

Lavinia S. Streza, MSN, FNP-C

📍 Traverse City, MI office@optimalhealthtc.com | 📞 231-935-0848 | optimalhealthtc.com

Professional Mission

As a Family Nurse Practitioner and healthcare entrepreneur, my mission is to empower women and patients of all ages through prevention, education, and evidence-based care. I combine years of ICU and hospitalist experience with functional medicine expertise to deliver integrative, root-cause healthcare while building innovative, sustainable models of practice.

Professional Experience

Founder & Functional Health Nurse Practitioner

Optimal Health of Traverse City | Traverse City, MI | May 2023 – Present

- Founded and lead a woman-owned functional medicine clinic that has grown to 300+ patients in under 2 years, primarily through word-of-mouth referrals.
- Deliver advanced, integrative care with a focus on women's health, midlife/menopause, hormone optimization, gut health, and metabolic health.
- Order and interpret advanced diagnostics (GI-MAP, DUTCH, cardiometabolic panels, hormone panels) to guide personalized treatment plans.
- Implement evidence-based interventions including nutrition protocols, bioidentical hormone therapy, fasting-mimicking diets, and supplementation.
- Oversee all aspects of operations: strategic planning, financial management, marketing, staffing, and community partnerships.
- Expanding services with DEXA body composition and bone density scanning, positioning the clinic as a regional leader in preventive women's health.
- Build partnerships with OB/GYNs, gyms, and local businesses to increase preventive healthcare access.

Key Impact: Established rapid growth, patient trust, and a scalable model for women's health innovation.

Hospitalist Nurse Practitioner

Traverse City, MI | June 2019 – May 2023

- Provided comprehensive, evidence-based inpatient care for diverse, high-acuity populations.
 - Conducted admissions, daily rounds, and discharge planning while collaborating with physicians and specialists.
 - Ordered/managed diagnostic testing, optimized treatment plans, and stabilized patients in emergencies and rapid response situations.
 - Coordinated multidisciplinary care (PT/OT, pharmacy, nursing, social work) to reduce complications and length of stay.
 - Educated patients and families on treatment, recovery, and discharge instructions.
- Key Impact: Delivered safe, high-quality hospital care, reduced readmissions, and improved continuity of care between hospital and community settings.
-

Registered Nurse – Intensive Care Unit

Munson Medical Center | Traverse City, MI | June 2014 – June 2018

- Managed critically ill patients in neuro, cardiac, trauma, surgical, and medical ICU settings.
 - Experienced with ventilators, continuous renal replacement therapy (CRRT), invasive monitoring, and advanced hemodynamic support.
 - Precepted and mentored new ICU nurses; initiated and implemented an early mobility protocol for ventilated patients.
 - Presented at state conferences (2016, 2017) and published monthly ICU education newsletter.
- Awards: Daisy Award for Extraordinary Nurses (2018).
-

Family Nurse Practitioner Clinical Rotations | 2018–2019

- Completed rotations in primary care, pediatrics, obstetrics/gynecology, emergency medicine, and inpatient care.
-

Additional Experience

- Adjunct Instructor, University of Cincinnati (Health Promotion & Global Health)
- Health & Wellness Specialist, TriHealth Corporation (Corporate Wellness Programs)
- Graduate Assistant, University of Cincinnati (Health Promotion Research & Projects)

Education

- MSN, Family Nurse Practitioner – University of Michigan–Flint, 2018
 - ADN, Nursing – Northwestern Michigan College, 2014
 - MS, Health Promotion & Education – University of Cincinnati, 2010
 - BA, Classics – Hellenic College, 2007
-

Licenses & Certifications

- Family Nurse Practitioner – 2018
 - Registered Nurse – 2014–Present
 - ACLS, BLS, TNCC Certified
 - Certified Health Educator Specialist – 2010
 - ASPIRE! Lifestyle Wellness Coaching Certification – 2010
-

Professional Affiliations

- American Association of Nurse Practitioners (AANP)
 - American Association of Critical-Care Nurses (AACN)
-

Core Skills

- Functional & Preventive Medicine
- Women’s Health & Hormone Therapy
- Advanced Diagnostics (DEXA, GI-MAP, DUTCH, CardioMetabolic Panels)
- Inpatient & ICU Critical Care
- Program & Protocol Development
- Patient & Community Health Education
- Clinical Teaching & Mentorship
- Fluent in English and Romanian