



Mass Functional Medicine

www.massfunctionalmd.com

The practice focuses on resolving chronic and resistant diseases by integrating a Functional Medicine model. By distinguishing what is optimal from what is within the range of normal limits, and by integrating all the factors that may have contributed to the disease, Dr. Mass customizes a treatment plan for each patient.

Dr. Mass, is a French native, graduated from both the French Medical School and from the American Board of Family Medicine after completing his residency at Mercy Hospital in Pittsburgh, PA. With more than 35 years of clinical experience, and with an advantage from a double medical education, Dr. Mass acquired expertise in tick-borne diseases and in mold toxicity through the International Lyme and Associated Diseases Society (ILADS) and by the International Society of Environmentally Acquired Illnesses (ISEAI). He also participated in the Dr. Ritchie Shoemaker's physician training program in in-door toxicity.

Mass Functional Medicine believes that patients are best served with time from their doctor - a longer intake consultation at 90 min and follow up visits at 60 minutes. After a patient's appointment, Dr. Mass spends one hour writing the office visit note to process previous medical records provided to us, the new patient questionnaire, and considers the discussion with the patient. Sometimes, additional research is required to develop a custom comprehensive treatment protocol. Our practice consists of an experienced and efficient two-person staff. In addition to Dr. Mass, is one office manager familiar with all our patients, to answer questions and handle administrative operations, and a part-time admin. Dr. Mass and the office manager have daily briefing meetings at the end of the day, to discuss patient updates and requests. Responses to our patients will be delivered in a 24-36 hour window.

Dr. Mass' approach is to consider chronic diseases as the end-result of the effects of multiple factors, on an already weakened and/or overwhelmed body, by co-existing or pre-existing health issues. As opposed to acute diseases which

usually has only one cause. Rather, the focus is on the individual with his uniqueness made of a combination of multiple factors including genetic, biochemical, toxic, inflammatory, infectious, immunological, psychological, social, occupational, dietary factors etc... The approach is methodical and inquisitive at the search for root causes and aggravating factors.

Through continuous medical education Dr. Mass brings to clinical practice from cutting-edge medical research, new knowledge of conditions that may imitate Lyme disease that are not known to all infectious disease doctors. Like mold and heavy metal toxicities, environmental illnesses, porphyria genetic-induced detoxification pathway blockages, electro-magnetic frequency hypersensitivity, PANDAS and PANS, mast cell activation disorder, limbic system dysfunction etc....

A patient may have a positive Lyme disease test, but you may overlook the presence of toxic mold that may make you primarily sick; or may impede the effects of the Lyme disease treatment.

GOALS OF THE FIRST VISIT

- *Making the diagnosis of Lyme disease and co-infections.*
Based on clinical grounds (regardless of the blood test result, even in the case of a negative Lyme disease blood test). The first visit is spent by reviewing a Lyme disease screening questionnaire . This questionnaire is adapted from the Dr. Horowitz's Lyme disease questionnaire which has been extended to screen other conditions, often associated with Lyme disease or imitating Lyme disease like mast cell activation disorder, porphyria, mold toxicity etc...
- A typical Lyme disease patient complains of a few symptoms.
An extensive questionnaire pertaining to Lyme disease, almost all the time, finds at least ten more symptoms that the patient does not relate to Lyme disease. Cognitive disorders like memory impairment, difficulty focusing, psychological disorders like new onset of depression, anxiety, irritability, personality change, hormonal disorders, etc.. are most often not claimed by the patient as symptoms of Lyme disease. If some symptoms are more suggestive of Lyme disease than others, none of them can be diagnostic.

Their patterns and their associations with other symptoms from other body systems may, in turn, allude in a reliable fashion to Lyme disease.

- *Going through a full Lyme disease questionnaire takes at least 40 minutes and may be quite challenging for 10-15 minute medical visits, therefore the first consultation is scheduled for 90 minutes. This allows for a comprehensive discussion.* We found it very useful to send a questionnaire to review it prior to the visit. Dr. Mass will have, nevertheless, still have to spend one and a half hours to characterize a Lyme disease pattern and untangle all associated factors. Quite often, the diagnosis of Lyme disease can already be suggested with confidence by a well conducted positive Lyme disease questionnaire even in absence of blood test. It is, however, the absence of any other explanation despite an extensive workup along with a positive questionnaire that makes Lyme disease as the most likely diagnosis allowing treatment.
- Confirming the diagnosis of Lyme disease, in case of a positive Lyme disease blood test.

