

Caroline Day, MD, ABAARM: Pioneering Integrative Family Medicine in Northport, Alabama

Embracing Integrative Medicine for Optimal Health



New York City, New York Jul 8, 2024 ([Issuewire.com](https://www.issuewire.com)) - A seasoned physician with 35 years of experience, Dr. Day opened Tuscaloosa Integrative Family Medicine in February 2017. Located in Northport, Alabama, the clinic marks the realization of her lifelong dream to establish a medical practice dedicated to providing top-quality primary care, chronic care, hormone therapy, and skin care services.

By blending traditional medical practices with innovative modalities such as bio-identical hormone therapy, nutritional supplements, and comprehensive patient education, Dr. Day empowers her patients to lead vibrant and healthy lives. Her unwavering commitment to preventive and integrative medicine sets her apart in the healthcare landscape.

A board-certified family physician, Dr. Day earned her medical degree from the prestigious University of Witwatersrand Medical School in South Africa in 1988. With a diverse background encompassing pediatrics, urgent care, psychiatry, and geriatric care, she honed her skills across various medical disciplines. Her pursuit of excellence led her to complete a Master's Degree in Family Medicine while managing a thriving private practice in Johannesburg, South Africa.

Having relocated to Tuscaloosa in 2002, she dedicated herself to her family before resuming her medical career. She successfully navigated the USMLE board exams and completed a rigorous residency program at the University of Alabama, culminating in her establishment of Tuscaloosa Integrative Family Medicine.

A stalwart advocate for longevity and vitality, Dr. Day obtained board certification in Anti-Aging and Regenerative Medicine (ABAARM) in 2015. In March this year, she completed a 2 year Fellowship in Anti-Ageing and Metabolic Medicine (FAAMM). She is actively involved in esteemed medical organizations including the American Board of Family Medicine, the American Medical Association, the Medical Association of Alabama, and the American Academy of Anti-Aging and Regenerative Medicine.

Beyond her medical practice, she finds joy in fostering a balanced life, spending cherished moments with her family of five, and engaging in activities like yoga, cycling, and baking. She is an active member of the Church of the Highlands and facilitates small groups for adult women, enriching the Tuscaloosa community with her compassionate care and unwavering dedication to holistic well-being.

Learn More about Dr. Caroline Day:

Through her findatopdoc profile,

<https://www.findatopdoc.com/doctor/513290-Caroline-Day-Family-Practitioner> or through Tuscaloosa Integrative Family Medicine, <https://www.tuscifm.com/dr-caroline-day-s-bio>

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Source : Caroline Day, MD, ABAARM

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