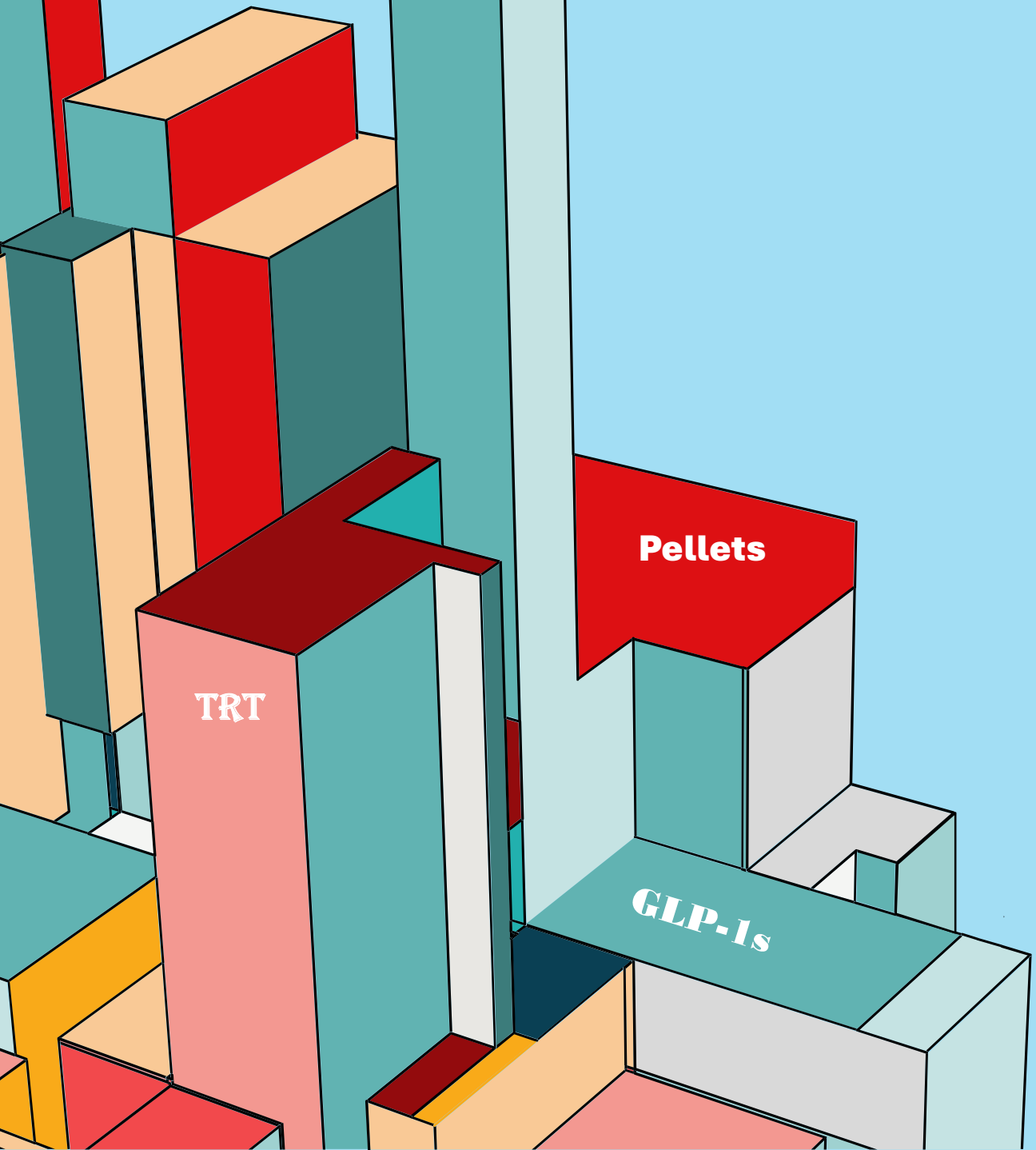
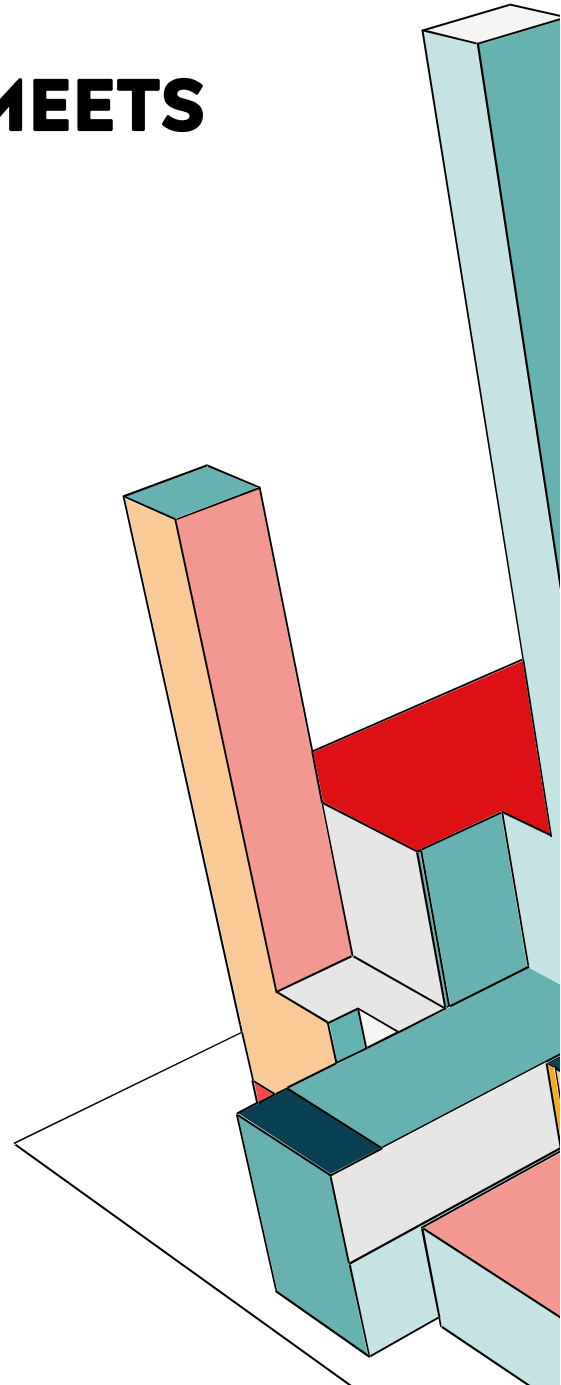


