

Interested in
feeling and possibly
looking younger,
like you did
decades ago?

Many of us suffer from hormone deficiency without even being aware of it. As we age, the hormone levels in our body begin to go down. For some patients, that downward progression starts at an earlier age leading to many of the following: a sensation of being tired, thinning of the hair, weight gain, loss of sexual prowess, hot flashes, and premature aging.

Chugay Cosmetic now offers bio-identical hormone supplementation for both men and women to help you not only look, but also feel your best!

HORMONE REPLACEMENT THERAPY (Antiaging, Preventive medicine)

DO HORMONES AFFECT YOUR LIFE?

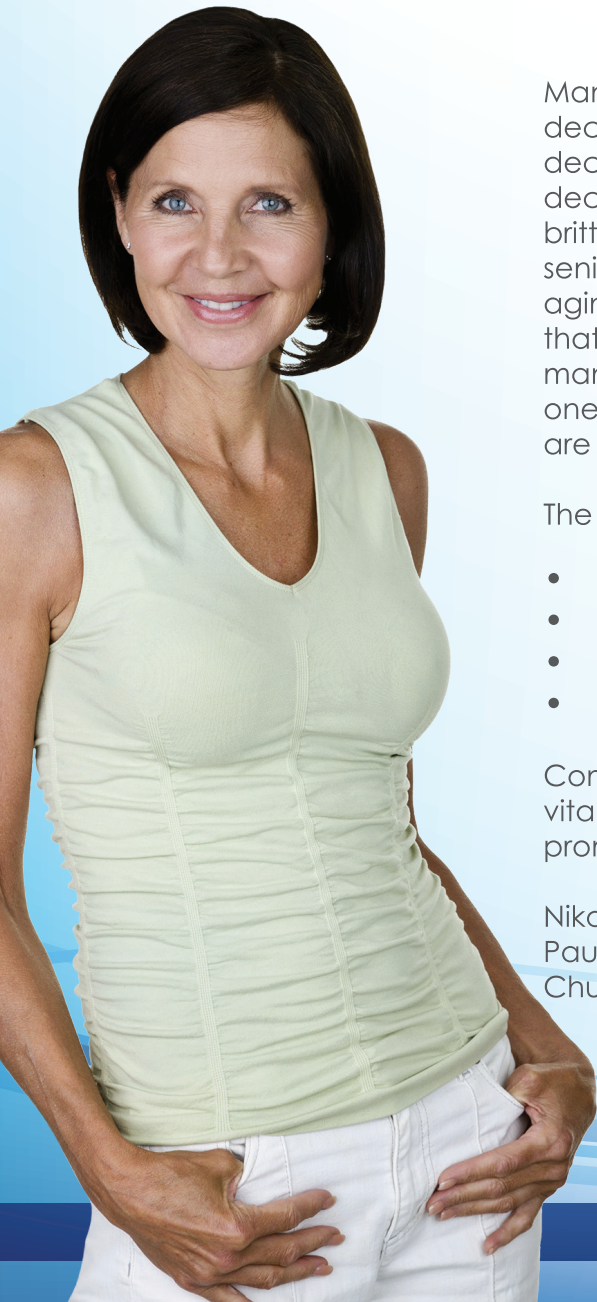
Many changes are associated with aging: increasing weight with decreasing muscle mass, high blood pressure, poor cardiac function, decreased body temperature, elevated cholesterol, diabetes, decreasing energy, decreasing sex drive (libido), osteoporosis, hair loss, brittle nails, poor quality skin, poor healing, decreasing mental function, senility, and shortened life span. Associated with the changes and aging, is the decreasing level of many hormones. The current thinking is that replacing the hormones that decrease as one ages can reverse many of these aging changes, make one feel better, and improve one's quality of life. If any of these changes are affecting you or if you are aging, you will enjoy discussing these issues.

The following hormones will be discussed:

- Human growth hormone
- Estrogen
- Melatonin
- Pregnenolone
- Testosterone
- Progesterone
- DHEA
- Thyroid

Combining these hormones with a healthy lifestyle including use of vitamins, omega-3 oils, proper diet, not using tobacco, and exercise will promote increased quality of life.

Nikolas V. Chugay, D.O.
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Chugay Cosmetic Surgery Institute



ALTERING THE AGING PROCESS

THE PRACTICE OF LONGEVITY OR ANTIAGING MEDICINE

We physicians and most other people accept the aging process. We also recognize and accept that accompanying the process will be such problems as obesity, loss of muscle mass, heart disease, high blood pressure, lethargy, decreased sex drive and performance, thinning hair, bad skin, breaking nails, fatigue and decreased endurance. It is indeed reassuring to know that people no longer must accept these adverse changes. With advances made in our knowledge of hormones and related regulators of bodily function, many of them can now be prevented or reversed.

In order to help you, we at Chugay Cosmetic Surgery have added longevity medicine to our practice. We now carefully subscribe hormones, vitamins, supplements, and antioxidants to help reverse or slow the aging processes, to make you immediately feel better, and, possibly, even extend your life span. We believe that every patient is entitled to feel well, live well, and look good regardless of their age!

Hormone Replacement Therapy is a new and unique branch of medicine. The HRT practitioners' goal is to augment the care that you receive from your general and specialist physicians rather than become their replacement. Hormone Replacement Therapy consists of augmenting your body's diminishing production of naturally occurring regulatory hormones. The hormones prescribed include DHEA, "natural" estrogen, human growth hormone, melatonin, pregnenolone, progesterone (not the synthetic progestin), and the active thyroid hormone, T3, as well as T4 (Synthroid). We monitor the augmentation process before, during, and after you are stabilized by watching the levels of the various hormones in your blood and by monitoring your reports as to how you feel. We also suggest additional vitamins, antioxidants, and supplements that your particular body might need. Lastly, the program is combined with appropriate diet control and exercise.

Because this is a new approach to the practice of medicine, we must admit that we were curious but cautious as we learned more about the role of hormones in the maintenance of health. Medicine has always been based upon a model wherein the physician treats the mal-functioning or sick patient not the well patient. Aging was viewed as normal and outside the boundaries of medical practice. Therefore, maximizing the quality of healthy life is a new concept in mainstream medicine. We attended a number of comprehensive courses that utilized the current medical literature and read the massive literature on the subject before we were unconditionally convinced. Subsequently, we have encouraged many other capable doctor friends to learn more about this "new" field. All of those who pursued the inquiry into this area are either on Hormone Replacement Therapy, if they are older, or have prescribed the hormones for their aging parents and relatives.

This advance in anti-aging medicine, based on years of reputable research that has been published in the major medical journals (Journal of the American Medical Association, the New England Journal of Medicine, etc.), is exciting news to each of us who are recognizing the physical curtailments of the aging process. We at Chugay Cosmetic Surgery are truly enthusiastic about being able to make it available to you who want to maximize your own quality of life. If you are interested and wish to learn more, please ask our staff for information and schedule an appointment.

Sincerely,



Nikolas V. Chugay, D.O.
Medical Director



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