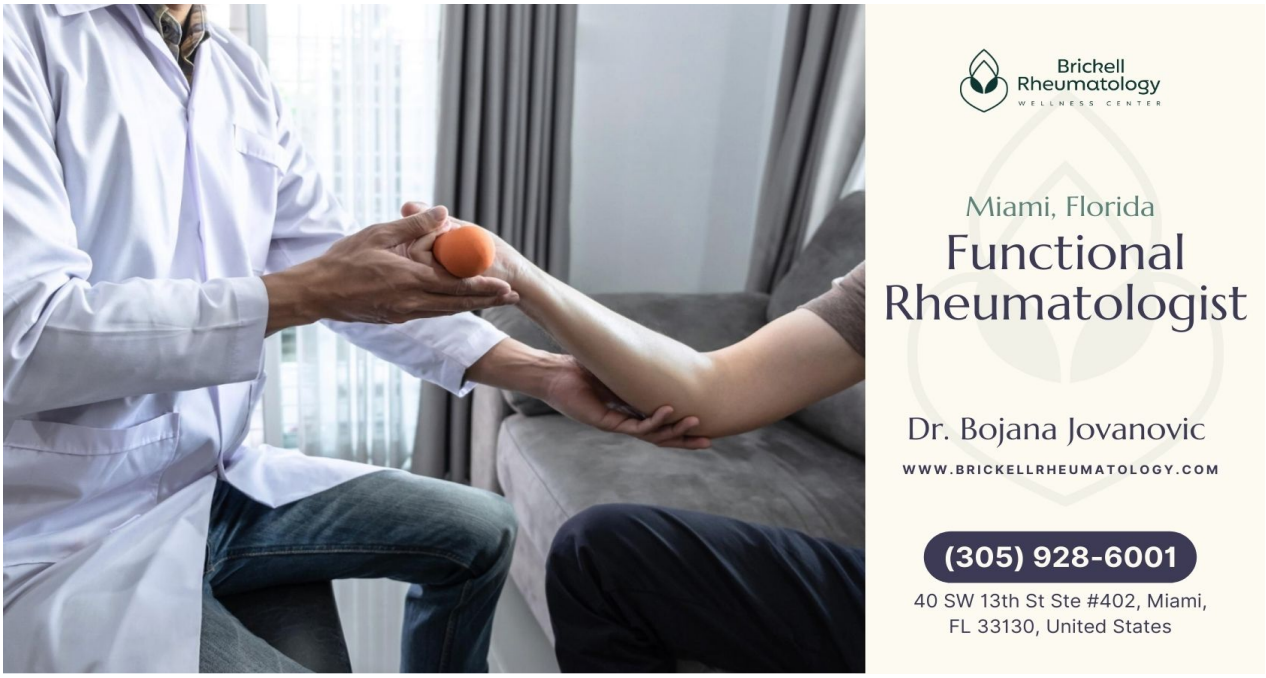


Miami Rheumatology Practice Expands Access to Functional Medicine Approach as Demand for Root-Cause Care Grows

December 09, 2025

MIAMI, FL - December 09, 2025 -
As more patients seek alternatives to traditional symptom-management approaches, Brickell Rheumatology Wellness Center is joining a nationwide trend of medical practices that integrate functional medicine principles with conventional specialty care.

The Miami-based practice represents a growing shift in how rheumatologists address chronic inflammatory and autoimmune conditions. Rather than focusing solely on symptom suppression, the integrated approach examines underlying factors that may contribute to disease progression?including nutrition, environmental exposures, sleep quality, and stress management.

To increase accessibility during the holiday season, the practice is offering 10% off comprehensive functional medicine evaluations for the first 10 patients who schedule appointments from December 10 to 24, 2025.

This initiative reflects growing patient demand for healthcare that investigates the root causes of chronic conditions. According to the Institute for Functional Medicine, searches for functional medicine practitioners have increased substantially over the past five years, particularly among patients with autoimmune conditions and chronic inflammatory diseases who have not achieved adequate relief through conventional treatment alone.

"We're seeing patients who have been managing symptoms for years without understanding what's driving their condition," said Dr. Bojana Jovanovic, a board-certified rheumatologist who completed additional certification in functional medicine through the Institute for Functional Medicine. "Many have been told their lab work is normal, yet they're still experiencing significant pain, fatigue, and inflammation that impacts their daily lives."

The functional medicine model differs from conventional specialty care in several key ways. Practitioners conduct extensive reviews of patient history, environmental factors, nutrition, sleep patterns, and stress levels?elements that may contribute to autoimmune and inflammatory conditions but are often not addressed in standard rheumatology appointments due to time constraints.

Dr. Jovanovic's interest in functional medicine began after her own significant health challenge led her to investigate how lifestyle factors influence disease progression and recovery. That personal experience informed her current clinical approach, which now applies both conventional rheumatology and functional medicine principles in treating conditions including rheumatoid arthritis, lupus, Sjögren's syndrome, and gout.

The practice reports that typical functional medicine visits last 60-90 minutes, compared to the 15-20 minute standard for conventional specialty appointments. This extended timeframe allows for detailed discussion of factors that may influence inflammatory and autoimmune conditions. Treatment plans may include dietary modifications, movement therapy, stress management protocols, and, when necessary, conventional medication.

This approach addresses a common frustration among patients with chronic conditions: feeling heard and understood within a healthcare system that often prioritizes efficiency over comprehensive evaluation. The longer appointment format allows practitioners to examine the interconnected factors that may contribute to disease activity.

Dr. Jovanovic holds board certification in Internal Medicine and Rheumatology in addition to her functional medicine certification from the Institute for Functional Medicine (IFM), one of the primary organizations training healthcare providers in this integrative approach.

The seasonal promotion aims to make comprehensive evaluations more accessible to patients who may

have delayed seeking care due to cost concerns or who want to start the new year with a fresh approach to managing their chronic conditions.

Interested patients can contact the practice at (305) 928-6001 or info@brickellrheumatology.com. The clinic is located at 40 SW 13th St, Suite 402, Miami, FL 33130, and operates Monday through Friday from 9:00 am to 3:00 pm.

About Brickell Rheumatology Wellness Center

Brickell Rheumatology Wellness Center provides rheumatology care with functional medicine integration. Dr. Bojana Jovanovic is board-certified in Internal Medicine and Rheumatology and holds certification from the Institute for Functional Medicine (IFM).

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For more information about Brickell Rheumatology Wellness Center, contact the company here:Brickell Rheumatology Wellness CenterDr. Bojana Jovanovic(305) 928-6001info@brickellrheumatology.com40 SW 13th St Ste #402, Miami, FL 33130, United States

Brickell Rheumatology Wellness Center

Brickell Rheumatology Wellness Center provides compassionate, comprehensive, and personalized care by combining the science of Rheumatology with the principles of Functional Medicine.

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