



Elizabeth Story, M.D.
MEMBERSHIP MEDICINE

From the Desk of Dr. Elizabeth Story, M.D.

Hello —

I'm delighted to announce that Dr. James Bohnsack, the founding doctor of this practice who retired when I took over management, has returned to Fort Worth and will be working two days per week at the Harris Parkway office. I am very happy to have him back and working with me and our staff and patients again.

I am also excited to announce a second location for my practice to meet the needs and demand of a thriving Fort Worth area – the new Southlake office will be open on Tuesdays to start and is located at **771 E Southlake Blvd, Suite 108 in Southlake.**

I also wanted to reach out with some health updates on the latest advancements in menopause hormone therapy and longevity medicine, as well as my new partnership with REVFIT Fitness studio as part of the weight loss program that I offer.

You'll find all of this information in more detail in the newsletter below. If you have any questions or concerns, don't hesitate to reach out anytime!

Happy Autumn!



Elizabeth Story M.D.



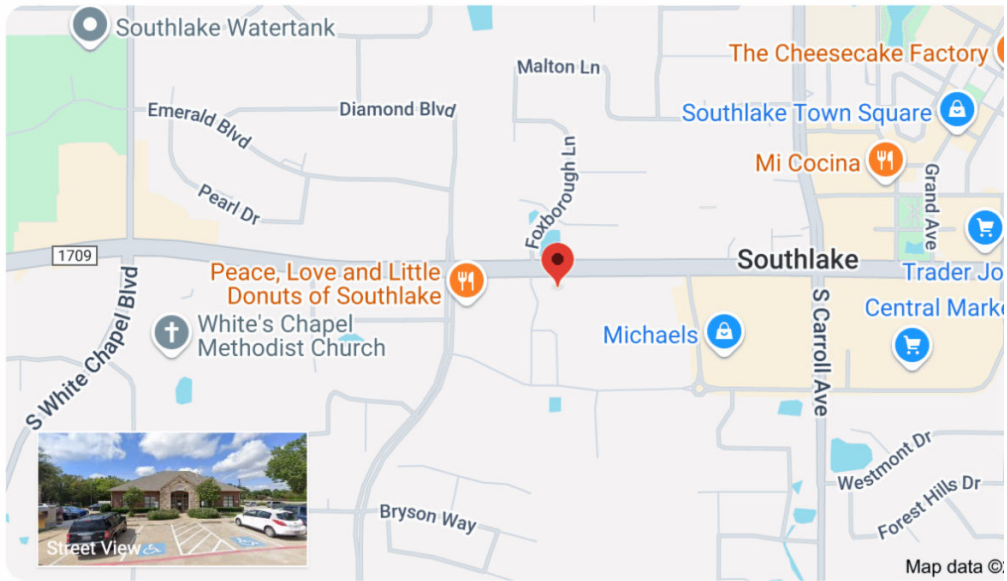
DR. BOHNSACK IS BACK!

Dr. Bohnsack initially started the practice in 2012 and retired in 2021 when I officially took over the full management. He then has done various work and spent time seeing family and traveling, but wanted to move back to Fort Worth. We decided it would be great for him to help see patients as the practice grows. He will be in the office about two days each week and will be seeing some of his former patients as well as some of the newer ones. He trained at JPS and practiced here in Fort Worth for almost 40 years; additionally, Dr. Bohnsack was instrumental in the formation of Harris Southwest and has been very connected to the medical community in Fort Worth.

NEW SOUTHLAKE LOCATION

Starting Friday, November 8th, I will be working Fridays at my new Southlake location. In addition to adding this location, I will be focusing on executive-level medical care including EKGs, as well as cryotherapy, advanced skin care, and the other health programs currently offered such as weight loss management and menopause hormone therapy.

If this new location at **771 E. Southlake Blvd, Suite 108** is more convenient for you, come see me there! Or if you know of people who live in that area and are interested in concierge membership medicine services, I am taking referrals for new patients and would be delighted to provide a consultation.



751 E Southlake Blvd

Southlake, TX 76092





REVFIT FITNESS PARTNERSHIP

As part of my weight loss program offerings, I am excited to announce a partnership with REVFIT TEXAS fitness studios!