TRANSLATING OUTPATIENT CHAOS INTO INPATIENT CLARITY

HOSPITALISTS: WHERE OUTPATIENT MAYHEM MEETS INPATIENT REALITY.

- Functional medicine – where every symptom is a vitamin deficiency, mercury poisoning, "autoimmune" or a "gut imbalance."
- Moving normals – redefining lab reference ranges until everyone is abnormal.
- HRT for all – because who needs risk–benefit when you have Instagram wellness influencers?
- CGMs for the non-diabetic – turning glucose blips into existential crises.
- GLP-1s for the last 10 pounds – because nothing says "healthy" like a weekly injection for vanity weight.

If you see this, think this…



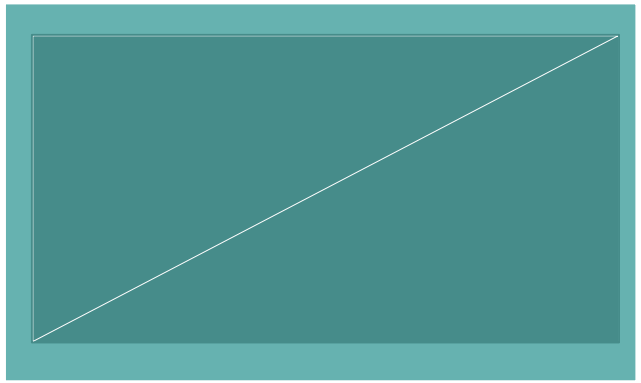
CORE CLAIMS OF FUNCTIONAL MEDICINE

FM practitioners say they go beyond symptom management to find the "underlying cause" of illness.

Often presented as *proactive* rather than reactive.

they may order dozens of labs to look for micronutrient deficiencies, gut microbiome changes, or "food sensitivities."

