

Functional Medicine Services at Cyrus Advanced Institute

Do you struggle with common health concerns like high blood pressure or chronic kidney disease? These conditions need ongoing maintenance with regular diagnostics and physical examinations. Functional medicine offers these diagnostics and examinations, helping patients manage their health concerns.

Cyrus Advanced Institute is a functional medicine center in El Paso, TX, that offers a variety of medical services, including everything from annual physicals to women's health treatments.

[Read on to learn more about functional medicine](#) and why these services are important for your overall health and wellness.

What Is Functional Medicine?

Functional medicine is a medical practice that focuses on overall health and the functioning of organs within the body. A large part of functional medicine is managing ongoing health concerns and alleviating the symptoms they produce.

[Functional medicine](#) is also used to determine the best course of treatment for a wide range of medical concerns. Treatment options may include medication, alternative therapies, holistic approaches, and other therapeutics.

Functional Medicine Center Services

A functional medicine center like Cyrus Advanced Institute offers a wide range of services to help patients maintain their health and well-being. Functional medicine centers provide physicals, in-house labs, and much more to assist patients in the ongoing management of their medical conditions.

Learn more about each of these services below.

Chronic Illness Management

One of the main focuses of functional medicine is to manage the symptoms and progression of chronic illnesses. There are numerous medical conditions that are considered chronic, including:

- Diabetes
- Hypertension
- Heart disease
- Thyroid disorders (hypothyroidism and hyperthyroidism)
- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)

- High cholesterol (hypercholesterolemia)

These conditions either do not resolve quickly or do not resolve at all. Ongoing maintenance is required to keep symptoms at bay or to stop the progression of the condition. Maintenance can involve regular blood work, medication, physical examinations, and diagnostic imaging.

All of this provides your physician with essential information about your illness. This helps them make any necessary changes to your course of treatment, including medication dosages and dietary requirements.

Annual Physicals

Having an annual physical is essential for maintaining your overall health. These visits are especially important for patients with chronic illnesses or conditions.

During your annual physical, the doctor performs a thorough exam and orders complete blood panels. In some cases, additional testing may be done as well. These things can all reveal any changes to your condition.

Some patients are unaware that their condition is progressing until an annual physical alerts their doctor to the changes. Other patients are unaware that they even have an underlying condition until their annual physical reveals that something is going on.

For these reasons, your functional medicine center stresses the importance of scheduling a checkup every year. An annual physical can uncover things like potential heart disease, high blood pressure, and more.

Walk-In Visits

An inevitable part of life is the unexpected need for medical care. This is why a functional medicine center like Cyrus Advanced Institute offers walk-in visits. Being able to visit your doctor as soon as a problem arises gives you more control over your condition and the ability to get back on track quickly.

Walk-in visits give you the opportunity to get same-day care and address any urgent concerns you may have about your health.

In-House Labs

Diagnosing and managing chronic health conditions requires regular testing and diagnostics. A functional medicine center that has in-house labs is ideal for patients with conditions like diabetes and high cholesterol for this reason.

Your blood can be drawn and evaluated in the same facility. This setup is convenient and also allows your physician to obtain results sooner and go over them with you in a timely manner.

Women's Health

When it comes to managing chronic or ongoing medical concerns, women face a unique set of circumstances. Things like pregnancy, menopause, and hormonal disorders all require consistent medical care.

Many functional medicine centers offer women's health services to accommodate these concerns. Women's health includes gynecological exams, ultrasounds, and medicinal management of conditions that impact women specifically.

Hormone Replacement Therapy

Many people struggle with hormonal imbalances, particularly as they get older. Men often experience a decrease in their testosterone production beginning in their 40s, while women start to see a decline in estrogen and progesterone around the same time.

These hormonal fluctuations can lead to things like hair loss, sexual dysfunction, and loss of muscle tone.

To rebalance your hormones and address these symptoms, functional medicine centers offer hormone replacement therapy. Blood work will show your hormone levels, and from there, your doctor can customize a hormone replacement plan.

Diabetes and Hypertension Care

Diabetes and hypertension are both chronic conditions that require ongoing maintenance. When diagnosed with either of these conditions, patients need close monitoring to keep their health on track.

Functional medicine centers provide comprehensive care for diabetics or patients with high blood pressure. In fact, these patients are advised to see their physician at least four times per year for maintenance care. This care typically involves regular blood work, physical examinations, and medication management.

Functional Medicine at Cyrus Advanced Institute in El Paso, TX

Have you been diagnosed with a chronic condition such as diabetes, hypertension, or chronic kidney disease? A functional medicine center can provide the services you need to manage your condition and maintain your overall health for the long term.

Cyrus Advanced Institute offers functional medicine services, including annual physicals and hormone replacement therapy. To learn more about our functional medicine services, [contact us online or by phone today](#).