



What is involved in your program?

Exercise, Nutrition, Pharmacy grade supplements, and Hormones, (if clinically indicated)

I already exercise and eat healthy. Is this enough?

No.

- Unless metabolic and hormone imbalances are corrected, exercise and nutrition are not enough
- Everyone needs some help with their lifestyle

What are the important hormones to assess?

- Insulin
- Cortisol
- Testosterone
- Growth Hormone
- Estrogen
- Progesterone
- DHEA
- Melatonin

What if I do not have much time for exercise?

You need the program even more

- You do not have to spend hours in the gym to achieve your goals
- We will create simple, easy to follow exercises you can do at home or while traveling

Can my family physician put me on testosterone?

That would not be advisable, any more than a podiatrist performing a heart catheterization.

- Many blood levels have to be monitored with testosterone therapy
- When one hormone is changed, it effects other hormones
- The endocrine system is complex
- It requires additional physician training, to minimize side effects

How safe is hormone therapy?

It has been demonstrated to be a safe, effective treatment, when clinically indicated and appropriate monitoring takes place.

What are the possible side effects of hormone therapy?

Possible side effects of estrogen:

- Headaches
- Nausea
- Vaginal discharge
- Fluid retention
- Weight gain
- Breast tenderness

Possible Side Effects of Progesterone

- Upset stomach
- Weight gain
- Fluid retention
- Fatigue or drowsiness
- Breast tenderness
- PMS-like symptoms

Possible Side Effects of Testosterone

- Acne
- Fluid retention
- Breast enlargement
- Enlargement of prostate
- Increased risk of blood clot or RBC count

Possible Side Effects of Thyroid

- Nervousness
- Tachycardia
- Palpitations
- Maybe contraindicated with cardiac patients, diabetics, or patients on blood thinners

I have had my testosterone checked and have been told mine is normal. Do I need treatment?

Normal vs Optimal

- Normal ranges for males are 250 – 1000 ng/dl
- These ranges are not age specific
- A male with 250 – 300 ng/dl is considered the same as a male at 900 – 1000 ng/dl

Example of Men at These Ranges

Testosterone of 300 could be:

- Poor muscle tone
- Flabby
- Tired
- Low motivation
- Poor performance in the bedroom
- Increased risk for heart disease, diabetes, and cancer

Testosterone of 900 could be:

- Trim
- Good muscle tone
- Energetic
- Mentally sharp
- Good libido and quality
- Decreased risk factors for heart disease, diabetes, and cancer

What is the cost of the program?

The cost depends on which of our programs Dr. Daniel decides is best for you, which he can determine after a brief phone consult with you. All of our programs can offer you the health and wellness you seek, but some are more in depth. Dr. Daniel can go over the details with you.

- We have solutions to fit every budget
- Some of our products to help achieve your goals can be less than \$100 per month
- Comprehensive programs managed by your personal age management physician can range between \$650.00 per month, to over \$1,000.00 per month, depending on our findings, patient goals, and budget.



What factors affect how we age?

- Genetics
- Environment
- Lifestyle (nutrition, physical activity, stress management)
- Endocrine function
- Chronic inflammation
- Oxidative stress