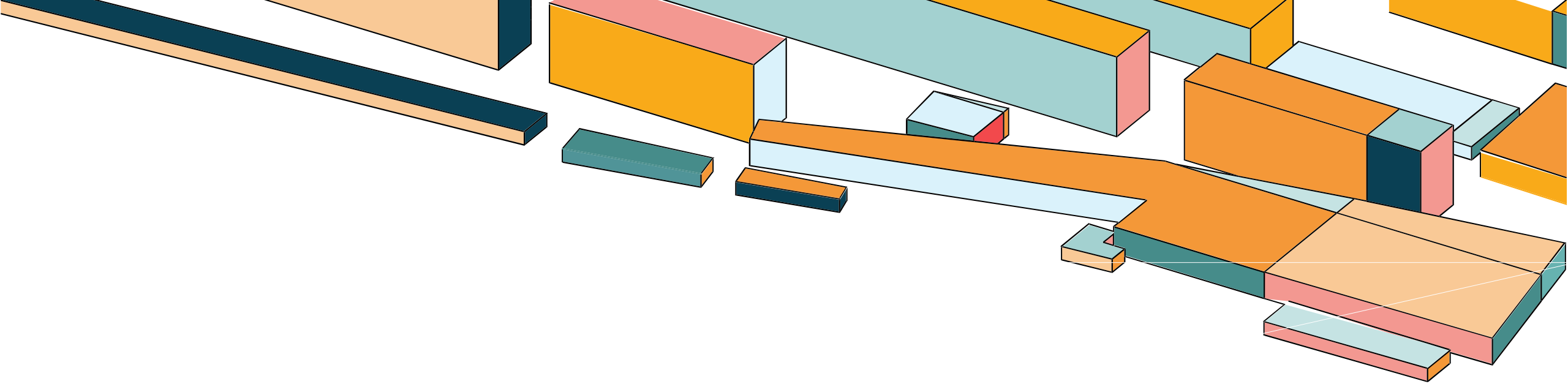
TYPICAL “PACKAGE” FM OFFERS PATIENTS



Revenue stream, not proven therapy

HRT turned into treatment business

Selling a “cleanse” for a liver that already works

