

A MESSAGE FROM YOUR HAMBURG TEAM

Your Marshall newsletter



Dear Hamburg Patients,

Our team wants you to know the full range of care you can explore with Marshall, from concierge medicine and advanced diagnostics to Executive Performance, Medical Fitness, aesthetics, and targeted therapies.

Hamburg is your starting point. We will help you choose a useful next step and coordinate with other Marshall providers when a service is offered at another location.

Explore the sections ahead, meet familiar faces, and let us know what you would like to discuss at your next visit.

FEATURED MARSHALL PROGRAM

Executive Performance



Your assessment is the beginning. Our physician-led program connects health insights with an ongoing plan for nutrition, exercise, sleep, recovery, and clinical care.

| 01 Establish your baseline

Review your history, goals, and selected diagnostic findings.

| 02 Build your roadmap

Set priorities around your individual health and performance goals.

| 03 Put the plan into practice

Work with your care team and Longevity Strategist on follow-through.

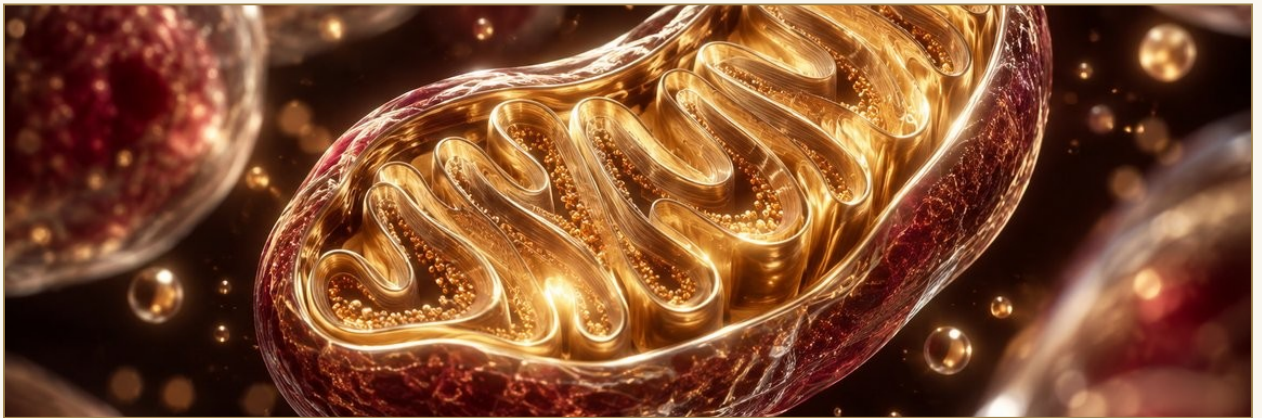
| 04 Measure and refine

Review progress and adjust the plan as your needs change.

Ask about eligibility, program components, and fees. Testing and follow-up are individualized.

INDIVIDUAL TARGETED HEALTH SERVICES

Metabolic health, bone & muscle



| 01 Metabolic Recalibration

Understand your metabolic picture through nutrition, activity, body composition, and clinical findings. Turn your assessment into practical goals and follow-up.



| 02 Bone & Muscle Health

Discuss osteopenia, osteoporosis, and sarcopenia with your team. Review bone density, muscle mass, strength, and risk factors to guide individualized care.

INDIVIDUAL TARGETED HEALTH SERVICES

Sleep & body composition



| 03 Sleep Optimization

Make sleep part of your care plan. Discuss sleep quality, daily routines, daytime fatigue, and whether additional evaluation or sleep testing is appropriate.



| 04 Body Composition

Look beyond the number on the scale. Connect fat and lean-mass measurements with nutrition, resistance training, and medical care when indicated.

INDIVIDUAL TARGETED HEALTH SERVICES

Cognitive health & recovery



| 05 Cognitive Health

Bring concerns about memory, focus, and mental performance into the conversation. Review contributing health and lifestyle factors and discuss further assessment when needed.



| 06 Autonomic Regulation

Explore the balance between stress and recovery through sleep, physical activity, and daily habits. Persistent symptoms deserve a clinical evaluation.

YOUR MEDICAL HOME

Medical care & personal health



Concierge Primary Care

Primary care, preventive planning, lab review, and coordination with a team that knows you. Ask about individual, couples, and family memberships.

Executive & Men's Health

Discuss prevention, performance, metabolic health, hormones, sexual health, and the demands of daily life.

