

Choosing a Physician-Led Peptide Therapy Doctor in NYC

A Patient Guide to Medical Oversight, Safety, Evaluation, Labs, and Treatment Decisions

Last updated October 13, 2026 · Medically reviewed by Saul F. Maslavi, MD

Peptide-based care has attracted increasing attention in New York City, particularly among patients interested in metabolic health, medical weight management, recovery, hormone-related concerns, and individualized wellness.

But choosing a peptide therapy provider should involve more than comparing products, prices, or online claims.

Peptide therapy may involve prescription medications, compounded medications, or treatments with different levels of clinical evidence and regulatory status. Patients should understand who is making the medical decision, how eligibility is evaluated, what is being prescribed, and how treatment will be monitored.

At PeptideDoc in Bayside, Queens, peptide-related care is physician-led by **Saul F. Maslavi, MD**, a board-certified Family Medicine physician with more than 25 years of medical experience. PeptideDoc serves patients from New York City and the Tri-State area through its Bayside medical location.

- ✓ Physician-led care
- ✓ Bayside, Queens medical location
- ✓ Individualized medical evaluation
- ✓ Board-certified Family Medicine physician
- ✓ Serving NYC and Tri-State patients
- ✓ Consultation does not guarantee treatment eligibility or prescription

1. Start With the Physician, Not the Peptide

One of the most important questions a patient can ask is: **Who is medically responsible for my evaluation and treatment?**

Peptide therapy should not begin with selecting a product from an online catalog. It should begin with a medical evaluation. An appropriate evaluation may consider:

- ✓ Current health concerns and goals
- ✓ Medical history
- ✓ Prescription medications
- ✓ Supplements
- ✓ Allergies
- ✓ Previous treatments
- ✓ Relevant laboratory findings
- ✓ Risk factors
- ✓ Contraindications
- ✓ Whether treatment is medically appropriate

At PeptideDoc, Dr. Maslavi oversees medical evaluations, individualized treatment decisions, monitoring, and follow-up care for eligible patients.

A consultation should determine whether a treatment is appropriate—not simply confirm a treatment a patient has already decided to purchase.

2. Understand the Difference Between FDA-Approved and Compounded Medications

FDA-approved medications have undergone review by the U.S. Food and Drug Administration for safety, effectiveness, and quality for their approved uses.

Compounded medications are different. **Compounded medications are not FDA-approved.** The FDA explains this in its [compounding questions and answers](https://www.fda.gov/drugs/human-drug-compounding/compounding-and-fda-questions-and-answers)  (<https://www.fda.gov/drugs/human-drug-compounding/compounding-and-fda-questions-and-answers>) and its [human drug compounding resources](https://www.fda.gov/drugs/guidance-compliance-regulatory-information/human-drug-compounding)  (<https://www.fda.gov/drugs/guidance-compliance-regulatory-information/human-drug-compounding>).

Compounded medications may be considered for certain patients when clinically appropriate. They should not be represented as FDA-approved generic equivalents simply because they contain a similar active ingredient.

Questions patients should ask

- ✓ Is this medication FDA-approved?
- ✓ What condition is it approved to treat?
- ✓ Is the proposed use on-label or off-label?
- ✓ Is the medication compounded?
- ✓ Why is a compounded medication being considered?
- ✓ Where is the medication prepared?
- ✓ What alternatives are available?
- ✓ What are the known risks and uncertainties?

3. Ask Whether Laboratory Testing Is Appropriate

Not every patient requires the same laboratory testing. Laboratory testing may sometimes help a physician understand metabolic health, risk factors, treatment suitability, and response to therapy.

When clinically appropriate, testing may include:

- ✓ Blood glucose and metabolic health
- ✓ Kidney function
- ✓ Liver function
- ✓ Lipid levels
- ✓ Hormonal status where clinically relevant
- ✓ Other measurements based on medical history and proposed treatment

Why is this test being ordered, and how will the result affect my treatment decision?

Laboratory testing should be clinically driven. It should not be used merely to justify a predetermined treatment package.

4. Be Cautious of One-Size-Fits-All Peptide Protocols

Patients with similar goals can have very different medical histories, medication profiles, risk factors, and contraindications. PeptideDoc does not use a one-size-fits-all peptide protocol.