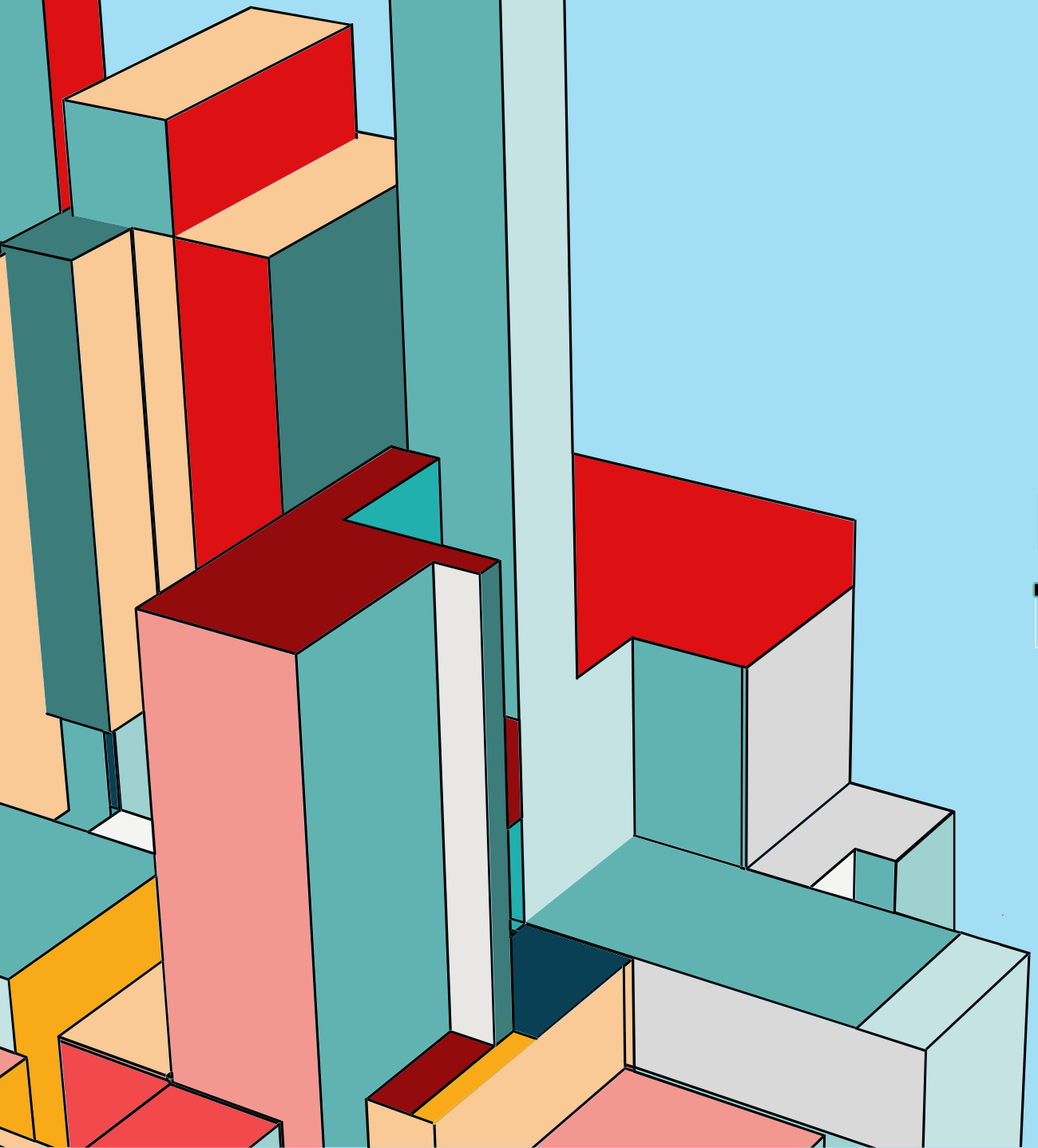


FUNCTIONAL MEDICINE – MORE LABS DON'T ALWAYS MEAN MORE CARE

Hormone zoomer
Gut zoomer

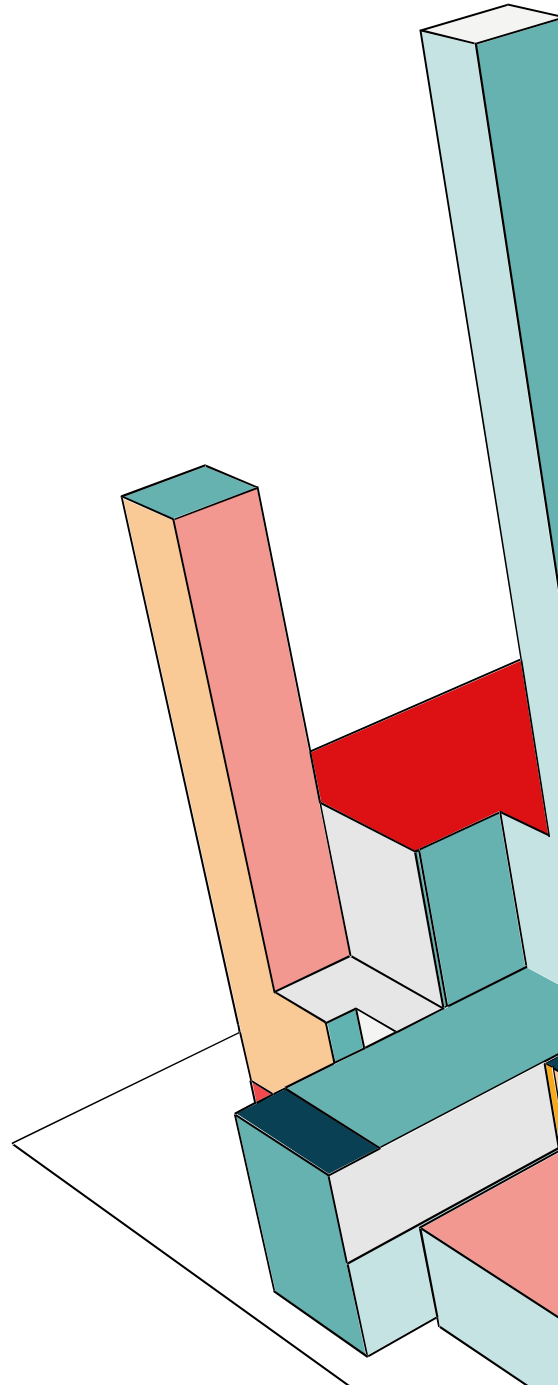
