

<https://bostondirecthealth.com/mens-health/>

P-SHOT® | BOSTON, MA

WHAT IS THE P-SHOT?

Steven Zivich, M.D. is pleased to offer the P-Shot to improve sexual health in men and LGBTQ+ patients. These nonsurgical treatments use plasma to increase the ability to climax, quality of orgasms, and libido. A P-Shot is injected into the penis to enhance your sexual wellness. Consider a P-Shot to reclaim your sexual health today. Do not hesitate to call our office at 617-304-1965 for directions or to schedule a consultation to learn more.

WHAT ARE THE BENEFITS OF THE P-SHOT?

Benefits of the P-Shot include:

- Stronger, firmer erections
- Erections last longer
- Nonsurgical treatment
- Can increase penis size
- Safe and effective
- Can improve/reduce penis curvature (Peyronie's Disease)
- Can reduce penile pain with erection
- Comfortable, nonsurgical treatment

AM I A CANDIDATE FOR THE P-SHOT?

Ideal candidates for the P-Shot are men in good overall health who want to enhance sexual enjoyment and performance while improving their sexual health. Candidates for the P-Shot are:

- **Men** who want to have stronger erections, improved performance, and a possible increase in penis size. Problems experienced by ideal candidates include erectile dysfunction (ED), poor sexual performance, low sex drive, and dissatisfaction with size.

HOW DOES THE P-SHOT WORK?

A P-Shot is a holistic treatment that uses a patient's own blood supply to boost their sexual health. First, a small amount of blood is extracted from your arm. The sample is then placed in a special machine to separate the different components of the blood. This process takes about 15 minutes. During this time, the designated treatment area is numbed. Once the concentrated form of platelets has been collected, they will be placed into a

sterile syringe. The vitamin-rich plasma is then injected into the vagina or penis.

You may experience local sensitivity for a day or two, but after this dissipates, you can resume sexual activity. Increased sensation can be experienced within 3 – 7 days and will continue to improve over the next few weeks. Results have been known to last for 12 – 18 months.

P-SHOT FAQ

IS THE P-SHOT PAINFUL?

No. Though many patients are often wary of the treatment due to the injection being in such a sensitive area, most patients report to feeling nothing more than a slight bit of pressure.

DOES THE P-SHOT INCREASE THE SIZE OF THE PENIS?

Since the P-Shot utilizes growth factors to restore function to the penis, it can also create new erectile tissues. This means that, in addition to treating erectile dysfunction, the P-Shot can actually enhance the size of the penis in some cases.

HOW LONG DO RESULTS FROM THE P-SHOT LAST?

Typically, results from the P-Shot tend to be long-lasting. Men who undergo treatment with the P-Shot can often expect to see results for around two years.

ENHANCE YOUR SEXUAL HEALTH | BOSTON, MA

A P-Shot can dramatically elevate your sexual desire, energy, and passion. It has helped countless individuals spice up their sex life without any major downtime! To increase your sexual satisfaction, urge, and sensitivity, call Boston Direct Health today. Steven Zivich, M.D., is thrilled to provide a nonsurgical solution to his Boston, MA patients.

ERECTILE DYSFUNCTION TREATMENT | BOSTON, MA

WHAT IS ERECTILE DYSFUNCTION?

Erectile dysfunction (ED) is a condition that prevents a man from being able to achieve or maintain an erection sufficient enough for intercourse. This is a common condition that usually impacts men who are over the age of 40. It can be brought on by advanced age, stress, depression, relationship strain, and low self-confidence. Steven Zivich, M.D., offers effective medical and lifestyle treatments that can help improve sexual performance. If you are experiencing ED, do not hesitate to call our office at 617-304-1965 to book an appointment with Dr. Zivich.

WHAT ARE THE BENEFITS OF SHOCKWAVE THERAPY?

Erectile dysfunction affects millions of men all over the world. Luckily, there are solutions available to help improve intimate relations with a partner. One of these treatments is sexual health treatment. Patients at Boston Direct Health have seen success with this option and have reported the following benefits:

- Safe: This non-invasive procedure does not require any incisions or surgery to provide results.
- Quick: There is no downtime required after shockwave therapy. You can return to normal activities or work when treatment is over.
- Convenient: Shockwave therapy is a convenient solution for busy men who do not have time for invasive procedures.

HOW DOES ED TREATMENT WORK?

At Boston Direct Health, Dr. Zivich will consider all aspects of your life, such as your job, romantic relationships, stress level, diet, and other dynamics, to determine the underlying cause of your condition. In many cases, incorporating stress management techniques or psychological counseling can improve mood and sexual health. Other

treatments that may be used include prescription medications and assistive devices.

IMPROVE SEXUAL PERFORMANCE

Seeking treatment for erectile dysfunction may seem embarrassing, but it's a common condition that impacts countless men. Getting proper medical care for this disorder can make a dramatic difference in your sexual well-being. Consider meeting with Dr. Steven Zivich at Boston Direct Health to enhance your sexual performance. Our Boston, MA facility offers virtual and in-office consultations.

