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#### What to Expect at Your First Visit with Tricia Porter, APRN — Optimal You Today

Your first visit is a true one-on-one experience. Whether you're unsure if you're in perimenopause, menopause, post-menopause, or simply not feeling like yourself, Tricia will help determine exactly where you are hormonally and guide you through whatever stage you're in. As a woman in her 50s, she understands firsthand how discouraging it can feel to be told "everything is normal" when you know something is off. She brings both expertise and empathy to every visit.

Tricia also cares for men experiencing hormonal changes, low energy, or symptoms that may benefit from testosterone or other supportive therapies.

During your initial appointment, you will spend a full hour together reviewing your complete history, including what you've already tried and what hasn't worked. She will go through your current medications and supplements, discuss your goals, and collaborate with you to create a personalized plan to help you feel and function at your best.

If lab work is needed, she will order it right away, and any prescriptions from your visit will be sent within 24 hours. Once your labs are completed, you will receive a detailed, easy-to-understand summary of the findings along with clear recommendations—typically within 2 weeks of your initial visit.

Medicine has changed dramatically since the pandemic, and many patients feel rushed, unheard, or unseen. At Optimal You Today, you can expect a completely different experience—one where your concerns are taken seriously, your goals matter, and you finally have a provider who truly listens.