



TIER 1 HEALTH AND WELLNESS

New Email System

Our new email system is now in place. The email for Dr. Nichols and/or Angie is:

wellness@Tier1HW.com

To schedule appointments, request lab requisitions, or for practice related inquiries please call or email Emily at :

931-520-0200 or

frontdesk@Tier1HW.com

Emails and phone calls will be returned during office hours, M-F 8:00 AM-5 PM Eastern Standard Time. Please do not send personal health information or submit questions via text, messenger, or other social media as they are not a HIPPA compliant means of communication.

Advanced MD Patient Portal

Patients will soon receive an email containing login information, which will allow access to our HIPPA compliant patient portal through Advanced MD. The portal allows fast easy access to lab results, and allows patients to request prescription refills, lab requisitions, or appointments. You may also submit questions for Dr. Nichols and/or Angie.



Endometriosis affects an estimated 176 million women worldwide regardless of their ethnic or social background. Many remain undiagnosed, and therefore do not receive adequate treatment.

Endometriosis is a condition in which tissue similar to the lining of the uterus is found elsewhere in the body. Endometriosis most commonly involves the ovaries, fallopian tubes, and the tissue lining the pelvis. However, endometriosis lesions can be found anywhere in the pelvic cavity including on the bowel, bladder, and intestines. In rare cases, endometrial tissue may spread to other areas such as scars from cesarean section, inside the vagina, inside the bladder, on the skin, in the lung, spine, and brain.

Symptoms of Endometriosis

- Pain (during menstruation, ovulation, intercourse, &/or urination)
- Infertility
- Bloating
- Low back pain
- Constipation
- Diarrhea
- Fatigue

Many women with endometriosis are effectively treated with progesterone. Other treatment options include surgery, synthetic progestins and/or synthetic androgens. At Tier 1 H&W, we recommend bio identical progesterone as the first line of treatment based its effectiveness as shown in the medical literature without the same risks associated with synthetic progestins.

Are you at risk for Type 2 Diabetes?

American Diabetes Association Alert Day March 26, 2019

The last Tuesday of March each year, is the American Diabetes Association Alert Day. It is a one day event that encourages everyone to take the Type 2 Diabetes Risk Test, and to learn about lowering the risk for Type 2 diabetes. Visit diabetes.org to discover your risk!

Ribbon Cutting Ceremony

Thursday March 21 at 2 pm we will be hosting an open house and ribbon cutting ceremony at our new office location:

2120 Northgate Park Lane
Chattanooga, TN 37415

We would be honored for you to attend! Please RSVP to Emily at 931-520-0200 or 423-468-9588 by March. 14, 2019.

Progesterone: The hormone every women must have!

Progesterone is a calming, mood stabilizing hormone that offers protection against breast cancer. It has been shown to destroy breast cancer cells, and proven to be more effective at treating breast cancer than Tamoxifen, which is a drug of choice to treat breast cancer. Progesterone not only has positive effects on breast tissue, but it also prevents build up of the uterine lining providing protection against endometrial cancer. It is an excellent treatment for PMS and hot flashes in premenopausal women while improving HDL (good cholesterol) in all women. Progesterone helps to maintain pregnancy and prevents miscarriage too common in women with Polycystic Ovarian Syndrome. It is effective in the treatment of endometriosis which effects 1 in 10 women, and fibrocystic breast disease. Studies show that progesterone improves migraine and cluster headaches, reduces catamenial seizures which are associated with a woman's menstrual cycle. Progesterone enhances estradiol's positive effects, while negatating the negative effects associated with estradiol such as: irritability, breast tenderness, and bloating. It also useful in regeneration of bone. Bio identical progesterone is sometimes mistakenly equated to synthetic progestins such as Medroxyprogesterone Acetate or Provera. Synthetic progestins have demonstrated harm in countless studies, and do not share the same molecular composition as bio identical progesterone. Unfortunately, many practitioners as well as the general public believe that they are one and the same. Therefore, women are often denied or advised against taking this extremely protective hormone. If you would like to learn more, visit us at Tier1HW.com, or contact the office.

March 30, 2019

National Doctor's Day



Happy Doctor's Day to the extremely talented, caring, and fit Dr. Keith Nichols. His dedication and commitment to practicing evidence based medicine has gained him worldwide recognition as a cutting edge leader in the field of Preventive Medicine. His willingness to share his knowledge, experience, and expertise has resulted in patients routinely traveling from across the US and abroad seeking Dr. Nichols' assistance with hormone replacement therapy. We are all very proud of the work that he is doing, and excited for the journey that lies ahead!

"Wherever the art of medicine is loved, there is also a love of humanity"- Hippocrates