

FREQUENTLY ASKED QUESTIONS

How does the BaleDoneen Method work?

The BaleDoneen Method is SIMPLE, in that, we understand that vascular disease is caused from inflammation in the body. Our job is to determine IF you have inflammation and IF SO, design a plan to eliminate it. We know that inflammation can be caused from a variety of root causes. The BD Method is designed to locate these causes and then put out the fire. The great news is that we have a number of test (both blood, urine and more) geared toward finding the source of inflammation. Reducing and eliminating inflammation is the KEY to preventing cardio events and promoting overall health. We begin by collecting data and running series of tests. Together we will discuss the results and a program that best fits your needs.

Do you offer primary care?

Great question, (answer with specifics about your practice)

How is what you do different from what I receive from my Cardiologist? Primary Care Provider or General Dentist?

I'm glad that you asked! Medical and dental professionals are trained to offer "standard of care", which in many cases focuses on treatment AFTER an event has taken place rather than the prevention of events all together. Sadly, many risk factors are not routinely included in this type of care. We now know that nearly 50% of heart attacks and strokes occur with normal cholesterol and some patients have none of the traditional risk factors. The good news, our testing will look for the hidden signs and red flags of arterial disease.

Will my insurance cover these services?

That is a great question, (Labs – answer accordingly based on your office). I wish I could tell you that there is an insurance plan available that will provide total coverage for optimal health. While Insurance may cover some of the services that are recommended, there is no guarantee that there will be any coverage. And, someday we believe that insurance companies WILL recognize the advantages of treatment like the BD method. I am confident that we can create a plan for you.

How does do I get started? How does it work?

We offer 2 options for getting started.

Option 1 – *We will gather your health history, request a series of tests and select and schedule an appointment today.*

Option 2 – *We will gather and review your health history and call you to determine the next steps you wish to take.*

Which option will work best for you?

If, Option 1

- Email Health History and/or new patient paperwork to be completed
- Once complete:
 - Request and schedule tests; labs, CIMT, etc.
 - Send appointment information to patient
 - Schedule next office appointment in 1 month
- The investment is _____ and I'm happy to accept a credit card at this time. (gather CC information / run card)

If, Option 2

- Email Health History form to complete
- Schedule follow-up call

Do I need to be seen in person? Is telemedicine available to me?

Great question, (answer with specifics about your practice)