

Taking a Proactive Approach to Aging

by Richard LeConey, M.D.

Anti-aging treatments for the body and skin

It seems that an entire generation of Americans is experiencing a case of the blues. It is called the middle-aged blues, and it's spreading like the plague. The baby boomers are now well into their 40s and 50s, and some are looking 60 in the eye. For most of this generation, the effects of this "ripening" are not going unnoticed. They are experiencing new and unusual sensations and wishing they would go away!

Addressing the Internal Signs of Aging

The "sensations" most people experience as they age are more accurately referred to as symptoms. The symptoms are caused by a hormonal change that occurs universally in both sexes. The change is characterized by a progressive decline in critical hormones. This decline results in the general deterioration of one's vitality, health and overall sense of well-being. Some undergo a very steep decline where they appear and feel prematurely aged. Others are blessed with a slower, shallower slope. These are the people who appear to age "gracefully."

Natural Hormone Replacement

Comprehensive natural hormone replacement is the core of our Anti-age program. We optimize each patient's hormonal balance by restoring each of the hormones essential to the maintenance of youthful vigor and vitality to levels commonly found around age 30. Some of the essential hormones restored include Estrogen, Progesterone, Testosterone, Thyroid DHEA and Growth Hormone.

Decreased Sexual Desire

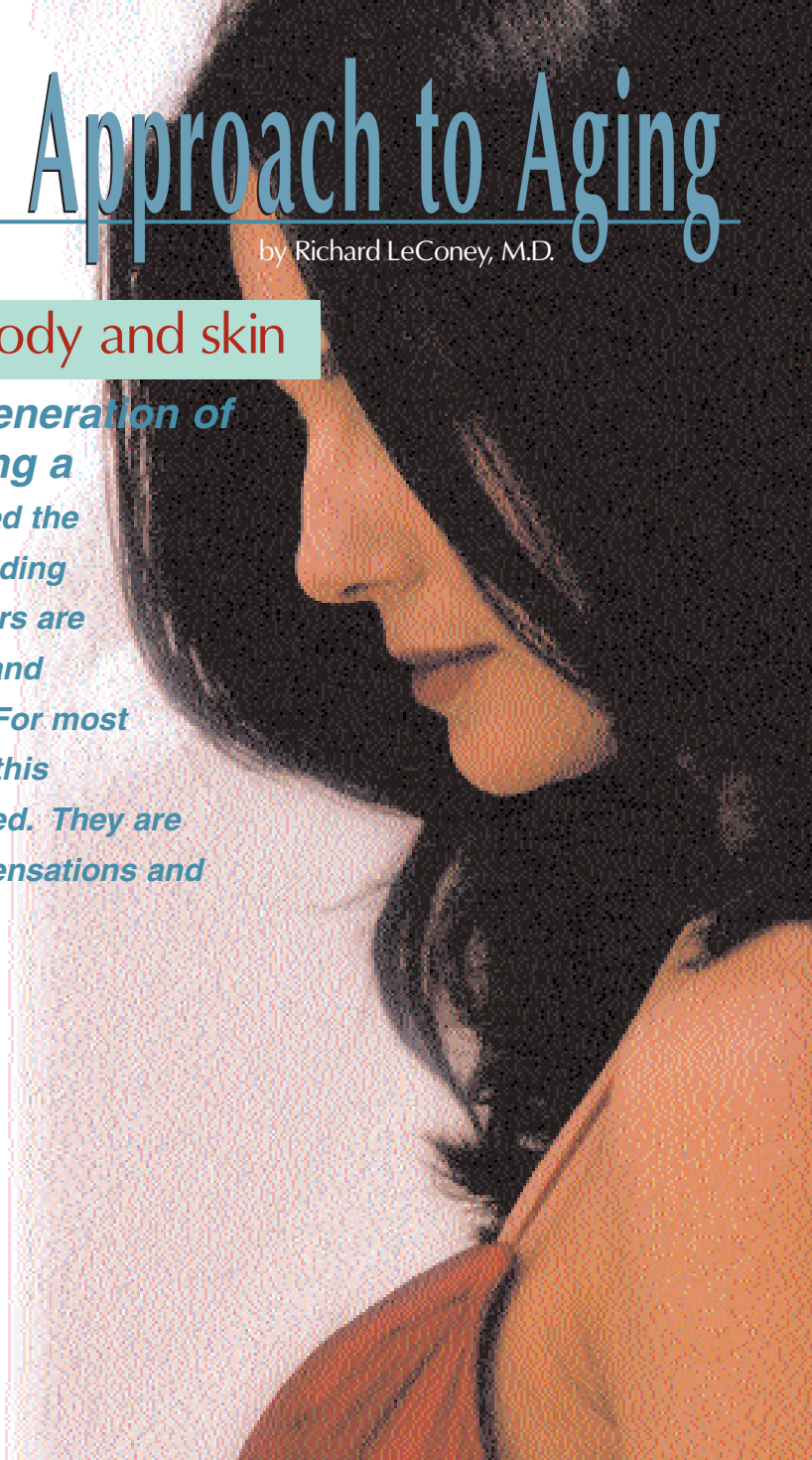
Loss of our youthful hormone balance may be the most common reason that men and women experience loss of sexual desire. Men sometimes have the frustrating experience of having adequate desire, but experience problems with erections. In men, the loss of sex drive is also accompanied by loss of drive in a more general sense. This is the drive and initiative that typically characterizes the young, "hard-charging" male. Men, as they approach middle age, usually admit that they seem to have lost their edge. They may use phrases such as "I'm not as competitive as I used to be." Whatever words they use, there's a loss of energy and initiative that results in their becoming more complacent and apathetic. Supplementation of testosterone in the form of a transdermal cream is sometimes all that is required.

