



THE ART OF ANTI- AGING

Dr. Richard and Dana LeConey

Institute of Anti-Aging Medicine and Skin
Spa...Your Key to Healthy Aging and
Optimal Well-Being

**Men and Women are Making a Change
for Life with Safe, Natural Hormone
Replacement Therapy**

By Anna Henry

If we were living in the Middle Ages in Europe when the average life span was 40, we wouldn't be concerned about dealing the effects of aging – just making it past 40 would be a major feat and cause for celebration.

Thankfully, we don't live in the Middle Ages. We live in the 21st century in a society that embraces youth and vitality at any age, and where the average life span is about 76 years and is continuing to increase.

To combat the fading of youth and the aging process, many of us follow our physician's advice and employ common sense, changing our lifestyles to ensure proper nutrition and exercise so we can feel as energetic and robust as possible.

While these measures certainly help us enjoy improved health and well being, there remains a chink in the armor of life that can be summed up one word – hormones.

No matter how closely you monitor your diet and exercise, and refuse the tempting excesses of life, your body naturally starts to reduce hormone production as you grow older. It typically starts in our 20s with subtle changes.

By the time we reach our 40s and 50s, the signs and symptoms become too obvious to ignore.

Richard H. LeConey, MD and Dana LeConey

Anti-Aging Medicine...Reversing the Cycle of Deterioration

Until recently, growing old gracefully meant accepting the inevitable as our internal fountain of youth slowed down to a trickle and finally dried up. As we became increasingly fatigued and lethargic, gained weight, lost our sex drive and became unable to concentrate, we had no choice but to deal with it as best we could and ultimately enter into "the cycle of deterioration."

As hormone deficiency affects our livelihood, we become more sedentary which makes us prone to conditions, such as diabetes, high blood pressure, cardiovascular disease and obesity. And those in turn further affect our lifestyle and so on, in a downward spiral.

Thanks to anti-aging pioneers like Richard LeConey, MD, and his wife, Dana, growing old gracefully has a whole new meaning.

The LeCones established the Institute of Anti-Aging and Skin Spa in 1997 after they both started to experience the unwelcome effects of age. Today, the LeCones are assisted at their state-of-the-art medical and skin-care facility by a specially trained support staff that provides proven age-reversing treatments.

Dedicating their lives and careers to unlocking the door to better health, increased vitality and longevity before anti-aging became the popular buzzword it is today, Dr. LeConey has helped more than 5,000 patients stop the "cycle of deterioration" and regain their youthful, energetic edge through natural hormone replacement therapy.

This therapy is part of a multi-faceted, personalized wellness program. "Our balanced wellness programs are both preventative and proactive," says Dr. LeConey. "Individualized programs are developed based on each patient's unique needs, current medical conditions and health history. Proactively addressing the aging process helps prevent disease and life threatening illnesses.

"It's very powerful and compelling when you think about both the immediate and long-term impact on your life and livelihood."

Anti-Aging Test

Take the Anti-Aging Test! If you are over 30 and have checked one of more of these symptoms, you may benefit from Dr. LeConey's Anti-Age Program.

- Reduced Sex Drive
- Reduced Muscle Mass
- Increased Body Fat
- Reduced Energy
- Reduced Memory & Concentration
- Reduced Exercise Performance
- Reduced Quality of Sleep
- Thinning of Skin
- Wrinkles
- Reduced Bone Density
- Reduced Sexual Potency
- Elevated LDL or Reduced HDL Cholesterol
- Blood Sugar Abnormalities
- Depression
- Emotional Instability
- Decreased Healing Time
- Increased Susceptibility to Colds
- Decreased Flexibility
- Reduced Thyroid Function
- Decreased Hair and Nail Growth

Restore your Sex Drive

Another symptom of aging and hormonal deficiency addressed by Dr. LeConey's Anti-Age program is decreased libido, which can take a toll on us psychologically and affect our relationship with our spouse or partner. "Decreased sex drive and performance in middle-aged men is caused by decreasing output of testosterone that actually starts in the early 30s," says Dr. LeConey. "Testosterone replacement therapy restores libido as well as a youthful vigor and zest for life. Until recently, testosterone replacement therapy for men required shots every few weeks given in the doctor's office.

