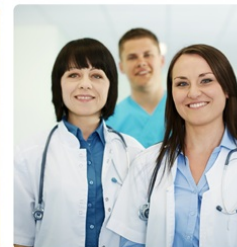
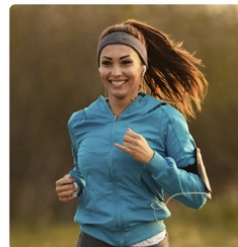




LET US BRING OUT YOUR BEST



chris Ward

6/23/2025

My ennu Baseline Story ►

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Pamela Kinney



MEET YOUR PROVIDER

Pamela Kinney is a board-certified Family Nurse Practitioner. She holds a Master of Science in Nursing from Indiana Wesleyan University and is certified through the American Association of Nurse Practitioners (AANP). Prior to becoming a Nurse Practitioner, she worked as a Registered Nurse in the Neonatal Intensive Care Unit for 10 years. Throughout her career she has specialized in primary care, hormone replacement therapy, medical weight loss, and aesthetic services. Pamela finds great satisfaction in helping people achieve their goals of a healthier lifestyle through holistic and preventative care. She is known for her compassionate approach, strong clinical skills, and dedication to building trusting relationships with her patients. Outside of her work, she enjoys working out, church, and spending time with her family and friends.

BRING OUT YOUR BEST

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What have you heard?



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ennu is a new kind of healthcare service that integrates technology, nutrition, wellness and prevention into cutting-edge primary care.

You Get:

- A **Dedicated** medical provider trained in functional medicine
- **Easy Access** to your provider and health coaching team
- **Age Management** - Look, feel & perform at your best
 - o Increase muscle tone and reduce visceral fat
 - o Increase strength, stamina & reduce joint pain
 - o Increase overall body function
- **Medical Weight Loss**



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1. Significant decline in hormones begins in your late 30's

2. Optimizing hormones

- a. Reduces systemic inflammation
- b. Prevents disease
- c. Improves symptoms

3. Bioidentical hormones provide many advantages over synthetic hormones

- a. Natural
- b. Effective
- c. Safe



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ABOUT YOU

Name: chris Ward
Age: 53
Marital Status: Married
Gender: Male
Occupation: Finance

Children:
ava, Female
Lila, Female

Physical Activities:
Biking
Hiking
Walking
Weights

Pets:
Willow, Dog

Hobbies:
Golf
Exercise



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FAMILY HISTORY

Roadblocks to Optimal Health

Anxiety

Heart Disease

High Blood Pressure

High Cholesterol

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Symptoms

Bloating After Meals
Decreased Sex Drive
Erectile Dysfunction
Fine Lines
Joint Pain
Sexual Dysfunction
Sun Spots
Wrinkles

Medical Conditions

Erectile Dysfunction
Hypertlipidemia
Seasonal Allergies
Sexual Dysfunction

WHY YOU ARE HERE

You can't just let life happen to you,
you have to make life happen.

Risk Factors



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YOUR AESTHETICS GOALS



Skin Health



BRING OUT YOUR BEST

HORMONE FACTS	ABOUT YOU	FAMILY HISTORY	WHY YOU ARE HERE	YOUR AESTHETICS GOALS	YOUR HEALTH GOALS	CBC	CMP	PSA	PROLACTIN	TOTAL TESTOSTERONE
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YOUR HEALTH GOALS



Decrease Joint Pain

Improve Libido

Increase Energy



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CBC (Complete Blood Count)

Test Name	Result	Units	Reference Range
NRBC			
WBC	5.4	x10E3/uL	3.4-10.8
RBC	4.44	x10E6/uL	4.14-5.80
Hemoglobin	13.6	g/dL	13.0-17.7
Hematocrit	42.1	%	37.5-51.0
MCV	95	fL	79-97
MCH	30.6	pg	26.6-33.0
MCHC	32.3	g/dL	31.5-35.7
RDW	12.5	%	11.6-15.4
Platelets	202	x10E3/uL	150-450

A CBC test measures blood counts.

We check these values to evaluate your overall health and look for abnormalities that may be causing your symptoms.



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Test Name	Result	Units	Reference Range
Glucose	99	mg/dL	70-99
BUN	15	mg/dL	6-24
Creatinine	0.84	mg/dL	0.76-1.27
BUN/Creatinine Ratio	18		9-20
Sodium	141	mmol/L	134-144
Potassium	4.3	mmol/L	3.5-5.2
Chloride	104	mmol/L	96-106
Carbon Dioxide, Total	23	mmol/L	20-29
Calcium	8.9	mg/dL	8.7-10.2
Protein, Total	6.3	g/dL	6.0-8.5
Albumin	4.3	g/dL	3.8-4.9
Globulin, Total	2.0	g/dL	1.5-4.5
Bilirubin, Total	0.3	mg/dL	0.0-1.2
Alkaline Phosphatase	55	IU/L	44-121
AST (SGOT)	17	IU/L	0-40
ALT (SGPT)	14	IU/L	0-44

CMP (Comprehensive Metabolic Panel)

A CMP test measures sugar, kidneys, electrolytes, biliary system and liver numbers.