ALMA DUO IS A REVOLUTIONARY TREATMENT

Alma Duo is an in-office, aesthetic treatment that uses gold standard shock wave technology, focused low-intensity extracorporeal shock wave therapy (LI-ESWT), clinically validated to stimulate better blood flow and restore his natural sexual performance—bringing spontaneity back to his life.

Emotional. Unpredictable. The most legendary moments happen in the heat of the moment. But spontaneity can mean anxiety and self-doubt.

Thanks to Alma Duo™, the gold standard shock wave therapy for men and women, things are looking up.

BENEFITS OF ALMA DUO

- Quick, 15 - minute in-office treatment
- No topical anesthetic
- No downtime required
- No pills, No needles, No surgery
- Long-lasting results
- Increases blood flow to improve erection
- Fast, painless, safe, and effective
- Improves sexual health

HOW DOES ALMA DUO TREATMENT WORK?

The gold standard of shock wave therapy, Alma Duo, delivers focused, low-intensity shock waves to stimulate blood flow and restore sexual performance. This non-surgical procedure requires no needles, no anesthesia, no pills, and no downtime.

Alma Duo is a revolutionary new innovation for men and women. It is a fast, pain-free, in-office treatment* that stimulates blood flow, helping you to be ready for anything. No matter the moment, no matter the place.

ALMA DUO TREATMENT NEAR ME

If you are experiencing Erectile Dysfunction or just want to improve your sexual health, Contact Boston Direct Health today for your consultation by calling us at 617-304-1965 or filling out the form below.

HORMONE BALANCING | BOSTON, MA

WHAT IS HORMONE BALANCING?

Hormones play a key role in our overall health. Basically, your body's hormones serve as a special communication system between all of the cells in your body. They regulate everything! Your digestion, growth, appetite, immune system — even your mood and libido are controlled by your hormones. Sometimes our hormone levels drop, or they fall out of balance. That's where hormone replacement therapy comes in.

Bioidentical hormone replacement therapy (BHRT) helps men who are struggling with abnormal hormone levels. Bioidentical hormones are just what they sound like. They are biologically, structurally, and chemically identical to the body's natural hormones. This makes them a natural and safe choice for hormone balancing. BHRT can greatly ease the symptoms experienced when hormones are low or irregular. To learn more,

call 617-304-1965 for directions or to schedule a consultation with primary care physician Dr. Steven Zivich at Boston Direct Health, Boston, MA.

HOW DOES HORMONE BALANCING WORK?

Dr. Zivich will perform a thorough medical exam, order lab work, and take his time to discuss your health history to identify hormonal imbalances and deficiencies. He doesn't believe in treating symptoms one by one with pills, sedatives or steroids. Instead, he believes in taking a holistic approach to correct hormonal abnormalities. Dr. Zivich looks at the whole picture. He will evaluate all your medications and how they interact together, go over your diet, and discuss your daily routine. He'll also consider your stress level and mental well-being. From there, he'll discuss supplementations with bioidentical hormones. Hormone therapies come in different forms, including oral medications and injections.

HORMONE BALANCING FAQ

HOW QUICKLY CAN YOU SEE RESULTS WITH HORMONE BALANCING OR BHRT?

Results of hormone balancing with BHRT vary according to each patient's unique needs, but typically, most can expect to start seeing results within about 2 – 3 weeks. Maximum results are usually seen at around 2 – 3 months.

WHAT ARE THE BENEFITS OF HORMONE BALANCING?

Hormone balancing with bioidentical hormone treatments can have a host of beneficial effects, including:

- Reducing the negative effects of menopause
- Increasing libido and sexual function
- Raising energy levels
- Improving mental focus and clarity
- Making it easier to lose weight and build muscle
- Giving you healthier skin and a more youthful appearance
- Boosting mood and overall well being

ARE THERE ANY SIDE EFFECTS OF HORMONE BALANCING?

While there can be side effects experienced by some people with hormone balancing, these are rare and typically go away as their body adjusts to the bioidentical hormones. These can include acne, fatigue, headaches, mood swings, or weight gain. During your consultation, Dr. Zivich will thoroughly review your medical history, current condition, and symptoms to determine if hormone balancing is right for you.

HOW DO I KNOW IF HORMONE BALANCING IS RIGHT FOR ME?

Everyone experiences the effects of hormonal imbalances differently; however, common symptoms of hormonal imbalances can include:

- **Weight gain**
- **Loss of muscle mass**
- **Low energy levels**
- **Memory loss and difficulty focusing**
- **Loss of interest in sex and lower sexual performance**
- **Hot flashes**
- **Mood swings**
- **Night sweats**
- **Sleep problems**
- **Anxiety and depression**

HORMONE MANAGEMENT WITH BHRT | BOSTON, MA

Bioidentical hormone replacement therapy can give you an improved quality of life. It can help boost your energy level, reduce brain fog, aid in better sleep, regulate weight, elevate your mood, and enhance your sex drive. Other health benefits include lowering cholesterol, decreasing your risk of diabetes, and lowering the chances of developing cataracts. Reach out to Boston Direct Health to meet with seasoned family physician Dr. Steven Zivich today. Our Boston, MA team looks forward to serving you.

