



Human Growth Hormone

The Program that Slows Down Aging
Fall/Winter 2007

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Greetings!

Thank you for your recent inquiry about our wellness program. Your interest in wellness, hormone replacement, and Growth Hormone (GH) is appreciated. GH has received much publicity recently on how it can slow down and even reverse the aging process.

Growth hormone is clearly our master hormone because of its ability to affect all other hormones, organs, and cells of our body. It has amazing restorative and reparative powers that can reverse cellular and tissue damage and even help failing organs regrow.

Growth hormone is responsible for growth and healing, immune function, increasing muscle mass and strength, minimizing body fat, controlling energy and sexuality.

Aging and Growth Hormone

Are They the Same?

After the age of 30, Growth Hormone levels begin to fall about 15% per decade for reasons that remain poorly understood. By age 60, most of us only produce 25% of the GH we produced at age 21. This age related decline in GH produces many undesirable changes, including increase in body fat, loss of muscle tissue, a decline in cardiac function and exercise performance, declines in our mood and our sense of well-being, loss of bone and muscle strength, as well as poor wound healing.



Growth Hormone Replacement: The Benefits

Improvement in Overall Well-being

Until recently, the medical use of growth hormone was predominantly used by pediatricians to treat growth stunted children. In 1996 growth hormone was approved by the FDA for treatment of growth hormone deficiency in adults.



Age alone is not the only cause of declining hormone levels. Excess body fat also lowers GH levels creating a vicious cycle of increased abdominal fat which further drives down GH levels. Increased abdominal fat, called central obesity, is associated with an increased risk of insulin resistance, diabetes, high cholesterol, heart disease, heart attacks, and strokes. Currently, about 40% of Americans carry this excess fat and increased disease risk. This excess fat unfortunately for many of us only continues to worsen with age and a sedentary lifestyle.

Growth Hormone Therapy: The Downsides

The Importance of Follow-up

There are some downsides to taking Growth hormone. Much care needs to be taken to avoid excesses of GH supplementation.



Too much of any hormones can lead to detrimental health results such as diabetes, high blood pressure, heart disease, joint pain, and fluid retention. People using growth hormone must be monitored on a regular basis to optimize hormone levels but not too exceed them. Age management physicians should ideally be the ones to manage hormonal augmentation programs.

Growth hormone should be injected daily, usually six mornings a week, under the skin like a diabetic gives himself insulin. All oral or topical forms of growth hormone simply do not work.

Another significant downside to growth hormone is the cost. Monthly cost can range from \$350 to \$1000 and does not include lab and physician fees. Most insurance companies do not cover these costs.

One last note of caution is that any substance that causes cells to grow has the potential for causing cancer. Thus far, GH therapy has not been related to cancer and in fact, there are many investigators that believe optimal GH levels play a significant role in actually preventing cancer, but the importance of regular monitoring can be over emphasized.

Progressive physicians are advocating the use of human growth hormone supplementation in older individuals to treat the age related declines of this crucial hormone. The goal of treatment is to restore growth hormone levels to those of a 40 year old and this can be achieved by giving very low doses of the hormone. The supplementation of GH is enhanced by a low glycemic diet, aerobic exercise, and weight training.

The signs and symptoms of growth hormone deficiency are the same as aging. Body composition shifts by increasing fat and body weight, decreasing muscle mass and energy, decreased bone strength, increased cardiovascular disease and mortality. There are also psychosocial deficits, impaired physical performance, poor sleep, and a decrease in social interaction.

GH supplementation can dramatically slow, prevent or even reverse all of these by working at the cellular level to repair, heal, and rejuvenate. Improvements in muscle mass, bone strength, brain function, and integrity of hair, nails, and skin will dramatically improve with GH supplementation. Additional benefits of a resolution in depression, quality of sleep, sense of well being, increased drive and initiative as well as improved sex life and mental and physical health. Growth hormone supplementation can improve cholesterol which decreases the risk of cardiovascular disease. GH can also improve immunity which scientist believe can prevent cancer and increase longevity.

Age Management Medicine

Specialty for Anti-aging

Growth Hormone supplementation is clearly a powerful tool in the fight against aging, especially when combined with a low glycemic diet, an exercise program that combines both aerobic and weight training as well as stress management. Human growth hormone is just one of the several key hormones that work together synergistically to improve quality of life, vitality, body composition, and overall health. Hormonal balance is essential to enhancing health and well being of all adults. Today, age related hormonal deficiencies are correctable. Optimal hormone balance can be safely achieved when using competent physicians trained and certified in Age Management Medicine.



At the Institute for Optimal Health and Shanti Medical Spa , a Cenegenics Affiliate, we are dedicated to help you achieve Optimal Health from the inside out! For more information or to get started, please email us or call today at 877.642.2644. Let us help you begin the journey to the best years of your life!

Sincerely,



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