appreciate your collaboration in supporting this patient on their health journey. Please feel free to reach out if you have any questions or would like further information on our approach to medical management utilizing FEMM protocols. Further information can also be accessed at our website, www.imgnorth.com or at www.FEMMhealth.org.

Sincerely,

Andrew Rall, FNPC

FEMM Certified, NeoFertility trained

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(570) 339-2636