https://vibrant-wellness.com/

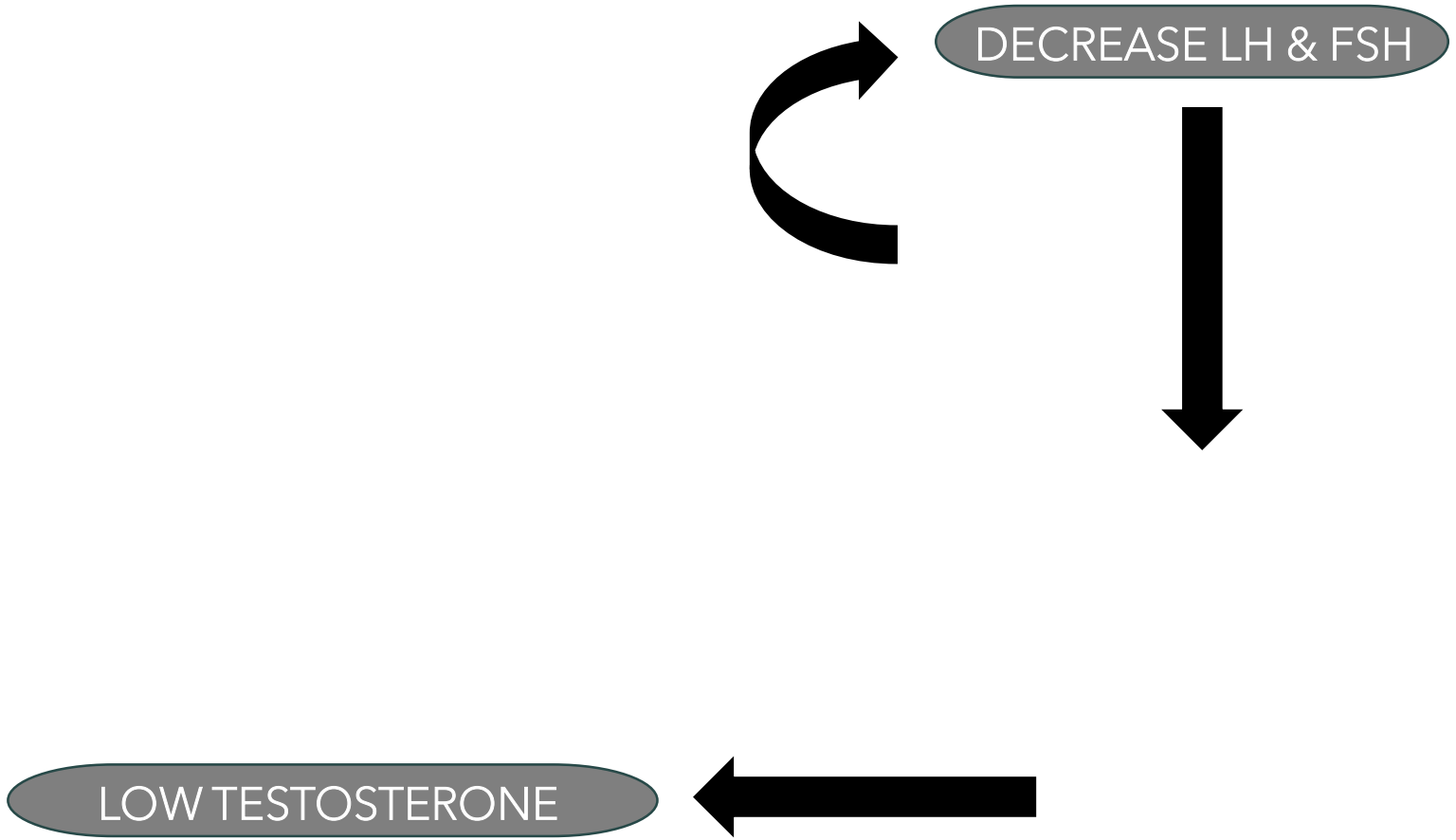
Hormone zoomer
Gut zoomer

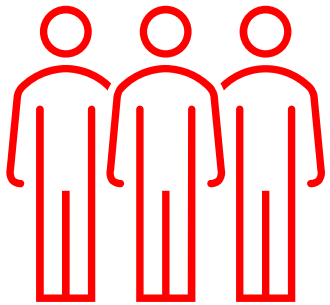


IF YOU SEE THIS, THINK THIS...