The serological blood test for Lyme disease is an indirect method because it is not based on culture or PCR. The Elisa and Western Blot tests, used to diagnose Lyme disease, only identify antibodies which are produced by the host's immune system; in response to exposure to *Borrelia Burgdorferi*, the bacteria that cause Lyme disease. In the same way a serological testing for measles, mumps, rubella or varicella is positive and will always be positive; *if there was a prior exposure or vaccination. A positive serological, blood serum, Lyme disease test only testifies of a past exposure and may always remain positive.*

Other conditions may imitate Lyme disease as well. Mold toxicity looks like Lyme disease. Mold toxicity is actually quite often associated with Lyme disease in the same patient. Mold may activate and aggravate Lyme disease and vice versa. Multiple chemical sensitivity, mercury toxicity, magnesium, and vitamin B deficiency may also share quite a few symptoms with Lyme disease.

We arrive at the paradox where about 50% of individuals who truly suffer from Lyme disease, have a false negative serological blood test for Lyme disease. While some others have positive Lyme disease test, but remain without symptom, or suffer from other conditions in combination with Lyme disease.

This is why a thorough screening questionnaire conducted by a physician familiar with Lyme disease is critical to making sense of a positive blood test.

For example, the patient may have a positive Lyme disease test and resist multiple courses of antibiotics because your problem may primarily be mold toxicity, for example. A positive Lyme disease test serology only testifies of a past history of tick bite carrying Lyme disease.

Only the analysis of all of your symptoms altogether, enables the doctor to attribute your current illness to a current and active Lyme disease. In addition:

- Looking for clues for mold and/or in-door toxicities
- Looking for other clues for associated health issues
- Reviewing previous tests and ordering tests

Please upload onto your portal all blood tests and testing you may have.

Documents that are uploaded less than 48 hours before the visit may not be reviewed at the time of the first visit. The first visit includes the review of your past medical history and of your previous tests that are supposed to take place prior to the visit to optimize the 90 minutes of the first visit. The first blood work checks for:

- Adrenal gland function
- Thyroid function
- Diabetes
- Immune system
- Mast cell activation syndrome
- Minerals (Magnesium, copper, zinc etc..) and vitamins
- Infectious diseases (Lyme disease and co-infections, but also mononucleosis, CMV, HHV-6, toxoplasmosis)
- Celiac disease

A urine test will check for routine analysis and for heavy metals. Depending on the clinical case, other tests may be added. Of note, the above blood and urine tests are covered by health Insurances.

Other tests that are not covered by Health Insurance may be added if needed. Usually, not at the first visit.

List of tests commonly performed at Mass Functional Medicine:

- Organic acid test (OAT)
 - Mycotoxin urine test (To check toxin from mold in urine)
 - ERMI (home mold self testing)
 - Heavy metals in urine after provocation with DMSA
 - Complete toxic check
 - Genomic analysis (interpreted by a genomic expert) The genomic Analysis enables to identify innate biochemical disorders explaining the blockages of certain detox pathways and therefore the resistance or the intolerance to the detox regimen.
- Excluding other causes to your symptoms.
Some tests or referrals may be ordered to rule out other medical conditions that may imitate Lyme disease.
 - Starting an initial basic treatment.
Because the primary goal of Dr. Mass is to build your resilience for you to remain healthy, in the long term, and not to rely on prolonged antibiotics or other treatment, the initial focus will be to replenish what is missing (vitamin or mineral deficiencies), support your health status by helping the cells components (mitochondria, etc...) and by detoxifying. It is not uncommon that a patient feels significantly better after detoxifying and the correction of vitamin, mineral or hormonal deficiencies. Antibiotics may not work if other health issues are not addressed. Depending on results, antibiotics or herbal therapy may be started.

One more reason to start by detoxifying is to avoid the occurrence of a Herxheimer reaction. **The Herxheimer reaction is believed to occur when dead bacteria release their toxins into the blood and tissues faster than the body can comfortably handle it. Opposite to the usual side effects, that are different from the initial patient's complaints, Lyme disease patients on antibiotics may experience a worsening of their Lyme symptoms.**

The modalities of treatment are eclectic by the blend of traditional medicine with holistic medicine. Most of the treatments used by Dr. Mass like any Health Food store are not FDA approved, but the object of intense comprehensive research by Dr. Mass and endorsed by other experts. The first treatment is usually limited to support the basic body needs and to

detoxify in order to optimize the antibiotic treatment and to avoid a Herxheimer reaction.

- List of modalities of treatment used by Dr. Mass
 - Antibiotics (ILADS protocol)
 - Dapsone protocol
 - Disulfiram
 - Clotrimazole for Bartonella
 - Herbal therapy
 - Essential oils
 - Pulsed electric-magnetic frequency
- Dr. Mass does not use in his office but endorses the use of:
 - Infrared sauna
 - Ion-cleanse
 - Ozone therapy
 - DNRS therapy

FOLLOW-UP VISITS

The follow-up visits will always aim:

- To address the root causes of what can cause or contribute to the patient's symptoms (search for Lyme disease and co-infections, mold and in-door toxicity, porphyria, mast cell activation disorder, limbic system dysfunction, PANS and PANDAS etc..)
- Confirming Lyme disease (Dr. Mass follows the ILADS's guidelines) Lyme disease will be diagnosed based on clinical grounds and by exclusion of all possible other medical conditions that could explain the symptoms and at best supported by the blood test. A negative blood test does not rule out Lyme disease. Disclosure and explanation of the Lyme disease controversy will be then explained. A pamphlet is also available.
- Treatment of Lyme disease (see above) and of all symptoms. The effects of the treatment should already be noticeable within the month either through improvement or through a Herxheimer reaction. **Dr. Mass**

does not recommend pursuing an ineffective treatment beyond one month. A visit would be justified to review treatment options. In case of antibiotic treatment, the treatment is only given for one month.