"Instead, we prescribe a transdermal testosterone cream that is a safe, natural alternative to testosterone injections. Our patients can conveniently treat themselves with the testosterone cream at home.

Dr. LeConey points out that testosterone is an important hormone for women, too. Prescribed in doses that are less than 1/20th of those given to males, testosterone offers several benefits for women, including improved sex drive, decreased body fat and prevention of osteoporosis.

Comprehensive Natural Hormone Replacement Therapy – The Foundation of Anti-Aging Medicine

The term anti-aging is overused and overexposed today. It seems like everyone wants to get in on a good thing.

So what exactly is anti-aging medicine?

Dr. LeConey explains that comprehensive natural hormone replacement therapy is at the core of his Anti-Age program for men and women, with a goal of balancing and restoring hormonal levels back to that commonly

found in a 30-year-old.

Replenishing hormones to appropriate levels and balancing them with one another is essential for repairing and optimally regulating our bodily functions in both males and females.

This age-related decrease in the production of key hormones is associated with a decline in the body's ability to repair and regulate itself. Left untreated, hormone deficiency can ultimately lead to health problems, a general sense of poor health and a poor quality of life that affects us physically and psychologically.

"Anti-aging natural hormone replacement therapy replenishes hormones in combinations that support and balance each other," says Dr. LeConey. "When you change only one hormone, others can be affected, which may result in imbalances. Based on your test results and our assessment of your physical condition, health history and risks, we prescribe a customized blend of hormones in combinations - you could call it a cocktail of hormones - to increase levels as appropriate and maintain balance."

Thorough analysis of your hormonal levels is the first step. When clients first visit the Institute, they receive a complete medical evaluation to assess hormonal balance, personal habits, diet and lifestyle, environmental issues, and genetic risk factors for diseases, such as heart disease, degenerative disease and cancer.

Based on the results, Dr. LeConey develops a personalized Anti-Age program for each patient. Hormones are delivered safely and effectively via specially prescribed compounded transdermal creams applied daily by the patient.

Throughout the program, each patient's progress is carefully monitored through follow-up, and treatment is modified as needed to produce the best results.

Dr. LeConey's Anti-Age program also includes a combination of pharmaceutical-grade vitamin and mineral supplementation, antioxidants, a healthy diet and exercise program, and, when appropriate, prescription medications to lower cholesterol, blood pressure and address other issues.



The comfortable, modern entrance welcomes you into the Anti-Age Institute.

Your hormones work in harmony, and if one of more is out of balance, the results can be harmful. Moreover, the quality and safety of over-the-counter hormones is questionable because there is no regulatory oversight.

We must also understand that anti-aging natural hormone therapy is not to be confused with the super-physiologic abuses of anabolic hormones by some bodybuilders and other athletes.

"Self-prescription is a slippery slope that can be counter productive and even dangerous," says Dr. LeConey. "Our Anti-Age program is developed specifically for each patient, and is scientifically based on our thorough analysis your hormone levels, health conditions and other factors. All transdermal creams are individually and specifically compounded by a licensed pharmacologist."

Dr. LeConey Answers Frequently Asked Questions

What is the difference between natural and synthetic hormone replacement?

Natural hormone replacement refers to the use of hormone supplements that are bio-identical to those naturally produced by our own endocrine glands. Synthetic hormones are the results of pharmaceutical "tampering" with the molecular structure of the natural hormones.

Does bio-identical hormone replacement therapy really work?

Yes, it really works. It is based on sound physiological and biochemical principles, proven in clinical trials published in the world's most respected peer-reviewed medical journals.

Moreover, it has been proven in clinical practice by doctors that have specialized in this field. I have hundreds of patients who will attest that their lives are changed by this treatment.

How important is exercise in your Anti-Age program?

Balanced exercise is critical to the success of the Anti-Age program. Every patient will benefit dramatically from a combination of hormone replacement medicine and optimized nutrition and supplementation plans, but exercise amplifies

the effects of the program. Our program helps to restore the responsiveness of your body to exercise so exercise "works" like it used to.