IF YOU SEE ELEVATED HCT > 54%, THINK

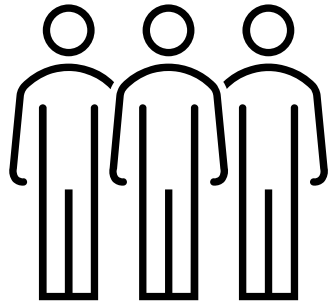



DECREASE LH & FSH
LOW TESTOSTERONE



5,842 men

MACE/VTE: 301, 5.15%



5,842 men

226, 3.87%

(Odds Ratio 1.35, 95% CI 1.13-1.61, p <0.001).

Ory J, Nackeeran S, Balaji NC, Hare JM, Ramasamy AR. Secondary Polycythemia in Men Receiving Testosterone Therapy Increases Risk of Major Adverse Cardiovascular Events and Venous Thromboembolism in the First Year of Therapy. J Urol. 2022 Jun;207(6):1295-1301. doi: 10.1097/JU.0000000000002437. Epub 2022 Jan 20. PMID: 35050717.

IF YOU SEE LIVER INJURY – CHOLESTATIC OR CELLULAR, THINK

PATIENTS OFTEN ASSUME ‘NATURAL’ MEANS SAFE, BUT THESE CAN BE JUST AS HARMFUL AS PRESCRIPTION DRUGS, IF NOT MORE SO BECAUSE THEY’RE UNREGULATED.

Supplements You Can Buy Online That Can Damage the Liver

Potent relaxation, sleep aid

Wellness, gut health, skin, immune support

Energy boost, weight loss

Thermogenic weight loss

Counteract skin aging

Hot flashes and night sweats

Lower cholesterol

All available online. “Natural” ≠ “Safe.” Linked to hepatitis, acute liver failure, or death (LiverTox).

IF YOU SEE ILEUS, NAUSEA AND VOMITING, THINK

GLP-1, GIP

ALSO...

SYMPTOMS OF
HYPERMAGNESEMIA

Cardiovascular

- Hypotension
- Bradycardia → arrhythmia/cardiac arrest

Skin/Autonomic

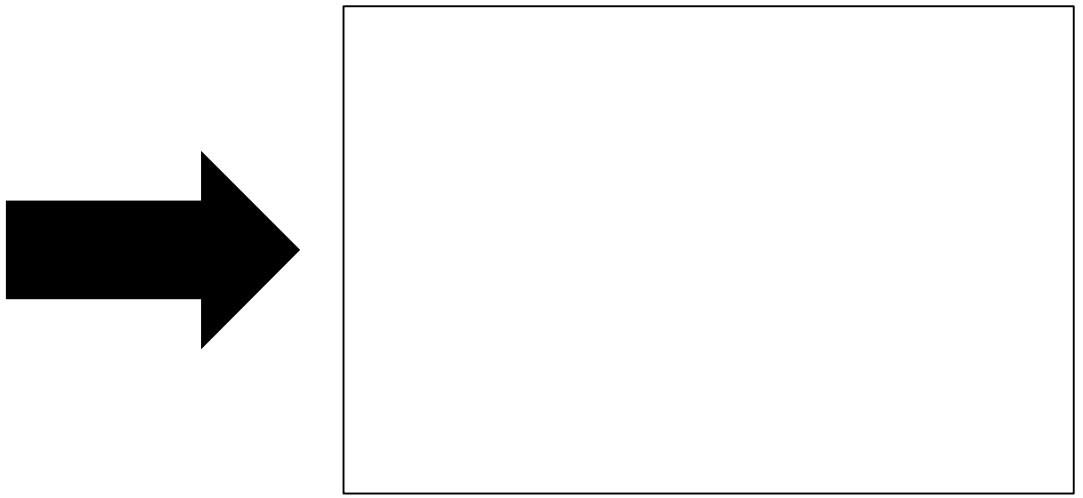
- Facial flushing
- Warmth, diaphoresis

Neuromuscular

- Flaccid muscle paralysis
- Diminished/absent reflexes

IF YOU SEE CALCIUM OXALATE STONES, THINK

IF YOU SEE SEVERE GI ILLNESS, SYSTEMIC INFECTION AND HUS, THINK



includes raw eggs and unpasteurized dairy

IF YOU SEE ATRIAL FIBRILLATION, THINK

IF YOU SEE UNEXPLAINED ACUTE RENAL FAILURE, THINK

acute oxalate nephropathy

particularly in those with predisposing factors like prior gastric bypass or recent antibiotic use, which increase intestinal oxalate absorption and risk of hyperoxaluria

