



DR. MARYANN PREWITT

IMPROVING HEALTHSPAN

One Dallas Doctor is
Helping Patients Get the
Most out of Their Lives

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One of Dr. Maryann Prewitt's patients compares her health transformation to the movie the Wizard of Oz – black and white before starting a treatment plan – and “in full color” after working with the popular Dallas physician.

That's not just a marketing pitch, says Dr. Prewitt, owner of HealthWellnessMD, a practice built on functional and regenerative medicine. Often, the difference in life quality that one person experiences prompts them to bring in their spouse, sibling, or parent.

“There's no bigger compliment than when a patient empowers you to care for their entire family over generations,” she says. “I love to watch families get healthy together.”

The field of regenerative and functional medicine is one of the fastest growing specialties and Dr. Prewitt has long been at the forefront, bringing new research and treatments to patients, years before longevity was a buzzword in medicine.

“Everyone talks about lifespan, but we're focused on improving

healthspan,” says Dr. Prewitt. “How do you feel now? And how do we make sure that you're living your best life, not just getting by? We're helping patients transform their healthspan by solving undiagnosed problems that sap their energy and put them at risk for long-term problems, then sending them out with a prescription for optimal health.”

That process starts with hormonal health and a new approach to nutrition according to Dr. Prewitt. Deficiencies in these two areas account for most of the chronic problems she sees in patients.

Dr. Prewitt looks at a comprehensive picture of metabolic panels to evaluate thyroid function which can often reveal a missed diagnosis of hormonal imbalance. She also advocates a more proactive approach to nutrition, prescribing medical-grade supplements called nutraceuticals.

Meanwhile, Dr. Prewitt's medical spa offers next-generation laser treatments including SculpSure, nonsurgical face and neck lifts, body contouring, and skin resurfacing and tightening. She's especially excited to bring BodyTite to Dallas, the first procedure to melt fat and tighten the skin at the same time.

Dr. Prewitt's patients often move on to the clinic's sought-after sexual wellness program, an area Dr. Prewitt considers essential in improving quality of life. Among the therapies available include the GAINSWave, Femilift, Votiva and PRP therapies to augment performance and pleasure for both women and men.

“Sexual intimacy should be a part of the doctor-patient conversation,” says Dr. Prewitt. “Our patients want to look as good as they feel, in and out of the bedroom.”