How soon after I start my Anti-Age program will I experience positive results?

Most people notice results within days, especially with mood symptoms and increased sex drive. The greatest gains, however, take time. I usually tell people to count on giving the program six months to see gains in areas such as redistribution of body mass from fat to muscle. At the end of that time, hardly anyone quits.

Can men benefit from natural hormone replacement therapy?

Absolutely. A growing number of our patients are men. Men are just as prone as women to hormonal decline and "male menopause" associated with the decline in the androgenic hormone testosterone. At age 50, testosterone levels in the average male are typically half of what they were at age 25. Lowered testosterone levels cause decreased sex drive, decreased stamina physically and mentally, mood changes, weight gain, and sleep disturbance which can cause depression all by itself.



“Natural hormone replacement therapy is the best gift I have ever given myself,” said Linda Marz - Institute of Anti-Aging and Skin Spa patient since 2002.

The symptoms of age-related hormone deficiency became increasingly pronounced for Linda Marz as she entered her 40s. By the time she was 43, they were overwhelming. She was exhausted, irritable and gaining weight around her mid-section. She tried exercise and dietary changes, but they didn't work.

Linda was also suffering from increasingly more severe PMS, becoming depressed and crying each month. She had always been an upbeat, positive person and was alarmed at what was happening to her, so she went to her gynecologist for help.

“My gynecologist didn't do any tests, told me I was too young to be going through hormonal changes, and basically attributed everything to depression,” Linda says. “I went home with a prescription for an anti-depressant.”

Fortunately, Linda saw an advertisement for Dr. LeConey and the Institute of Anti-Aging and Skin Spa, and realized that her symptoms could be due to hormone deficiency. She was especially interested because the natural, bio-identical hormones prescribed by Dr. LeConey do not carry the risks of synthetic hormones.

“I was a complete wreck the first day in Dr. LeConey's office, but Dr. LeConey and his wonderful staff put me at ease,” Linda says. “Everyone was friendly yet professional, and very passionate about what they do. Dr. LeConey spent a great deal of time with me performing a thorough evaluation, explaining everything along the way and answering all of my questions.”

Dr. LeConey took Linda off birth-control pills and prescribed a transdermal cream with estrogen and progesterone.

“I couldn't believe it!” Linda says. “Within just three weeks I experienced a vast improvement. That was four years ago, and it has been the best gift that I have ever given myself. I got my life back thanks to Dr. LeConey.”

Look as Good as You Feel, Feel as Good as You Look!

Most of us take better care of our automobiles than we do our bodies. We would not think of buying a new car and then never waxing or detailing it, never changing the oil, and abusing it daily with abandon.

But this is exactly what we do with our bodies. When we are young and resilient, we don't see or typically feel the impact. As we age, it all catches up with us.

Dr. LeConey and Dana point out that it is never too late to start taking care of yourself, both on the inside and the outside.

Natural hormone replacement, supplements, diet and exercise help the inside and to a certain extent, the outside. Toned muscles enhance our appearance and since hormones affect the skin - the way it feels, moisture level and collagen production - you will notice improvements in your appearance after you begin your Anti-Age program.

The Institute's state-of-the-art medical Skin Spa, offers a total approach

6 Ways to an Awesome Complexion & Refreshed Appearance

(For men and women. No surgery required!)

Do you want to have silky smooth, healthy-looking, radiant skin? It's never too soon or too late to start taking better care of your skin.

The Skin Spa at the Anti-Aging Institute is a true haven of excellent skin-care options for men and women in every season of life. Revitalize your appearance with their leading-edge, medical-grade cosmetic treatments and regain your beauty and self confidence.

Dana LeConey explains that a combination of in-office treatments and a simple, daily, at-home regimen will help you achieve and maintain the skin you have always dreamed of.