I have researched the types of exercise programs that result in the best weight loss outcomes when coupled with diet and medication, and REVFIT is a great option because of its strength-training + cardio format. This is one of the foundations that Dr. Peter Attia talks about in his bestseller, **Outlive**.

When you sign up for my weight loss program, you will have an option to receive a discounted membership to REVFIT, which offers group fitness training classes at their three Fort Worth locations (on Hulen Street, on Altamesa Boulevard, and in Alliance).

Exercise is not only important for weight loss, but is a critical component of longevity, which is another passion of mine and a topic I will be sharing more about with you (*see below for a brief intro on the topic*).

At REVFIT, they know that every workout should be both challenging and rewarding. Whether you're aiming for a comprehensive full-body group fitness workout or a quick, intense session that fits your schedule, the REVFIT Standard and REVFLEX 30 classes deliver an unmatched group fitness experience in Fort Worth.

Designed for all fitness levels, all of the workout sessions offer a balance of strength, cardio, and flexibility training in a supportive and motivating environment. You can visit their website at www.revfit texas.com to find out more about why REVFIT is Fort Worth's top choice for group fitness and see how their tailored sessions can help you achieve your health and wellness goals.



In addition to Valerie, you may have seen another new face in the office. My medical assistant, **Nyha Butler**, is on board to assist with check-in, vitals, vaccinations, and phone calls. She is a top TCU pre-medical honor student who is super smart, highly motivated, and passionate about healthcare and patient relations.

Be sure to say hello the next time you are in the office!

MENOPAUSE HORMONE THERAPY

I am highly focused on providing the latest in menopause hormone therapy for my patients, and I currently treat many women during their perimenopause, menopause and postmenopausal years.



Each treatment plan is individualized to the particular patient and her needs. It is a growing part of my practice that I am excited to be able to offer. Additionally, as a formality I am working on my certification with the Menopause Society, formerly the North American Menopause Society. <https://menopause.org>

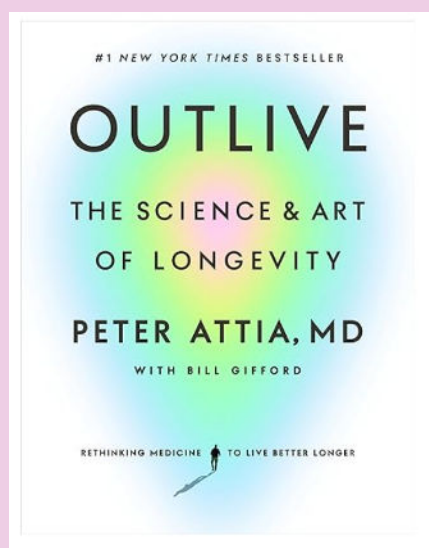
In addition to other resources I provide my patients, I like to highlight Dr. Mary Claire Haver, the author of 'The New Menopause'. She, along with her other menopause colleagues, have begun a nation-wide conversation about how we treat menopause. Her book is an excellent introduction to the importance of estrogen for a woman's body and she helps to explain some of the misinformation spread in the early 2000's about it being dangerous or causing cancer. www.thepauselife.com

If you are interested in exploring menopause hormone therapy and its benefits, please contact the office for a consultation.

PHYSICAL HEALTH HIGHLIGHT: FOCUS ON LONGEVITY

Longevity is another passion of mine and has become an important conversation in the field of medicine.

Dr. Peter Attia is one of the leading experts and I highly recommend his book, **Outlive**. The overall message is that exercise is fundamental to a long life, but he delves into so much more and really addresses medical care from a proactive perspective. I also recommend his podcast called The Drive. More information can be found at www.peterattiamd.com



Dr. Peter Attia, MD

“I now consider exercise to be the most potent longevity “drug” in our arsenal, in terms of lifespan and healthspan. The data are unambiguous: exercise not only delays actual death but also prevents both cognitive and physical decline, better than any other intervention.”



MORE ABOUT ME :)

This summer we took a big family vacation to Disney World and it was indeed truly magical!

As we head into the holiday season, it is the perfect time of year to be grateful for everyone in our lives who we hold dear.

Dr. Elizabeth Story, M.D.

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