



DR. ANDREA BRETAL MD

MEDICAL DIRECTOR

WESTON MEDICAL HEALTH AND WELLNESS

1605 Town Center Blvd., Ste. D, Weston, FL 33326

954-389-1800 | www.westondiet.com

What excites you the most about recent developments in health care?

What excites me most is the shift toward proactive and personalized medicine — moving away from treating disease only after it appears and instead focusing on optimizing health long before symptoms begin. The integration of longevity science, metabolic medicine, peptide therapy, and advanced diagnostic tools allows us to understand each patient at a much deeper level. We now have the ability to identify patterns, deficiencies, and risks early, and to create treatment plans that actually change the trajectory of someone's health and aging. That is incredibly empowering for both patients and physicians.

What do you find growing in popularity among your patients?

Patients today are increasingly drawn to holistic longevity care. They're asking about ways to increase energy, lose stubborn weight, balance hormones, improve sleep, and support brain health. I see a significant rise in interest in GLP-1 therapies, peptide protocols,

metabolic optimization, red-light therapy, molecular hydrogen therapy, and targeted supplementation. People don't just want to live long; they want to feel strong, sharp, mobile, and independent as they age. That mindset is growing rapidly.

What are the key differentiators of your offerings and services?

Our practice combines traditional evidence-based medicine with the most advanced longevity and metabolic therapies available today. What truly sets us apart is a personalized approach. Every treatment plan is tailored through detailed evaluations, continuous follow-up, and a strong doctor-patient relationship.

We also integrate technologies such as body composition analysis, peptide protocols, red-light therapy, hydrogen therapy, weight-optimization programs, and functional medicine testing under one roof. We're small by design, which allows us to offer a high-touch, concierge-style experience with the warmth and continuity that larger practices often lack.