

# HUGH MELNICK, MD, FACOG

Reproductive Endocrinologist  
Fellow of the American College of Obstetrics & Gynecology



"Helping Others Achieve  
A Better Quality of Life"

[www.hughmelnickmd.com](http://www.hughmelnickmd.com)

## Spring 2021

Anne Akers, Editor

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### **UNDERSTANDING THE FEMININE EXPERIENCE: From Childbirth to Menopause**

Who understands the full spectrum of the feminine experience better than a Reproductive Endocrinologist, OB/GYN, and a specialist in the treatment of thyroid issues, menopause, Invitro-Fertilization (IVF) and Ovarian Rejuvenation? From childbirth to menopause, Dr. Melnick's approach to patient care is that of an empath, one who truly listens to patient symptoms in order to reach the best diagnosis.

Recognized as a "Top Doctor" by Castle Connolly Medical and US News & World Reports annual Physician Rankings, Dr. Melnick has also received the Patients Choice Award and Compassionate Doctor recognition for three consecutive years granted to physicians "who treat their patients with the utmost kindness".



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### **STRESS, INFERTILITY AND THE PANDEMIC**

While there was a slight uptick in pregnancies reported at the beginning of the Pandemic, economists predict that the US may have at least 500,000 fewer births because of the pandemic. Stress plays a major role in conception, and because of that, the number of prospective parents seeking counseling from IVF (InVitro-Fertilization) centers has increased as much as 15%.

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Stress for many is linked to social isolation, loneliness, changes in hospital procedures, and a lack of social support not available during quarantine periods. The good news is that although Covid-19 makes in person support difficult, if not impossible, technology - like Facetime and Zoom - can be a connector. Online group prenatal care is possible. Relaxation, mindfulness techniques, a healthy diet, adequate sleep and exercise are also beneficial.

And most important, seeking the counsel from a specialist in IVF procedures who truly understands the patient's unique needs, symptoms, and goals is critical.

As the author of *The Pregnancy Prescription*, with over 40 years of experience, Dr. Melnick has helped approximately 12,000 patients (incl those over 40), realize their dreams and create families. A pioneer in outpatient Invitro Fertilization, and the Founder of the Advanced Fertility Center, Dr, Melnick's patients are seen in a



state-of-the-art boutique facility located in Manhattan. His personalized approach is quite different from that of high volume fertility "factories", making the overall experience as affordable and stress-free as possible.

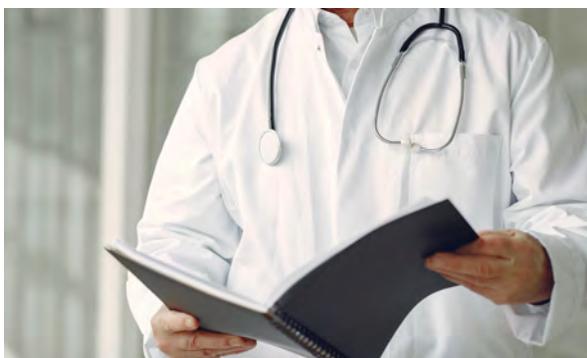
For more information, click [here](#).

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## **HYPOTHYROIDISM AND HASHIMOTOS: TAKE CONTROL OF YOUR HEALTH NATURALLY**

Fatigue? Brain Fog? Unable to Lose Weight? These are just a few of the 200 symptoms affecting as many as 50% of the female population between childbirth and the menopausal years. With many undiagnosed cases, can you be suffering with hypothyroidism while still having normal blood tests? What is the relationship between stress...everywhere during this Pandemic...and thyroid disease? And if you are a mature woman, is it too late for treatment?

And, lastly, just imagine, what it would feel like to receive a proper diagnosis and treatment....to restore the hormonal balance in your system.....and to once again regain your energy, vitality and to simply feel amazing!



To answer these questions, a good first step is to schedule an exploratory appointment with Dr. Melnick, who treats women with natural thyroid medications in dosages designed to eliminate troublesome symptoms and insure a better quality of life.

If you are suffering with hypothyroidism, are not happy with your current

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treatment protocols, or you suspect a thyroid problem, Dr. Melnick is also able to successfully diagnose and treat remotely through Telemedicine, a condition perfectly suited to a virtual consult. In addition to a discussion of a person's symptoms, there are physical signs of hypothyroidism that can be observed via video as effectively as an in-person office visit. Blood testing and thyroid ultrasound exams are arranged at a convenient geographic location.

Details for scheduling are available at [www.hughmelnickmd.com](http://www.hughmelnickmd.com).

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## MAINTAINING HORMONAL BALANCE AND NEW TRENDS IN THE CHALLENGES OF MENOPAUSE

It's time to take care of you! Along with the beauty and freedom of the advancing years, come many of the issues of peri-menopause, menopause, and post-menopause. Body chemistry, and hormonal balance work together



like a symphony; if one hormone, or instrument, is off, it affects the entire body chemistry.

As a Reproductive Endocrinologist and OB/GYN, Dr. Melnick creates custom formulations of bioidentical hormone replacement therapy (BHRT) which is the use of

supplemental doses of hormones that have a chemical structure identical to the hormones naturally produced by the human body. Bioidentical hormones are typically applied via cream, orally or a suppository.

A new trend in BHRT is the use of pellet therapy, which is the simple insertion of a tiny pellet into the hip or buttock area during an office visit. This is administered every 3 to 4 months, through a sustainable, convenient and easy delivery system that delivers maximum results.

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## STOP SUFFERING! START LIVING!

**COMING SOON!**

Brought to you by GLOW Beauty, Health & Wellness Magazine, please join our expert panel for a no charge event...guaranteed to give you the GLOW!

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# IT'S ABOUT TIME

Leading Experts Share their Secrets for Healthy  
Bodies, Radiant Beauty & Positive Spirits

Live Webinar



Dr. Hugh Melnick, MD, FACOG



Dr. Pino LoGuidice  
Naturopathic Physician, Co-Founder  
Inner Source Health



Rochelle Wietzner  
PAUSE Well-Aging  
Founder/CEO



Paula M. Jennings  
ANAM Evolution  
CEO/Founder

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