Patients should be cautious of providers that appear to offer:

- The same peptide combination to nearly everyone
- Treatment without meaningful medical evaluation
- Guaranteed results
- Extremely broad claims covering unrelated medical conditions
- Prescription medication without clearly identified physician oversight
- Minimal discussion of risks, contraindications, or alternatives

5. Ask About the Evidence Behind a Proposed Treatment

The term “peptide therapy” covers very different substances and treatment categories.

- Some peptide-based medications have undergone FDA review for specific indications.
- Some medications may be used off-label under physician judgment.
- Some compounded peptide substances have more limited evidence.
- Regulatory status and evidence should be discussed for the specific medication being considered.

The FDA has published information on **certain bulk drug substances used in compounding that may present significant safety risks** [↗ \(https://www.fda.gov/drugs/human-drug-compounding/certain-bulk-drug-substances-use-compounding-may-present-significant-safety-risks\)](https://www.fda.gov/drugs/human-drug-compounding/certain-bulk-drug-substances-use-compounding-may-present-significant-safety-risks).

What specific medication is being considered, what evidence supports its use for me, what is its regulatory status, and what are the known and unknown risks?

6. Understand the Special Issues Around Compounded GLP-1 Medications

Medical weight management is another area where regulatory distinctions matter.

- FDA-approved GLP-1 medications exist for specific indications.
- Compounded versions are not FDA-approved.
- Patients should understand sourcing, formulation, dosing, and administration.
- FDA-approved options should be considered when medically appropriate.

Read the FDA's **concerns with unapproved GLP-1 drugs used for weight loss**

[↗ \(https://www.fda.gov/drugs/postmarket-drug-safety-information-patients-and-providers/fdas-concerns-unapproved-glp-1-drugs-used-weight-loss\)](https://www.fda.gov/drugs/postmarket-drug-safety-information-patients-and-providers/fdas-concerns-unapproved-glp-1-drugs-used-weight-loss) and its **information on medications**

containing semaglutide [↗ \(https://www.fda.gov/drugs/postmarket-drug-safety-information-patients-and-providers/medications-containing-semaglutide-marketed-type-2-diabetes-or-weight-loss\)](https://www.fda.gov/drugs/postmarket-drug-safety-information-patients-and-providers/medications-containing-semaglutide-marketed-type-2-diabetes-or-weight-loss). PeptideDoc also explains **semaglutide** and **tirzepatide** care in more detail.

At PeptideDoc, **medical weight-management** decisions are made following physician evaluation rather than through automatic online medication fulfillment.

7. Monitoring Should Continue After Treatment Begins

Physician oversight should continue after treatment starts. Depending on the therapy and patient, follow-up may consider:

- ✓ Symptoms
- ✓ Treatment response
- ✓ Changes in health status
- ✓ Whether treatment should continue, change, or stop
- ✓ Side effects
- ✓ Relevant laboratory findings
- ✓ New medications

What happens after I start treatment, and who do I contact if I experience a problem?

8. Red Flags Patients Should Recognize

- Guaranteed weight loss, muscle growth, anti-aging, recovery, or other outcomes
- Claims that all peptide therapies are FDA-approved

- Describing compounded medications as FDA-approved generics
- Prescription medications offered without an appropriate medical evaluation
- No clearly identified prescribing clinician
- Inability to explain a medication's regulatory status
- Minimizing possible side effects
- No meaningful review of health history or current medications
- Identical protocols for nearly every patient
- Pressure to purchase medication before treatment eligibility is determined

9. Questions to Ask a Peptide Therapy Doctor

Use these questions when comparing providers. More general questions are answered on our [peptide therapy FAQs](#) page.

1. Who will evaluate me and make the prescribing decision?

Patients should be able to name the physician responsible for their evaluation and any prescription. At PeptideDoc, Saul F. Maslavi, MD oversees medical evaluations, treatment decisions, monitoring, and follow-up care.

2. Is the physician licensed to practice where I am located?

A prescribing physician must be licensed in the state where care is provided. Dr. Maslavi is licensed to practice medicine in New York and Florida, and PeptideDoc sees patients at its Bayside, Queens medical office.