Women's Midlife Care

Explore perimenopause, menopause, and midlife care. We can connect you with Dr. Danielle Bocook, now full time in Georgetown.

CARE BUILT AROUND YOUR GOALS

Hormones, metabolism & daily health

Hormone Optimization

Evaluation for hormone-related concerns in men and women. Treatment choices follow a review of symptoms, laboratory findings, benefits, and risks.

Medical Weight Management

Connect nutrition, activity, body-composition follow-up, and medical treatment when appropriate with a sustainable plan for your goals.

Sexual Health & Intimacy

Private consultations about sexual function, comfort, intimacy, and options tailored to the underlying concern.

Lifestyle & Nutrition Coaching

Practical support for eating patterns, movement, sleep, stress, and behavior change, coordinated with your clinical goals.

Hamburg can coordinate the appropriate clinician and location.

MEASURE WHAT MATTERS

Advanced diagnostics



Choose tests that answer a clinical question. Our team coordinates testing at the appropriate Marshall location or outside facility.

Foundational Executive Physical

Marshall's Longevity Blueprint establishes a baseline for your health roadmap. It is distinct from the ongoing Executive Performance Program.

DEXA Bone & Body

Explore bone-density and body-composition assessments to inform your baseline and follow-up.

VO2 Max & RMR

Discuss cardiorespiratory fitness testing and resting metabolic rate assessment to help guide exercise and nutrition planning.

Medical Fitness testing is coordinated through Beaumont.

A CLEARER PICTURE OF YOUR HEALTH

Testing & screening



Laboratory & Biomarker Review

Clinically selected testing interpreted alongside your history and goals.

Home Sleep Testing

Assessment when your symptoms and clinical evaluation support it.

Cardiovascular Risk Assessment

Individual risk review and coordinated cardiac testing when appropriate.

Advanced Imaging & Screening

Discuss the value, limitations, and potential harms of selected tests.

Neurocognitive Assessment

Structured evaluation of cognitive performance when appropriate.

MOVEMENT BELONGS IN MEDICINE

Medical Fitness



Strength, cardiovascular fitness, mobility, and recovery belong in the same conversation as your medical care.

Assess. Plan. Put it into practice.

Explore fitness assessment, personal training, and exercise guidance coordinated with your clinical goals.

Connected through Marshall

Our Hamburg team can connect you with Medical Fitness at Beaumont for testing, coaching, and training options.

Ask us about VO2 Max, RMR, body composition, strength, and the right starting point for you.

A CLINICAL CONVERSATION

Regenerative medicine



Regenerative Medicine & PRP

Explore consultations for platelet-rich plasma and other regenerative approaches, including selected musculoskeletal and aesthetic concerns.

Recommendations depend on the condition and available evidence.

Stem Cell Consultations

Ask about the specific product, evidence, regulatory status, alternatives, and potential risks. These interventions are not established treatments for every condition.

Your care team can help clarify the appropriate provider, location, expected costs, and realistic treatment goals.

PERSONALIZED CLINICAL OPTIONS

Advanced therapeutics



IV Nutrient Therapy

Discuss available formulations, your medical history, and whether an infusion is appropriate for you.

NAD+ Therapy

Ask about available options, the limits of current evidence, and product-specific risks.

Peptide Therapy

Review the proposed product, its evidence, regulatory status, and risks with a clinician. A consultation does not guarantee a prescription.

Our team confirms clinical suitability, required monitoring, and the appropriate provider and location.

ASK YOUR CARE TEAM

Clinical injection options



Ketamine Injections

A separate evaluation addresses the intended use, off-label use where applicable, adverse effects, and supervised monitoring.

Kenalog Injections

A corticosteroid for selected clinical indications. Your provider explains the purpose, risks, and fit with your plan.

Vitamin & Nutrient Injections

Ask about B12 and other available formulations. Recommendations depend on your history and a clinical assessment.

Contact Hamburg to confirm availability and coordinate an evaluation.

ADVANCED AESTHETICS

Skin, confidence & personal goals



| **Wrinkle-Relaxing Injectables**

Consultations for Botox, Dysport, and Xeomin with a qualified injector.

| **Dermal Fillers**

An individual assessment of your goals, product choices, alternatives, and risks.

| **Facials & HydraFacial**

Options tailored to hydration, texture, brightening, and other skin concerns.

| **Exfoliation & Chemical Peels**

Ask about dermaplaning, microdermabrasion, peel options, preparation, and aftercare.