The Skin Spa's Daily Home Program

1. **Glycolic Cleanser and facial buff pad** - Daily use exfoliates dry skin leaving your skin silky smooth.
2. **Face Lift in a Jar** - A daily moisturizer with antioxidants available through prescription only, this face cream is nothing short of miraculous, containing high levels of Vitamin C, DMAE, alpha lipoic acid and more. Unlike other face lotions and creams, this cream is compounded by a local pharmacy with fresh ingredients delivered at prescription doses.
3. **Obagi® Skin Care and/or Retin A** - The Skin Spa experts will recommend a treatment based on your unique needs to stimulate the production of new collagen, repair sun damage and reduce wrinkles.

Periodic Office Treatments

4. **Double Exfoliator** - Medical-grade microdermabrasion combined with a light chemical peel reveals smooth, radiant skin. This procedure exfoliates dead skin, stimulates new cell growth, kills bacteria and leaves the skin with a fresh healthy glow.
5. **BOTOX® Cosmetic** - Reduces wrinkles and lines in your brow, forehead and “crow's feet” around the eyes, leaving a relaxed, soft appearance.
6. **Restylane®** - This safe, natural dermal filler restores volume and fullness to the face, correcting moderate to severe wrinkles and folds, such as laugh lines. It is also used to plump up thin lips and erase fine lines around the lips.

to anti-aging that includes a comprehensive variety of medical-grade skin and aesthetic treatments that rejuvenate the face and body, eliminate skin imperfections and sun damage, and reduce the signs of aging.

The Skin Spa's experienced, friendly staff includes registered nurses and skilled, certified clinicians and aestheticians.

Your Skin Spa consultation includes a free VISIA™ skin analysis. Using VISIA's precise digital imaging of all areas affecting your complexion, the Skin Spa experts can present the optimal rejuvenation options for your unique combination of characteristics.

VISIA also allows them to monitor your complexion's vitality and check the effectiveness of your skin-care regimen and treatments over time.

Dr. LeConey and Dana LeConey are featured regularly on local news channels as skin care and anti-aging experts. Many of the segments can be viewed at www.antiageinstitute.com.

In addition, Dr. LeConey trains physicians from all over the United States

Non-Surgical Skin Care for the Aging Body



To complement its Healthy Aging programs, the Institute's Skin Spa offers a comprehensive variety of customized skin and aesthetic treatments that rejuvenate the face and body, eliminate skin imperfections, and reduce the signs of aging.

Clients are attracted by the facility's unique combination of caring professionals; registered nurses, aestheticians using the most advanced aesthetic equipment under physician supervision, as well as revolutionary skincare products and services.

Skin Spa Services Include:

- **Mesotherapy**, a non-surgical alternative that dramatically reduces cellulite and fat in specific body areas;
- **Restylane** dermal fillers to eliminate lines and folds and restore fullness to the lips;
- **Botox** treatments for facial wrinkling and furrows;
- **Visia** digital facial skin and complexion analysis;
- **IPL PhotoFacial Skin Restoration** to erase age spots and enlarged capillaries;
- **Endermologie** Treatment for Cellulite;
- **Anti-Aging Skin Care Products** for home use;
- **Microdermabrasion**;
- **Contour Threads**, Facelift without surgery;
- **Laser Hair Removal**;
- **Facial Chemical Peels**;
- **Acne Treatments**;
- **Freckle Fryer**, removes brown spots and unwanted benign moles in seconds.
- **Face-Lift in a Jar**, a revolutionary prescription-only product that actually firms and tightens skin by using the three most powerful ingredients in anti-aging therapy.

During your consultation, skin care specialists at the Institute will evaluate your skin type and condition, and with their Visia state-of-the-art computer skin analysis they will determine which skin rejuvenation techniques will be most effective for you, and recommend a comprehensive program to combat the damage of aging and the sun.

on Restylane and BOTOX Cosmetic procedures.

Make a change for life with an Anti-Age Program from Dr. LeConey and the Institute for Anti-Aging and Skin Spa!

Dr. LeConey remains at the forefront of anti-aging medicine. He and his wife Dana are continually on a quest for new ways to safely and effectively help patients look great, feel robust, vibrant and healthy, and increase their lifespan.



Call us for a FREE information packet : **713.807.1000**
Walk-Ins Welcome : **3120 Southwest Freeway • Suite 400**

Visit our Web site for recent news interviews:

www.ANTIAGEINSTITUTE.com