

Umbrine Fatima, MD, FACP, CPHIMS, an Internist with My Health 360

Get to know Internist Dr. Umbrine Fatima, who serves patients in Clarence, New York.



New York City, Jul 10, 2020 ([Issuewire.com](https://www.issuewire.com)) - Recognized as a reputable, board-certified internist, Dr. Fatima strives to help patients live their best and achieve their individual health and wellness goals. She is the owner & operator of My Health 360, a membership-based premier concierge internal medicine practice which also offers medical esthetic procedures in Clarence, New York.

Patients suffering from diabetes, high cholesterol, high blood pressure, arthritis, hormone imbalance, chronic pain, obesity, or other chronic conditions can turn to My Health 360 for premium care. A firm believer in taking a holistic approach to care, Dr. Fatima focuses on each patient as an individual instead of just treating their medical condition(s). She uses personalized, alternative, and lifestyle strategies were needed to enhance one's quality of life.

From health to wellness, the doctor and her team of skilled professionals offer the following services: aesthetics, concierge care, cosmeceuticals, deprescribing, genomic testing, hair products and treatments, iCARI Data Wallet, pain management, and weight management.

Aesthetics: Helping patients to look and feel rejuvenated using simple, minimally invasive solutions, Dr. Fatima and her expert esthetic team offer botox, fillers, herbal facial serums, hair loss treatments, and nonsurgical face-lifts. They strive to help each patient achieve desired effects, including tighter, lifted skin; younger looking skin; better facial symmetry; restored facial volume; and fewer skin creases and folds.

Concierge care: My Health 360 Concierge Care offers an old-fashioned direct patient-physician relationship with premium medical care at an affordable membership fee of \$1,500 per person per year, which entitles members up to four medical visits per year, including some lab tests. House visits, if deemed medically necessary, may be available for an additional cost.

Cosmeceuticals: Cosmeceuticals are cosmetic products and treatments with therapeutic properties that improve the look and health of one's skin well after their application. With a holistic and integrative approach to care, Dr. Fatima combines traditional medical treatments with alternative therapies to improve overall health and wellness. Utilizing cosmeceuticals, the goal is to help each patient meet their esthetic goals, while also caring for the underlying cause of their individual beauty concerns.

Deprescribing: Dr. Fatima and her colleagues offer deprescribing strategies to optimize medication regimens or reduce the number of medications patients take in favor of healthy lifestyle changes. They will review a patient's symptoms, medical history, medication list, and advise on possible interactions and adverse effects one may be experiencing with recommendations to deprescribe if needed. The goal of deprescribing is to maintain or improve quality of life.

Genomic testing: From a simple cheek swab, Dr. Fatima and her experienced team access copious amounts of genomic data (DNA makeup, biochemistry, metabolism, and more) and analyze broad or specific areas of concern. They deliver personalized, actionable information, providing patients with evidence-based roadmaps for effective dietary and lifestyle interventions based on their unique genetic and biochemical needs.

Pain management: Chronic pain management at My Health 360 involves treatments that ease long-lasting pain without addictive opioids or invasive surgery. Dr. Fatima reviews each patient's symptoms and medical history completes an exam and may use blood or imaging tests to diagnose the cause of their pain and develop personalized chronic pain treatments with a goal to restore quality of life naturally.

Weight management: Weight management at My Health 360 is a medically supervised program with proven success that helps patients achieve or maintain a desirable weight and lower their risk of chronic diseases. Alongside her team, Dr. Fatima uses sophisticated methods, including genomics-guided lifestyle modifications, to guide treatment decisions which may be based on hormone levels, food cravings, nutrient utilization, metabolism, thyroid function, biochemistry, and other genetic factors. By

doing so, she develops personalized diets and exercises plans to get patients on track with a healthy lifestyle.

With over two decades of experience in her field, Dr. Fatima earned her medical degree from DOW University of Health Sciences in Pakistan. Upon relocating to the United States, she completed her residency in internal medicine at NewYork–Presbyterian Queens.

Following her education, she became board-certified in internal medicine by the American Board of Internal Medicine (ABIM). The ABIM is a physician-led, non-profit, independent evaluation organization driven by doctors who want to achieve higher standards for better care in a rapidly changing world.

A physician informaticist with an extensive background in health informatics and data analytics consulting, Dr. Fatima is the President and Founder of Health Information Technology Consultants, Inc. She combines her clinical and informatics experience to help healthcare organizations implement technologies that balance best security practices and efficient clinical workflows with a focus on patient safety while minimizing physician burnout. To date, she has successfully led many health information technology projects to support business needs of healthcare organizations throughout North America.

Licensed to practice medicine in New York and Florida, Dr. Fatima is also the Medical Director of Capacity for Development of Mentally Disabled Adults through SASINC.org. She is a Fellow of the American College of Physicians (FACP) and a Certified Professional in Healthcare Information and Management Systems (CPHIMS).

Internal medicine is the medical specialty dealing with the prevention, diagnosis, and treatment of adult diseases. Physicians specializing in internal medicine are called internists. They manage and prevent common and complex diseases by providing comprehensive care and promoting overall well-being.

In addition to English, Dr. Fatima speaks Urdu and Hindi.

Learn More about Dr. Umbrine Fatima:

Through her findatopdoc profile, <https://www.findatopdoc.com/doctor/81722926> or through My Health 360, <https://myhealth360.net/pages/about-us>

About FindaTopDoc.com

FindaTopDoc is a digital health information company that helps connect patients with local physicians and specialists who accept your insurance. Our goal is to help guide you on your journey towards optimal health by providing you with the know-how to make informed decisions for you and your family.

Media Contact

Your Health Contact

clientservice@yourhealthcontact.com

Source : Umbrine Fatima, MD, FACP, CPHIMS

[See on IssueWire](#)