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PSA (Prostate Specific Antigen)

Current Level

1.4

This lab is used as a screening tool for prostate cancer and can help diagnose other prostate conditions.



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PROLACTIN

Current Level

11.1

This lab is important to make sure that hormone deficiencies are not related to a pituitary gland problem.



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TOTAL TESTOSTERONE

Current Level

429

- Although commonly checked, this level is not the most accurate way to determine a deficiency.
- This number includes testosterone that is bound to protein in the blood and thus not usable.



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CBC	CMP	PSA	PROLACTIN	TOTAL TESTOSTERONE	FREE TESTOSTERONE	DHEA	ESTROGEN	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)
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FREE TESTOSTERONE

Current Level

9.44

Optimal Level

Between 21 and 35 ng/dL

Warning: Your levels are non-optimal. This can lead to fatigue, reduced mental clarity/focus, decreased sex drive and function, loss of muscle, decreased exercise tolerance and decreased mood and motivation. You may be at a higher risk of many diseases such as heart disease, Diabetes, Osteoporosis and Alzheimer's.

Symptoms

Decreased Sex Drive
Joint Pain

Medical Conditions

Erectile Dysfunction
Sexual Dysfunction

Family History

Heart Disease



BRING OUT YOUR BEST

CMP	PSA	PROLACTIN	TOTAL TESTOSTERONE	FREE TESTOSTERONE	DHEA	ESTROGEN	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP
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DHEA

Current Level

121.0

Optimal Level

Between 300 and 600 ug/dL

Warning: Your levels are non-optimal. This can lead to fatigue, reduced mental clarity/focus, decreased mood and joint pain. You may be at a higher risk of cancer, depression, heart disease and high cholesterol.

Symptoms

Medical Conditions

Hypertlipidemia

Family History

Heart Disease



BRING OUT YOUR BEST

PSA	PROLACTIN	TOTAL TESTOSTERONE	FREE TESTOSTERONE	DHEA	ESTROGEN	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION
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Current Level

Optimal Level



Symptoms

Medical Conditions

Family History



BRING OUT YOUR BEST

PROLACTIN	TOTAL TESTOSTERONE	FREE TESTOSTERONE	DHEA	ESTROGEN	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID
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Current Level

41.0

Optimal Level

Between 60 and 80 ng/mL

Warning: Your levels are non-optimal. This can lead to fatigue, decreased mood, muscle pain and decreased immune system. You may be at a higher risk for Osteoporosis, Alzheimer's disease and cancer.

Symptoms

Medical Conditions

Family History



BRING OUT YOUR BEST

TOTAL TESTOSTERONE	FREE TESTOSTERONE	DHEA	ESTROGEN	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %
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MAGNESIUM

Current Level

2.3

Optimal Level

Greater than 2 mg/dL

Congratulations! You are protecting your long term health and reducing your risk for osteoporosis, hypertension, diabetes and depression.

Symptoms

Medical Conditions

Family History

High Blood Pressure



BRING OUT YOUR BEST

FREE TESTOSTERONE	DHEA	ESTROGEN	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT
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HgA1C (SUGAR)

Current Level

5.6

Optimal Level

Less than 5.7%

Congratulations! You are protecting your long term health and reducing your risk of diabetes, heart disease and peripheral neuropathy.

Less Than 5.7
Between 5.7% and 6.4%
Greater than 6.4%

Normal
Pre-Diabetes
Diabetes



BRING OUT YOUR BEST

DHEA	ESTROGEN	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %
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CRP (C-Reactive Protein)

Current Level

<1

Optimal Level

Less Than 1 mg/L

Congratulations! You are protecting your long term health and reducing your risk of developing heart disease, cancers and diabetes.

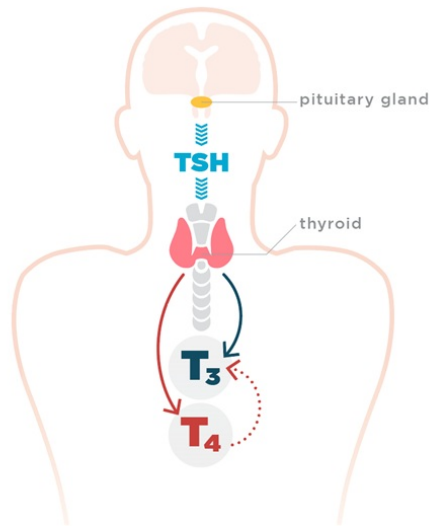


BRING OUT YOUR BEST

ESTROGEN	VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN
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THYROID FUNCTION



- T4 (essentially inactive form) is produced in abundance.
- The body has to convert T4 to T3 (active form).
- This pathway does not work well as you age.
- So even though your body has plenty of thyroid hormone, it is mostly T4, which is not useful.
- Your body has a functional thyroid deficiency.



