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Melissa Trotman, CRNP

Nurse Practitioner, Institute of Functional Medicine

Melissa is a Nurse Practitioner with 15 years of experience and certification by the Institute for Functional Medicine. She is committed to preventing and reversing chronic disease by treating the root causes of illness. She strives to both educate and heal her patients, empowering them to live better and healthier lives. Melissa welcomes people seeking care for a chronic disease or people working on disease prevention. Her special areas of focus are heart disease, hypertension, thyroid disease, diabetes or insulin resistance and gastrointestinal disorders. She is excited to offer special services to women with breast cancer or a history of breast cancer.

Chronic diseases including digestive disorders, hypertension, diabetes & thyroid disease are very responsive to a personalized Functional Medicine approach. People can often stop the progression of disease and in some cases even reverse disease.

Melissa provides care for women who are currently going through breast cancer treatment by supporting them through the many difficult decisions they have to make regarding their cancer treatment. Treatment will address minimizing the side effects of chemotherapy and radiation and helping the body heal after these treatments and surgery. Once conventional cancer treatment has been completed, we work on a comprehensive plan to restore vitality and reduce the risk of a reoccurrence of cancer.

To learn more about Melissa's practice or to schedule an appointment, see vitalyoufm.com