

Florida Doctor Warns of Growing Risks in the Anti-Aging and Hormone Industry

As unregulated clinics and mail-order treatments flood the market, Dr. Christopher Senger, M.D. expands physician-led care across nine Florida locations.

TAMPA, FL, UNITED STATES, August 6, 2026 /EINPresswire.com/ -- The anti-aging and [hormone optimization](#) industry is booming — and according to one Florida physician, that boom has a dark side. Prescriptions issued after two-minute online questionnaires. Hormones shipped in unmarked vials with no laboratory monitoring. Injectables administered in strip-mall storefronts where no doctor is present. Clinics bought and flipped by investment groups where treatment plans are shaped by sales quotas rather than medical judgment.



Chief Medical Officer, Dr.Senger Injecting Dermal Filler

“

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*Dr. Christopher Senger, M.D.,
Owner and Chief Medical
Officer*

"Patients are being treated like transactions," said Dr. Christopher Senger, M.D., owner and Chief Medical Officer of Refresh – Aesthetics & Wellness. "Somewhere along the way, an entire industry decided the physical exam was optional. Hormone therapy without bloodwork is not medicine. A prescription from someone who has never met the patient, never reviewed their labs, and will never see them again is not care. It is commerce wearing a white coat."

The concerns are not theoretical. Federal and state regulators have increased scrutiny of compounded medications, telehealth prescribing practices, and medical spa oversight in recent years, as complaints tied to

counterfeit products and inadequate supervision have grown alongside consumer demand for

longevity and wellness treatments.

Against that backdrop, Refresh – Aesthetics & Wellness has taken the opposite path — and it is expanding. The family-owned, [physician-led](#) practice now operates nine locations across Florida: Wellington, St. Petersburg, Brandon, Palm Harbor, Tampa, Jupiter, Port St. Lucie, Vero Beach, and Fort Lauderdale, serving communities from Tampa Bay to the Treasure Coast to Broward County. More than 100,000 patients have been treated across the practice's Florida offices.

Every anti-aging and hormone optimization plan at the practice begins the same way: comprehensive diagnostic bloodwork, an in-person consultation with a medical provider, and a treatment protocol built on the patient's actual laboratory data — followed by ongoing monitoring as therapy progresses. Candidacy is determined individually, and results vary by patient.

"The blueprint is not complicated. It is just harder," Dr. Senger said. "Draw the labs. Sit with the patient. Examine them. Build the plan around their biology, not around a promotion. Then follow them over time and adjust. That is how medicine has always worked. The industry abandoned it because shortcuts scale faster — but shortcuts with someone's endocrine system have consequences."

Dr. Senger, a physician with extensive experience in aesthetic, wellness, and longevity medicine, personally oversees clinical operations across all nine locations — a structure he credits to the practice remaining family-owned at a time when much of the industry has consolidated under private equity ownership.



Dr. Senger with Refresh - Aesthetics & Wellness Team Members



Chief Medical Officer Dr. Christopher Senger Teaching The Importance of Injection Technique

"When investors own the clinic, the patient stops being the customer and becomes the product," he said. "This practice answers to families, not a fund. The team built across these nine offices — the injectors, the laser specialists, the medical providers — was assembled around one standard: treat every patient like a member of the family, because that is exactly what they become."

The practice's expansion reflects growing patient demand for a supervised alternative to mail-order and discount models. Refresh – Aesthetics & Wellness is LegitScript Certified, an independent third-party verification of its licensure, sourcing, and compliance practices.

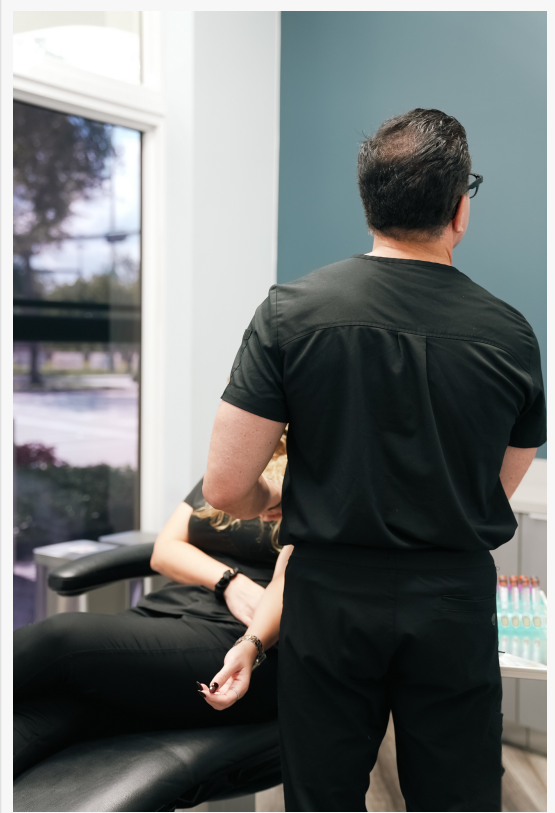
The expanded programs include physician-directed evaluation of age-related hormonal changes, metabolic and wellness laboratory panels, and individualized protocols administered under continuous medical supervision — all delivered in person, at a location near the patient's own community.

"People deserve to age on their own terms, with a doctor in their corner who actually knows them," Dr. Senger said. "That is what this expansion is about. Not more locations for the sake of locations — more places where patients can get the care they should have been getting all along."

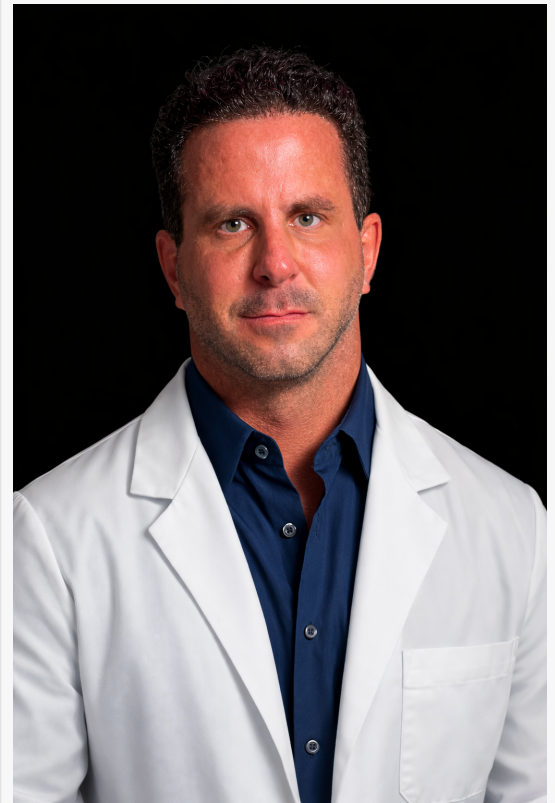
[Consultation information](#) is available at refreshmedical.com or through any of the practice's nine Florida offices.

About Refresh – Aesthetics & Wellness

Refresh – Aesthetics & Wellness is a family-owned, physician-led medical aesthetics and wellness practice with nine Florida locations, operating under the clinical direction of Dr. Christopher Senger, M.D. The practice provides in-person, lab-backed medical aesthetics, anti-aging, and wellness care. "Still you. Just Refreshed."



Dr. Senger performing a Phlebotomy for an Anti Aging Program



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