IF YOU SEE COLITIS, RECTAL BURNS OR PROCTOCOLITIS, THINK

More severe outcomes, including septicemia and even death, have also been reported

IF YOU SEE SUBTHERAPEUTIC INR VALUES, THINK

IF YOU SEE UNPROVOKED DVT, THINK

IF YOU SEE,

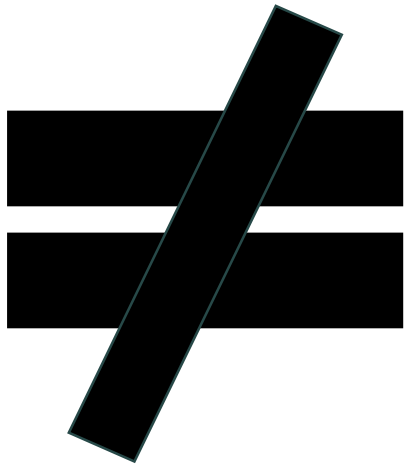
THINK

IF YOU SEE,

ASK ABOUT...

IF YOU SEE HYPERNATREMIA, THINK

IF YOU SEE CGM,



plasma glucose ≥200 mg/dL in the presence of classic symptoms of hyperglycemia (polyuria, polydipsia, unexplained weight loss)

IF YOU SEE CGM,

15 grams of glucose typically increases blood glucose by approximately 30-40 mg/dL in a non-diabetic patient. This estimate is based on the acute glycemic response observed in healthy individuals after ingestion of pure glucose, as described in clinical nutrition studies.

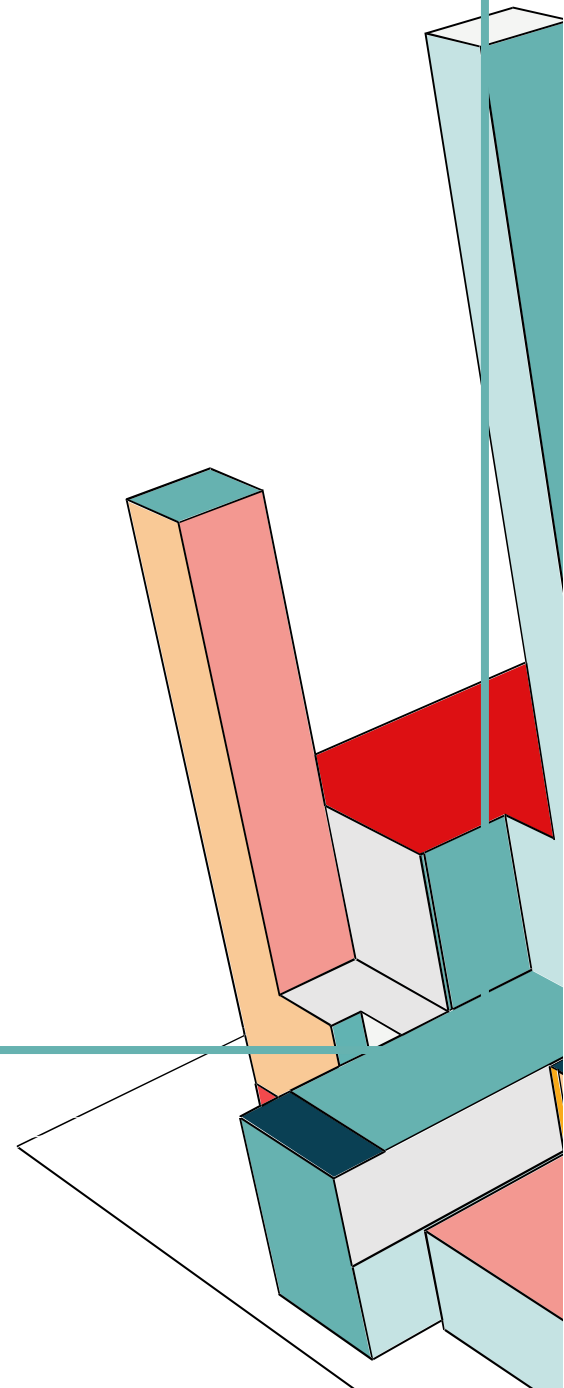
Delays in care

Overall survival of patients receiving **alternative medicine (solid lines)** vs conventional cancer treatment (dashed lines).

(A) all patients,
(B) breast,
(C) prostate,
(D) lung, and
(E) colorectal cancers.

