

VITALITY MDs

FEEL BETTER • FUNCTION BETTER • LOOK BETTER



Russell Bartels, MD, FACOG

Women's Health

- [Wellness Exams](#)
- [Hormone Replacement Therapy \(HRT\)](#)
- [Intimate Wellness](#)

Men's Health

- [ED](#)
- [Testosterone Therapy](#)

MedSpa Services

- [Cosmetic Filler](#)
- [Botox](#)
- [Painless Laser Hair Removal](#)
- [MicroNeedling](#)

JUNE SPECIALS

INJECTABLES

Stop the Sweating with Botox
\$10/Unit for Hyperhidrosis

AESTHETICS

DiamondGlow Facial \$150

ClearLift Laser \$175

Laser Hair Removal Lip/Chin \$99

TED Treatments for **Hair Loss**

+ Nutrafol \$2300

MENS HEALTH

GainsWave Treatments for ED

6 Treatments \$2800

P-Shot \$1200

P-Shot with Exosomes \$2000

WEIGHT LOSS

Men Purchase HCG or Lifestyle Program and receive an additional pack of skinny shots (\$80 value)

[Visit our website](#)

June 2025

Men's health is a complex topic, consisting of physical, hormonal, sexual, and psychological health.

At VitalityMDs, we offer a number of treatments, therapies, and screenings to ensure the well-being of our male patients.

Medical Assessment for many conditions, including;

- Prostate Cancer Screening
- Low Testosterone
- Erectile Dysfunction
- Thyroid Dysfunction

Testosterone levels in men can vary based on age and health factors. Here are some key statistics:

- **By Age:** Testosterone levels typically decline by 1-2% per year after age 30. Normal levels range from 300 to 1050 ng/dL.
- **Trends Over Time:** Average testosterone levels have dropped by 20% in the past 40 years, with a decline of 1% per year since the 1980s.
- **Health Factors:** Obese or diabetic men over 45 are 30-50% more likely to have low testosterone.

Checking hormone levels, especially testosterone, is important for men's overall health. Here's why:

Early Detection of Issues: Low testosterone can lead to fatigue, mood swings, reduced muscle mass, and even an increased risk of heart disease. Identifying imbalances early helps optimize health for longevity.

Optimized Physical & Mental Health: Hormonal balance affects energy, focus, sleep, and emotional well-being. Optimizing levels ensures peak performance in daily life.

Better Aging Process: Since testosterone naturally declines with age, tracking levels can help men take proactive steps to maintain vitality and prevent age-related issues.

Metabolism & Weight

Management: Low testosterone is linked to obesity and metabolic disorders. Keeping an eye on hormone levels can aid in weight regulation.

Sexual Health & Fertility:

Testosterone plays a major role in libido, erections, and sperm production. Addressing imbalances can improve sexual function and reproductive health.

Getting tested is simple and can be done through blood work.

Written by Yael Y.

Welcome our new Nurse Practitioner with more than a decade of experience.

Jenifer Underwood,
MSN, FNP-C

[Learn more about Jenifer](#)

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