Testosterone Deficiency

Deficiency of testosterone causes loss of drive and libido in men and can cause the same problems in women. This loss of testosterone is also largely responsible for loss of energy and fatigue which is the second most common symptom of the middle-aged blues. This symptom may be

responsible for more impairment of lifestyle than any other. It is a frustrating loss of the vitality that, in earlier years, allowed a full day at work to be followed by a full evening afterwards. Accompanying this loss of stamina is a significant impairment in exercise response. Because of this, our ability to enjoy exercise and experience the energizing effects of a workout is, at first, decreased, then lost completely. In middle age, a person's hormonal response to exercise is blunted, which prevents them from experiencing the once-familiar benefits of increased muscle tone and mass, increased endurance, fatigue resistance, and stable weight. The amount of exercise needed to keep the pounds off increases, and the ability to tolerate this increased exercise decreases. Studies have shown that the replacement of these hormones can go a long way toward preventing these steady losses. The hormones in question are testosterone, growth hormone and estrogen. Replacement of these hormones can break the "vicious cycle" of deterioration, in which decreasing hormone levels cause decreased exercise response. This leads to an increasingly sedentary lifestyle, resulting in increased weight gain. The resulting weight gain further decreases exercise response and thus creates a "snowball" effect.

In men, the decline in testosterone secretion that accompanies middle age is called Andropause. By the fourth decade, the testosterone level is



Do you have signs of hormone deficiency?

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|---|---|---|---|---|--|
| YES | NO | <input type="checkbox"/> <input type="checkbox"/> Reduced sex drive and performance? | YES | NO | <input type="checkbox"/> <input type="checkbox"/> Reduced quality of sleep? |
| <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | Afternoon fatigue? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | Depression, emotional instability, PMS? |
| <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | Increased body fat? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | Thinning of skin, wrinkling? |
| <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | Joint and muscle stiffness? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | Increased cholesterol? |
| <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | Hair loss or thinning? | <input type="checkbox"/> <input type="checkbox"/> | <input type="checkbox"/> <input type="checkbox"/> | Peri-pre-or post-menopause? |

usually two-thirds of what it was at age 20, and down to one-half by age 50. We have now come to understand that the so-called "Change of Life" is not just a female experience. This decrease in testosterone causes onset of the symptoms of fatigue, weight gain, exercise intolerance, mood change, loss of drive and lower libido. These symptoms can frequently result in the patient being misdiagnosed and treated for depression. Especially when these symptoms unexpectedly occur in the 30s and early 40s, a patient's physician may not suspect Andropause and make no attempt to test for hormone deficiency. A simple blood test and prescription for transdermal testosterone cream can completely eliminate these symptoms and restore vitality the natural way, without antidepressants.

Growth Hormone Deficiency

In both men and women, the decline in Growth Hormone that starts in the late 20s is called the Somatopause. The symptoms that middle-aged patients with Growth Hormone deficiency experience are wide-ranging and include: general decrease of muscular strength and muscle mass, increased body fat, fatigue, and reduced ability to benefit from or tolerate exercise. They may sometimes experience decreased sex drive, depression, sleep disturbance, and poor memory and concentration. Bone density studies, particularly in the women with growth hormone deficiency, show early osteoporosis. Their skin quality becomes poor with early wrinkling and sagging. Growth Hormone levels are measured by a simple blood test. If this condition proves to be related to a hormone deficiency, replacement therapy with HGH, is the natural way to restore and maintain youthful vitality and drive.

Addressing the External Signs of Aging

As hormonal levels revert to levels naturally occurring at the age of 20, a common desire is to look as good as you feel. Antiage offers proven methods of reversing the signs of aging externally. Our approach is simple. We use only treatments and procedures with results that are proven with certified medical grade equipment.

Ultra Microdermabrasion Treatments

Let's face it, your face is the first area of your body to signal that you are older. The new Ultra Microdermabrasion Treatment uses ultrasonic heat and thermal action to enhance the benefit of the microdermabrasion treatment. The result is a deeper microdermabrasion treatment with benefits that range from the removal of aged surface skin, an increase in the skin's metabolism, minimization of the appearance of wrinkles, and the reduction of pores. The result is a beautiful, glowing, youthful complexion. In addition to this treatment, we also offer a variety of chemical peels to refresh your skin's appearance.

FotoFacial™ Treatments

This intense pulsed light treatment minimizes fine lines and wrinkles, reduces pore size, tightens the skin, addresses conditions of rosacea, and creates an even skin tone and improved texture. Sun-damaged skin improves and broken capillaries disappear with a treatment package.

Endermologie™

Originally developed in France, Endermologie™ is a FDA-approved non-surgical and non-invasive treatment that tones and conditions the skin

while reducing the appearance of cellulite. This treatment is especially effective when growth hormone levels are within normal range.

EpiLight™ Hair Removal

The EpiLight Hair Removal System uses intense pulsed light to target hair follicles and destroy them at the root. Treating the hair during each growth cycle can permanently reduce embarrassing unwanted hair.

Botox™ Injections

The FDA recently approved Botox injections for the treatment of facial wrinkles such as frown lines, forehead lines, and crow's-feet. The result lasts for three to four months, and a relaxed refreshed appearance can be seen within 48 to 72 hours after treatment. Botox injections are a non-surgical approach to a more youthful appearance.

At Antiage, we believe in a total approach to pro-active aging. Balancing the body's hormonal levels while addressing the external signs of aging keep each patient looking and feeling younger than they are. The generation of baby boomers who vow to stay young forever were born at the right time. Advances in medical technology are creating an opportunity for them to take a pro-active approach to aging.



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