

Steven R. Bauer: Champion of Holistic Health and Innovation in Medicine

Delivering Cutting-Edge Anti-Aging Medicine, Bioidentical Hormone Replacement Therapy, Family Medicine, and Nutritional Guidance through Ballantyne Medical Associates® Charlotte Offices.



New York City, New York Jan 7, 2025 ([Issuewire.com](https://www.issuewire.com)) - Dr. Steven R. Bauer, a leading figure in family medicine and Anti-Aging Medicine, continues to make waves in the medical community with his patient-centered approach and dedication to holistic health. As the founder and managing member of Ballantyne Medical Associates®, Dr. Bauer has been serving the Charlotte community since March 2007, focusing on treating the whole person and considering the multifaceted aspects of each patient's life in his treatment decisions.

A cum laude graduate from North Carolina State University's pre-med program, Dr. Bauer completed his medical training at The New York Institute of Technology College of Osteopathic Medicine. He further honed his skills during his residency at Good Samaritan University Medical Center in New York, where he served as chief resident and later as a Dept. of Health HIV specialist. Earning board certification in Family Medicine/Osteopathic Medicine, Dr. Bauer has dedicated his career to improving patient health and wellness.

Dr. Bauer's expertise extends beyond traditional medicine; he is certified through Aesthetic Consulting & Training (ACT) to administer Botox Cosmetic injections, allowing his patients to enhance their appearance and boost their self-confidence. "It's more than just a physical change in my patients' experience," Dr. Bauer states. "They also have a renewed confidence and possess a more positive and healthy outlook."

In addition to Botox, Dr. Bauer is certified by Cynosure in advanced laser and light-based cosmetic procedures, including SculpSure, ICON, PicoSure, Pelleve, and Pellefirm. These cutting-edge treatments are part of Dr. Bauer's commitment to providing comprehensive care that combines aesthetic enhancements with overall health improvement. Under Dr. Bauer's guidance, Ballantyne Medical Associates has expanded their laser services and now owns and operates 8 separate and unique laser platforms to meet each patient's aesthetic needs.

Dr. Bauer has also become a pivotal figure in medical education, regularly training medical students, nurse practitioner students, and physician assistant students on a daily basis. His affiliations with prestigious institutions such as Eastern Virginia Medical School, East Carolina University, University of South Carolina, Meharry Medical College, Baylor University, The George Washington University, University of Colorado, The Alabama College of Osteopathic Medicine, Philadelphia College of Osteopathic Medicine, Wingate University, Chamberlain University of Chicago, Anderson University College of Health Professions, St. John Fisher University, Carson-Newman University, University of North Alabama, University of Alabama, Vanderbilt University, and NOVA Southeastern University reflect his commitment to advancing the next generation of healthcare professionals.

In his practice, Dr. Bauer emphasizes the importance of understanding a patient's history, asserting that "history is 90% of the diagnosis." This patient-first philosophy has not only distinguished him as a leading and sought-after medical practitioner but has also earned him accolades, including Charlotte Magazine's Top Doctors recognition (2017, 2018, 2020), The Charlotte Observer's Best Doctor 1st Place (2023, 2024), and a position among the Top Charlotte Family Medicine Physicians by Three Best Rated in 2024. Additionally, Ballantyne Medical Associates, PLLC was voted The Charlotte Observer's Best overall Medical Office and Best Primary Care Office in 2023 and 2024.

Dr. Bauer's commitment to medical research is equally impressive. As a Principal Investigator for numerous pharmaceutical companies, he has played a key role in the development and market introduction of numerous medications that enhance patient care. His expertise in human clinical research has led to the development of new pharmaceutical agents as well as significant FDA product label changes for medications such as Victoza, Ozempic, Rybelsus, Trulance, XOFLUZA, Veeva, and Dupixent, among many others.

Recognizing the opioid crisis that has affected many communities, Dr. Bauer earned a Federal X-number with a DW-100 waiver from the DEA in May 2015. This credential allows him to provide detoxification and treatment for patients struggling with opioid addiction, a cause he feels passionately about. "There is no better feeling than to be instrumental in helping save someone from this horrible crisis which affects so many across our Country," he explains.

In addition to his clinical work, Dr. Bauer serves as a founding board member of the Independent Physicians of the Carolinas (IPC) and is an active member of various professional organizations, including the North Carolina Medical Society, the American College of Osteopathic Family Physicians, the American Academy of HIV Medicine, and the American Academy of Anti-Aging Medicine. He also leads the 10-13 Club of Charlotte, supporting hundreds of retired and active police officers.

On a more personal note, Dr. Bauer enjoys international travel and wine tasting, with Italy and Jamaica being favorite vacation destinations. Passionate about animal rescue and welfare, he also has a love for sports, including football, lacrosse, and MMA. Professionally, Dr. Bauer values staying informed through publications from the American Academy of Family Physicians and the American Academy of HIV Medicine.

As Dr. Bauer continues to lead Ballantyne Medical Associates® into the future, he remains dedicated to improving the lives of his patients through innovative treatments, education, and compassionate care. His approach to medicine and medical education not only transforms physical health but also enhances the overall quality of life and well-being of those he serves.

Dr. Steven Bauer has developed Ballantyne Medical Associates 3 office locations into a comprehensive patient-centered medical home with the ability to meet and serve most all needs of its patients, including a separate Executive Health Membership program for individuals who desire an unrestricted access concierge medical experience.

Learn More About Dr. Steven Bauer:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2128401-Steven-Bauer-Addiction-Medicine-Specialist> or through Ballantyne Medical Associates®, <https://ballantynemedical.com/provider/steven-bauer/>

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Source : Dr. Steven Bauer

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