

ABOUT THE DOCTORS

Dorothy Cohen Serna, MD, CWP, FACP - Has been in private practice since 1998. She founded North Cypress Internal Medicine and Wellness, with the mission of providing superior, attentive and thoughtful care with a strong focus on Lifestyle Medicine and Wellness. Dr. Serna attended medical school at the University of South Florida and completed her Internal Medicine residency at Baylor College of Medicine in the Texas Medical Center in 1997. Dr. Serna is Board Certified by the American Board of Internal Medicine. She has attained Fellowship with the American College of Physicians and also is a Certified Wellness Practitioner. She is proud to serve as Chief Wellness Officer at North Cypress Medical Center Hospital and is a member in the Go Healthy Houston Task Force.

Dr. Serna and her husband Carlos have four children. She enjoys fitness activities, reading and trying to keep up with her children! She aims to be an excellent role model for the healthy lifestyles that are promoted in her medical practice.

Kelly M. Englund, M.D. Graduated from the University of Tennessee College of Medicine and completed her Internal Medicine residency in 2004 with the U.S. Air Force. She was formerly a staff physician at Lackland AFB's teaching hospital in San Antonio. Dr. Englund is Board Certified by the American Board of Internal Medicine. She and her husband, Chris live in the Cypress area and stay busy enjoying their two young girls. In her spare time, she enjoys reading, golfing and spending time with her family.

Lea Ann Jackson, F.N.P., M.P.H. Is a certified family nurse practitioner. She attended nursing school at UTMB in Galveston and received her Masters degree as a Nurse Practitioner and masters degree in Public Health at UTHSC in the Texas Medical Center. She is a native Houstonian. She enjoys spending time with her amazing family and being outdoors. She also enjoys reading about psychology, religion, and philosophy.

Stacey Gibilterra, F.N.P. - C Graduated from "Ole Miss" in 1993 and obtained her Masters degree and board certification as a nurse practitioner in 1997. She and her husband, Tommy, live with their two children in the Woodlands. Stacey enjoys reading, exercising and playing sports with her family.

OUR SERVICES INCLUDE

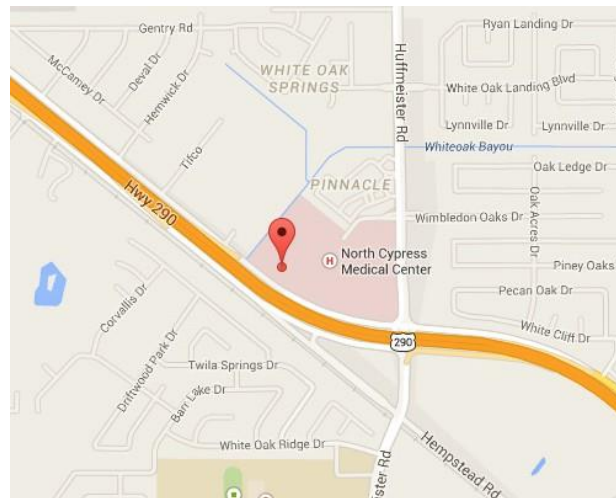
- Care for General Illnesses
- Preventative Medicine Counseling
- General Physical Exams
- Well-Woman Exams
- Wellness Coaching
- Hypertension
- Diabetes and Pre-Diabetes
- High Cholesterol
- Thyroid Disorders
- Weight Management

PROGRAMS

- Chronic Disease Management Program
- Wellness Coaching
- Diabetes Prevention Program (Coming Soon)
- Educational Seminars

LOCATION

**21216 Northwest FWY, Ste #420.
Cypress, TX 77429**



NORTH CYPRESS
Internal Medicine and Wellness
Live healthy, live well.



WHY CHOOSE US?

We bring Wellness into "Health Care" yet still provide "disease care" with a Team approach that includes YOU, our patients and clients.

Our mission is to Engage, Connect, Listen, Educate, Empower and Coach as part of an integrated approach to treatment that improves the Health, Wellness and overall Well-Being of our patients and community.

