



Who's Looking After Your Health? *What your active participation can mean to your health*

Based on excerpts from an article by Jeffrey S. Life, MD, PhD, entitled "The Decline of Medical Care in America—What Can We Do About It?"

These are not easy times for healthcare in America. Patients and physicians continually feel the negative impact of price pressures—with economic rationales replacing clinical judgment.

All of this winds up influencing what medications are prescribed for you, whether diagnostic tests or blood work (that may signal the onset of silent disease) are ordered for you, whether you are referred to a specialist and whether you are admitted to a hospital.

Except for those rare cases where a physician has completely rejected managed care, virtually every medical decision made by a physician today is affected in some way by the changes wrought by managed care. The result is rushed, ten-minute doctor visits and less-than-optimal care.

According to a recent study, more than half the physicians in the U.S. believe their ability to provide quality healthcare has deteriorated over the past five years. Medicare continues to institute cutbacks for medical services. And as if all of this isn't bad enough, the number of primary care providers continues to decline year after year.

This is frightening because the better a country's system of primary medical care, the better the health of its citizens, according to a Johns Hopkins School of Public Health study involving 13 industrialized nations with populations of 5 million or more. Interestingly enough, in this study the U.S.—along with Belgium, France and Germany—had the weakest primary care infrastructures.

What can you do? Get involved with your health. Disease prevention is definitely the key to America's healthcare crisis, which means you must do everything possible to maintain excellent health.

Today's medical practice devotes little time to teaching patients about preventing disease, maintaining quality of life as people age, promoting the virtues of exercise and proper nutrition or attaining hormonal balance and optimal hormone levels to preserve vitality. Most of today's traditional physicians don't know how to incorporate these areas into their own lifestyle, let alone into their medical practice. Compounding matters is the fact that all efforts to screen for silent disease markers and promote preventive health measures are discouraged by insurance carriers.

Most Americans want more from their physicians than cursory visits. They want—and need—detailed and ongoing counseling to manage the aging process and prevent disease. That includes learning how to maintain a good quality of life and zest for living, how to prevent or get rid of body fat accumulation and how to prevent or reverse bone and muscle tissue loss.

Taking a proactive stance in managing your own health helps you prevent disease and maximize your quality of life. And that becomes critically important as you age, particularly if you are to avoid nursing home care, chronic pain, immobilization, mental deterioration and prescription drug dependency.

Taking charge. Three charts are available in this document via the links below to help you take an active participation in your health.

- The first chart lists all of the tests you should request on a routine basis to prevent and detect disease early on. These tests will provide valuable baseline information, helping you stay vital as you age. Remember, we don't die of old age—we die from degenerative diseases, many of which have easily obtained “early warning” tests that can prevent or delay their onset. [Important Tests to Maintain Optimal Health and Lower Disease Risk](#)
- The next two charts are convenient tools that divide these tests into male and female needs, stating appropriate ages and suggested follow-up times: [Recommendations for Men & Women](#)

Post these charts as reminders to partner with your physician—discussing potential medical concerns and these recommended diagnostics to be more proactive in your personal health.

Start managing your aging process. Since 1997, Cenegenics® Medical Institute has offered a proven synergistic protocol so patients can regain and maintain a more vigorous life . . . one that extends health span and revitalizes cognitive function and energy (sexual/physical).

Feeling like you're “getting older” is really about shifts in your body that can be managed. Around age 30, we begin to lose 1% to 3% of our hormones. By age 40 onward, we start feeling the increasing negative impact this difference causes—often complaining of having no energy, feeling apathetic, which extends to our work, sex life and social life.

Before you know it, other symptoms set in: decline in energy, overall fatigue, difficulty in sexual arousal, weaker erections, weight gain, loss of lean muscle mass, slower cognitive functions, loss of work productivity, cardio concerns, emotional swings/anxiety/irritability, loss of skin elasticity and general aches, pains and stiffness.

The symptoms may be real—but they are also correctable. Our proactive, preventive approach isn't mere speculation . . .it works. Our protocol centers on balancing the endocrine system, critical to enjoying healthy aging per mounting medical research and literature. By restoring metabolic and endocrine functions to the upper 25% to 30% of the normal range, adjusted for your age, you have the best opportunity for a healthier, higher-quality life.

Good health demands your active participation.

Speak with a Cenegenics physician today.

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Discussions are always confidential and without obligation.