Monitoring the blood test may be necessary.

Please, book an appointment as soon as possible. If you think that you are progressing well and you only need a refill, you can request a 30-minute visit. Otherwise, a 60-minute visit would be more appropriate.

The treatment of Lyme disease is subject to a controversy. The CDC writes (<https://www.cdc.gov/lyme/postlds/index.html>): "Studies have not shown that people who received prolonged courses of antibiotics do better in the long run than people treated with placebo. Furthermore, long-term antibiotic or alternative treatments for Lyme disease have been associated with serious complications.....In the majority of cases, it is successfully treated with oral antibiotics".

The CDC, the IDSA (Infectious Diseases Society of America), the Health Department strongly recommend against the use of antibiotics after one Month.

ILADS (International Lyme and Associated Diseases Society) holds that Lyme disease is a chronic disease that may justify prolonged antibiotics. *Documentation from peer-reviewed medical literature to support ILADS's opinion is available upon request. [In New York State, there is a law that protects ILADS doctors to prescribe prolonged antibiotics and to refill antibiotics \(against the opinion of the CDC, the IDSA, the Board of doctors, the Health Department\) only if there is a written documented justification based on clinical assessment. **For this reason, no refill of antibiotics can be given without a visit.**](#)*

OTHER AREAS OF EXPERTISE

- HHV-6
Because the Human Herpesvirus-6 (HHV-6) infection is often associated with Lyme disease, Dr. Mass has developed expertise in HHV-6.
- Neuro-inflammation
Because cognitive disorders (brain fog, memory impairment, difficulty focusing, difficulty studying etc...) are quit common in Lyme disease patients, neuro-inflammation and its treatment became a center of interest in the

- practice
- PANDAS & PANS
Because PANDAS and PANS are also relevant to neuro-inflammation, Dr.

Mass, also treats these conditions and became a member of the PANDAS Physician Network (PPN).

- Mast Cell Activation Disorder, Porphyria
Also, because many of the Lyme disease symptoms are mediated by mast cells and through porphyria, Dr. Mass also treats mast cell activation disorder and porphyria.

APPOINTMENTS & PRICING

Initial 90 min consultation - \$700

The patient will be onboarded into our patient portal, in order to upload your medical records, previous labs and patient history for review. Prior to your first office visit, Dr. Mass will spend the necessary time reviewing your files and will continue to update your medical record with notes from your appointment after your visit.

Due to the length of time, new patient appointments of 90 minutes are limited and only offered only a few times a week.

USING THE PATIENT PORTAL BETWEEN APPOINTMENTS

The patient is asked to provide regular brief updates to the patient portal.

[Short questions will be replied to within 48 hours.](#)

The phone consultations can be scheduled through the patient portal.

[All other complex questions will be reviewed and discussed in depth with the patient in the follow up appointment.](#)

Follow-up appointments \$475

Follow up appointments are 60 minutes. Updates from the patient, through the patient portal since the last appointment, are vital for Dr. Mass' review of your health case to alter your health protocol for optimal results.

Follow-up appointment \$275

This 30 min appointment is for patients working with Dr. Mass long-term, who are self-directed and organized by providing regular updates through the patient portal 48 hours in advance of their scheduled appointment, are

tracking their own progress and keep an accurate health log that they bring to their appointment to take notes. These appointments are focused on one or two specific concerns.

Cancellation Policy

Mass Functional Medicine has a strict 72-hour cancellation policy.

[Effective January 1st, 2022 appointments will not be confirmed without a credit card on file. Any appointments canceled within the 3 day window will be charged the full amount.](#)

A patient or legal guardian must notify our office before 72 hours of their appointment, by leaving a voicemail and sending a text message that will be time stamped. A patient must notify our office if they would like to reschedule. The deposit is applied toward the cost of the patient appointment.

Benefits of consulting an ISEAI physician

ISEAI is a group of more than 200 physicians located all over the world expert in mold and in-door toxicity; and also in Lyme and associated diseases, usually expert in integrative medicine. The group works together on a daily basis through a group email where cases are discussed. Consulting any ISEAI physician enables a patient to benefit from a team work of top physicians and mold inspectors.

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