OUR VISION

We believe Wellness and Prevention should be an integral part of your routine medical care and that a Healthy Lifestyle can not only prevent disease but even help to treat chronic diseases - and help you feel better! We incorporate these principles into our overall treatment plans.

We hope our relationship with you is defined by your experience with us, how well we listen to you, how clearly we answer your questions and mostly, how we care for you!

Team Approach

We use a team approach to provide comprehensive health care and wellness services. Our team of physicians, nurse practitioners, wellness coaches, care managers, lifestyle medicine assistants and medical assistants all work collaboratively with you, our patient. This approach better equips you to accomplish your goals through coordinated, high quality care.

A New "Visit Type" – Lifestyle Medicine Clinic

Our schedule includes appointments that focus on healthy lifestyles and wellness. We help you in identifying your strengths and barriers and work with you in developing positive strategies, personalized goals and realistic action steps. This collaborative coaching approach improves your overall energy, health and well-being in a way that is meaningful to you.

[We emphasize healthy lifestyle changes to both prevent and manage chronic diseases.](#)

This approach is all about inspiring and empowering you to improve your health and wellness, and to be your best. Come experience this partnership and see what a difference it can make in your life, health and well-being!

OFFICE HOURS

MON - THU: 9 - 5 | FRIDAY: 9 - 2

We see all patients on an appointment basis.

Need a same-day appointment

Call early in the day if you have urgent needs, we will make every effort to accommodate you. The answering service takes all calls between noon and 2pm.

To Reschedule

Call in advance to reschedule your appointment and kindly provide 24 hours' notice. All no show appointments and appointments cancelled less than 24 hours in advance will incur a fee.

If the Office is Closed

A physician is always available for you, 24 hours a day. If you reach our answering service, you may have the doctor-on-call paged for you. After hours "call" is shared by board certified physicians in the local community. The doctor on call will discuss appropriate treatment plans with you. If you have an emergency, go to the nearest emergency room or call 911. In other circumstances, please call to determine the best course of action.

FEES AND PAYMENTS

We are providers for most major insurance plans, including Medicare. The staff will be glad to handle billing for those insurance companies with which we participate. Co-pays and deductibles are due at the time of service as well as fees for services not covered by insurance, unless prior arrangements have been made. All fees are ultimately the patient's responsibility.

CONTACT

Site: www.northcypressinternalmedicine.com
 E-mail: info@northcypresswellness.com
 Phone: 281 - 807 - 5300
 Fax: 281 - 807 - 5311

WELLNESS COACHING

YOUR BRIDGE BETWEEN "WANTING IT" AND "DOING IT"

We will help guide you to reach your goals, whether you aim to lose weight, live a healthier lifestyle, improve your eating habits, become more active, manage your stress, address other roadblocks, or just improve your overall wellness in any way that is meaningful to you.

LOSING WEIGHT AND BEING WELL FOR GOOD

We welcome the opportunity to help you with your weight management efforts. Weight loss is integral in the management - AND PREVENTION - of many medical conditions, including diabetes, high blood pressure, high cholesterol, sleep apnea and the metabolic syndrome.

Our Coaching Program will help you to lose weight. We will also help you to feel better, have more energy, manage your health by positive lifestyle choices and learn to get rid of bad health habits for good.

Our recommended schedule for coaching visits is one visit weekly for the 1st month, one visit every other week for months 2 through 6, then monthly maintenance visits. This schedule is flexible as some clients may prefer more frequent visits than others. We will try to accommodate your schedule while encouraging you to make a strong commitment to making your improved health a top priority.

We create an environment of open conversation that facilitates the process whereby you move toward your desired goals in a fulfilling manner. Live healthy, live well!

OUR WELLNESS COACH

Ursula M. Waheed-Hutter, Mag.(FH). A certified health and wellness coach and personal trainer with a degree in health management. She is dedicated to help you achieve your health and wellness goals. Coach Ursula spent her career broadening her knowledge in various health topics in Europe, and is committed to supporting others in helping them achieve a balanced healthy lifestyle.

Weight loss? Healthier Lifestyle? A Healthier You? Consider our Wellness Coaching Program! Coach Ursula is a native Austrian who loves spending time outdoor and traveling.