Johnson SB, Park HS, Gross CP, Yu JB. Use of Alternative Medicine for Cancer and Its Impact on Survival. J Natl Cancer Inst. 2018 Jan 1;110(1). doi: 10.1093/jnci/djx145. PMID: 28922780.

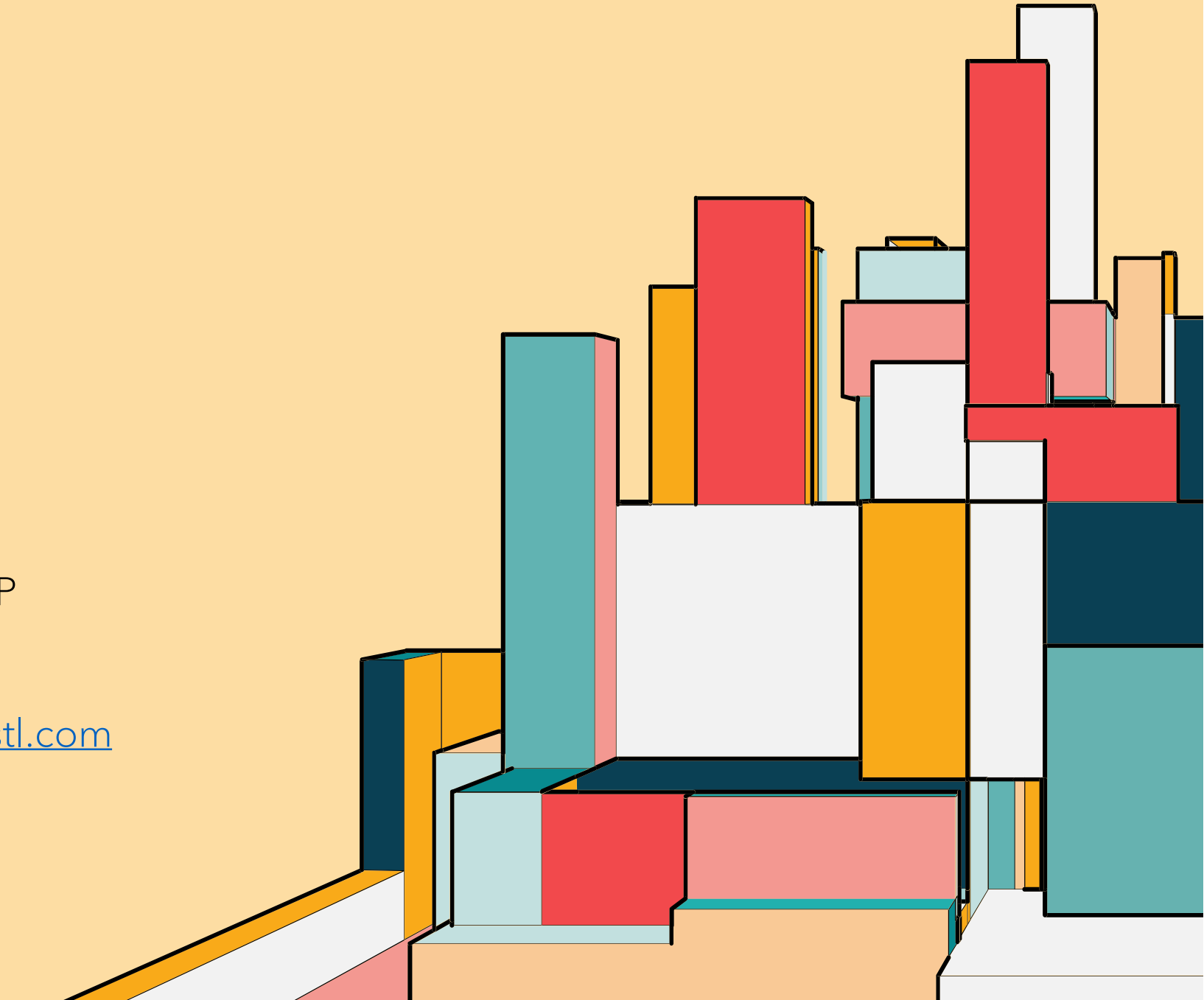
ENGAGING THE AUDIENCE



THANK YOU

Jacqueline Fairchild, MD FACP

Governor, MO ACP Chapter

Jfairchild@personalphysicianstl.com

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