BRING OUT YOUR BEST

VITAMIN D3	MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN
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THYROID

Free T3

3.1

T4

1.08

TSH

0.898

Free T3 Optimal Level

Between 3.4 and 4.4 pg/mL

Warning: Your levels are non-optimal. This can lead to fatigue, hair loss, cold hands/feet, inability to lose weight, decreased mental clarity/focus, joint pain and decreased mood. You may be at a higher risk for heart disease, obesity, memory loss and high cholesterol.

Symptoms

Medical Conditions

Family History



BRING OUT YOUR BEST

MAGNESIUM	HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN	YOUR JOURNEY
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BODY FAT %

Current Level

25.9

Optimal Level

Between 11 and 17%

Warning: Your reading is non-optimal. An increased body fat % increases risk of heart disease, diabetes, high blood pressure and cancers.



BRING OUT YOUR BEST

HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN	YOUR JOURNEY	YOUR MEDICAL TEAM
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BMI - WAIST - WEIGHT

BMI
24.8

Optimal BMI Range
Between 18.5 and 25

Waistline

Optimal Waistline Range

Weight
204

BMI - Waist - Weight

Congratulations! You are protecting your long term health and reducing your risk of health conditions such as heart disease, stroke, diabetes, cancers, high blood pressures, joint problems and sleep apnea.



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BLOOD PRESSURE

Current Levels

Systolic 126
Diastolic 78

Optimal Levels

Less than 130
80

Congratulations! You are protecting your long term health and reducing your risk for heart attack, heart disease, stroke, diabetes and vascular problems.



BRING OUT YOUR BEST

HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN	YOUR JOURNEY	YOUR MEDICAL TEAM
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Symptoms

Fine Lines
Sun Spots
Wrinkles

YOUR AESTHETIC PLAN

Recommended Aesthetic Consults

Aesthetics Consult
Skin Consult

Recommended Aesthetic, Skin Services

Chemical Peel
Filler
Medical Grade Skin Care
Microneedling
Neurotoxin



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YOUR HEALTH PLAN

Symptoms

Bloating After Meals
Decreased Sex Drive
Erectile Dysfunction
Joint Pain
Sexual Dysfunction

Risk Factors

Medical Conditions

Erectile Dysfunction
Hyperlipidemia
Seasonal Allergies
Sexual Dysfunction

Family History

Heart Disease
High Blood Pressure

Recommended Hormone Therapy

DHEA	Between 300 and 600 ug/dL
Free T3 (Thyroid)	Between 3.4 and 4.4 pg/mL
Free Testosterone	Between 21 and 35 ng/dL

Recommended Supplement Therapy

Bio-Zyme® [100] *
Buffered Vitamin C [60]
Curalieve [60]
Ginkgo Biloba Plus™ [120] - Vegetarian
NAD+
Oxytocin
Panplex 2-Phase [60] *
Pure Omega HP [120]
Sermorelin
Sildenafil
Tadalafil
UBQH™ 100mg [60]
Vitamin D3 5,000 IU - Chocolate Chews [90] *



BRING OUT YOUR BEST

HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN	YOUR JOURNEY	YOUR MEDICAL TEAM
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ennu Optimal Health Membership

- Exclusive ennu Story Report Given at Each Medical Review
- Comprehensive History and Physical
- Minimum of Four (4) 30-60 Minute Medical Reviews
- Primary Care
- Medical Weight Loss
- Vitamin Injections
- Referral Program



BRING OUT YOUR BEST

HgA1C (SUGAR)	CRP	THYROID FUNCTION	THYROID	BODY FAT %	BMI - WAIST - WEIGHT	BLOOD PRESSURE %	YOUR AESTHETIC PLAN	YOUR HEALTH PLAN	YOUR JOURNEY	YOUR MEDICAL TEAM
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YOUR MEDICAL TEAM



Medical Team Plan of Care & Appointment Questions

Medical Assistant: Jill Harrett
Number: 502-890-7036
Email: jharrett@ennu.co

Your Clinic

Clinic Name: ennu - Springhurst
Provider: Pamela Kinney
Address: 4211 Springhurst Blvd
Louisville, KY 40241-6161
Number: 502-638-4908



New Vitalis Pharmacy

Your Pharmacy

Number: 502-890-2030
Website: NewVitalis.com

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