3. Is the proposed medication FDA-approved?

Ask whether the specific medication is FDA-approved, what condition it is approved to treat, and whether the proposed use is on-label or off-label.

4. If it is compounded, why is compounding being considered? ^

Compounded medications are not FDA-approved. Ask why a compounded medication is being considered instead of an FDA-approved option, where it is prepared, and what uncertainties apply.

5. What evidence supports this treatment for my situation? ^

Evidence differs widely between peptide-based medications. Ask what evidence supports the specific medication for your health history and goals, and where that evidence is limited.

6. What are the potential benefits, limitations, and risks? ^

A physician should explain expected benefits, realistic limitations, known side effects, and unknown risks before treatment begins. Individual results vary.

7. What alternatives should I consider? ^

Alternatives may include FDA-approved medications, lifestyle and nutrition approaches, other medical treatments, or no medication at all. A physician should discuss these options.

8. Do I need laboratory testing before treatment? ^

Not every patient needs the same tests. Laboratory testing should be clinically driven, and the physician should explain why a test is ordered and how the result affects the treatment decision.

9. What medications or medical conditions could make this treatment inappropriate? ^

Medical history, current medications, contraindications, and risk factors can make a treatment inappropriate. This is why a full medical evaluation comes before any treatment recommendation.

10. How will I be monitored? ^

Follow-up may review symptoms, side effects, treatment response, relevant laboratory findings, and changes in health or medications to decide whether treatment should continue, change, or stop.

11. Who should I contact if I develop side effects? ^

Patients should know exactly whom to contact before starting treatment. For a medical emergency, call 911 or go to the nearest emergency department.

12. Under what circumstances would treatment be stopped? ^

Treatment may be stopped because of side effects, new medical findings, new medications, insufficient benefit, or physician judgment that continuing is no longer appropriate.

10. When Peptide Therapy May Not Be Appropriate

Peptide therapy is not appropriate for everyone. A physician may determine that treatment should not begin because of:

- ✓ Medical history
- ✓ Current medications
- ✓ Contraindications
- ✓ Risk factors
- ✓ Laboratory findings
- ✓ Insufficient expected benefit

- ✓ A safer or better-supported alternative treatment

The appropriate outcome of a medical consultation can be: "This treatment is not recommended for you."

At PeptideDoc, consultation does not guarantee treatment eligibility or a prescription. Recommendations are made following medical evaluation.

Choosing a Peptide Therapy Doctor in New York City

Patients searching for a peptide therapy doctor in NYC should look beyond convenience and marketing claims. Look for a practice where you can clearly identify:

- ✓ The physician
- ✓ The medical evaluation process
- ✓ The medication being considered
- ✓ Its regulatory status
- ✓ The clinical rationale
- ✓ Risks and alternatives
- ✓ The monitoring and follow-up plan

PeptideDoc is a physician-led medical wellness practice located in Bayside, Queens, serving patients from New York City and the Tri-State area.

Care is overseen by:

Saul F. Maslavi, MD

Founder & Owner, PeptideDoc

Board-Certified Family Medicine Physician

NPI 1134137383

PeptideDoc emphasizes physician evaluation, individualized treatment decisions, appropriate monitoring, and transparent communication regarding

FDA-approved and compounded medications. Learn more about [physician-led peptide therapy at PeptideDoc](#) or visit the [Bayside, Queens medical office](#).

Schedule a Physician Consultation

Patients interested in determining whether peptide-based care or medical weight management may be appropriate can schedule a consultation with Dr. Saul Maslavi at PeptideDoc's Bayside, Queens location.

PeptideDoc

4232 Francis Lewis Boulevard
Bayside, NY 11361
(718) 717-0003 Ext. 7

[Schedule a Consultation →](#)

Scheduling a consultation does not guarantee treatment eligibility or a prescription.

Individual results vary. Medication recommendations depend on medical history, evaluation, contraindications, applicable law, and physician judgment. Compounded medications, if prescribed, are not FDA-approved.

General questions? [Contact PeptideDoc](#).

Educational information only. This page does not constitute individualized medical advice.