ADVANCED AESTHETICS

Explore your options

Microneedling & PRP Skin Care

Consultation-based treatment planning with a review of suitability, risks, recovery, and realistic expectations.

Laser, IPL & Energy-Based Care

Ask the Hamburg team about IPL photofacials, laser hair removal, resurfacing, and available device-based services.

CoolSculpting & CoolTone

Explore body-contouring consultations to discuss candidacy, goals, and treatment risks.

Acne Bootcamp

A structured skin-care conversation and individualized plan for acne concerns.

Start with an aesthetic consultation. Your goals, skin history, and treatment preferences guide the conversation.

YOUR AESTHETIC PLAN, CONTINUED

The finishing details



Brow & Lash Services

Explore options that complement your personal aesthetic goals.

Hair Restoration

Evaluate hair-loss concerns and discuss appropriate treatment options.

Medical-Grade Skin Care

Build a home routine with professional guidance on products that fit your skin and goals.

Our Hamburg team can explain current services, scheduling, preparation, and any separate fees.

MARSHALL PRODUCTS

Targeted nutritional support

| Longevity Blend



Marshall's exclusive Longevity Blend brings together ingredients including nicotinamide riboside, CoQ10, PQQ, alpha-lipoic acid, astaxanthin, and spermidine.

Additional Nutraceuticals

Ask about creatine, DHEA, EPA fish oil, methylated B complex, D3 + K2, collagen, and Mito Multi.

Our team can review the current formula, availability, potential interactions, and whether a product fits your needs. Supplements do not replace medical care.

FAMILIAR FACES. PERSONAL CARE.

Your Hamburg Team

We look forward to welcoming you, answering your questions, and helping you take the next step in your care.

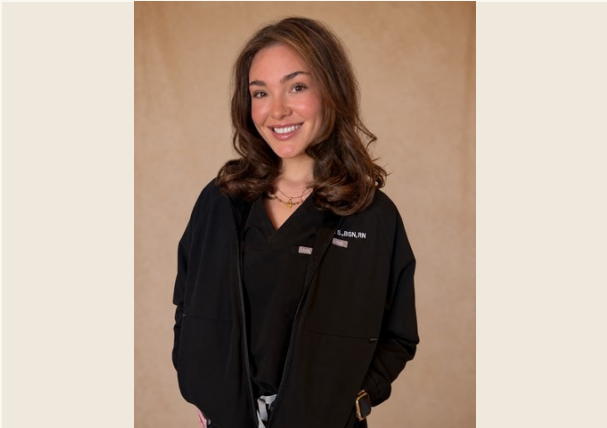
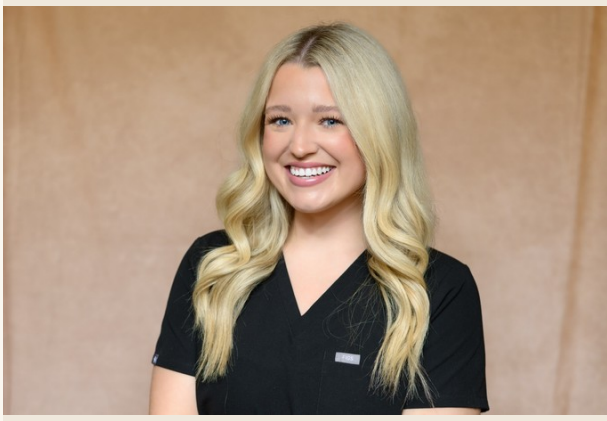


The Hamburg Team
Marshall Medical Group

FAMILIAR FACES. PERSONAL CARE.

Your Hamburg Team

A connected team, here to help make your Marshall experience personal and welcoming.



The Hamburg Team
Marshall Medical Group

A NOTE FROM YOUR HAMBURG TEAM

Let’s take your next step together



Curious about your health, an assessment, or a new service? We are here to help you find a useful starting point.

Schedule a Meet & Greet

Call (859) 554-8486

Marshall Medical Group | Hamburg
2251 War Admiral Way, Suite 125
Lexington, KY 40509

Tuesday-Friday, 8 AM-6 PM
and by appointment.

Services, availability, and fees vary by provider, location, and membership. Clinical recommendations are individualized, and results vary. Confirm details with our team.

Team and location photographs supplied by Marshall. Service and lifestyle imagery is illustrative.