

# ELEVATE

ANTI-AGING • ENHANCEMENT • WELLNESS

## BE SEXY THIS SUMMER

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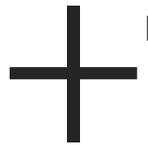
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One woman's story about how a body contouring treatment helped her tone up and increase her self-esteem. AS TOLD TO LIZ BRUCKNER

**PATIENT:** Marjorie\* (name has been changed)

**AGE:** 59

**PROCEDURE:** Circumference reduction of the abdominal area with Bella Contour

**PERFORMED BY:** Dr. Gregory Pugen

**ELEVATE** Why did you decide to undergo body contouring?

**MARJORIE:** I've always been an active, fit person, but noticed that even after the tummy tuck I had done following the birth of my twins, I continued to slowly put on weight. I did all I could with diet and exercising to drop pounds, but there

were certain areas of my stomach that I couldn't smooth or tighten. I decided to look into the options available for fixing the problem in a non-invasive manner and found out about Bella Contour.

**ELEVATE** How did you choose Dr. Pugen as your specialist?

**MARJORIE:** I see another doctor for bioidentical hormones in the same building that Dr. Pugen works in, and I expressed interest to the doctor about wanting to find an expert on body contouring. He suggested that I arrange a consultation with Dr. Pugen. Once I met him and discussed the many options available to me, I decided to move forward with his recommendation.

**ELEVATE** What was the treatment like, and how many sessions did you have before noticing results?

**MARJORIE:** The treatments were a piece of cake. All I felt were vibrations from the machine. They weren't uncomfortable at all. As for the results, I think I started noticing changes in the way I felt and how my clothes fit after my fourth session. I did a total of eight and once I saw the before and after shots, it was clear that the results were very obvious.

**ELEVATE** How do you feel about your results?

**MARJORIE:** I've always been someone who's on the move and have never really had a problem with being overweight, but that didn't change the fact that I still had pockets of fat sitting below my breast and in my lower abdominals that I couldn't get rid of. Bella Contour smoothed those areas and my belly is back to being flat. I feel like me again.



## ASK THE DOCTOR

Dr. Gregory Pugen, MD, Clinical and Esthetic Medicine Anti-aging Clinic in Toronto, drpugen.com

**ELEVATE** Why did you recommend Bella Contour for Marjorie's concerns?

**DR. PUGEN:** Marjorie was looking for a treatment that would safely and non-invasively tone her abdominal area, and Bella Contour does exactly that. What made it even more ideal is that it allows for specific targeting of areas with unwanted fat, and, also, doesn't change or remove the number of fat cells in the body, so she didn't have to worry about ending up with fat pockets showing up in unexpected areas once the sessions were complete. The latter can often happen with surgical procedures.

**ELEVATE** How does it work?

**DR. PUGEN:** It works by stimulating the natural metabolic process so it shrinks fat cells in the same way your body does during a workout. Three technologies are used: Resonance ultrasound to vibrate, stimulate and release the fat cells, electrical field to increase the permeability of the cells membrane and move the free fatty acids to the blood stream, and lymphatic drainage (by vacuum massage) to enhance the absorption of the lipids in the blood so they can be used as energy.

**ELEVATE** Is there an ideal candidate?

**DR. PUGEN:** Anyone who cares about how they look and feel, and struggles with stubborn fat. It's not recommended for people with liver problems, active cancer, degenerative or chronic disease, kidney problems and women who are pregnant or breastfeeding or within four months of getting pregnant.

**ELEVATE** Are there after-care instructions patients should be aware of?

**DR. PUGEN:** If clients workout regularly, we ask that they schedule activity within 48 hours of a Bella Contour treatment. Otherwise, we recommend someone walk around the block for 30 minutes, adhere to a healthy diet and overall lifestyle, and avoid excessive alcohol consumption for 24 hours following a treatment.

**ELEVATE** What's the approximate cost of each session?

**DR. PUGEN:** Cost varies between \$290 to \$375 per session. Often when patients purchase a package with multiple treatments, prices per session are decreased. ☺

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# REVIVE

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# WHO ME? TAKE HORMONES; YOU'VE GOT TO BE CRAZY!

written by Dr. Greg Pugen

Why would any of us want to take bio-identical hormone replacement? It seems ridiculous in that if we were meant to have these hormones our bodies would have supplied them! And isn't it dangerous to mess with Mother Nature, and put ourselves more at risk of blood clots, cancer, heart disease and strokes and any other terrible illness we could imagine.

No, I think I would rather grow old, naturally, be irritable at times, tired at night, go to bed early and not sleep or wake up at 4 am and wander the house, have poor memory, lose my muscle tone and strength, have little or no interest in sex, (can't say opposite sex these days...), have few or poor erections that don't last, so that I fear trying to have sex, have bigger breasts than my wife, have night sweats, flashes, vaginal dryness, sex so painful I avoid my husband, yell at my children, because I haven't got any patience any more, gain body hair in the wrong spots and lose it in spots I want to keep, have heavy flow periods, and cystic breasts, weight gain, (I look like a pear), mood swings, depression, lack of motivation to do anything, come home and collapse on the couch and fall asleep, God, I am turning into my father/mother. This is not a bad thing, cause I love my parents, but I thought I would be able to feel a lot younger for a lot longer.

Is this you or someone you know? Bio-identical Hormone replacement is not a system of becoming or staying younger, but it is a way to feel and act younger than you are, in fact, think and act twenty years younger, plus improve your

appearance too. There is nothing wrong with continuing to enjoy our lives to the fullest. Anti-aging, with bio-identical hormone replacement extends the period of our lives when we are healthy, into the 70 to 80's and pushes the decades where we suffer degenerative changes and chronic inflammatory illness, into the 80 to 90's. There are studies now that show that if you have no physical ailments, or illnesses when you reach your 50's, than you could easily live into your 90's to 100's. It makes sense to prepare, both our minds and bodies. It also makes sense to ensure you can afford to live comfortable and healthy for 50 more years at least.

Testosterone, can prevent and treat dementia, clear irritability, improve memory, and will give us back our motivation, fantasies, libido, and stronger more satisfying orgasms. It allows our muscles to build and perform better, and guess what? Our heart is a muscle, our blood vessels have a muscle layer, our blood vessels supply our entire body with nutrients, and our lungs need our muscles to breathe. Men and women, should check your testosterone levels. But what about all the other hormones in the body? They all have their purposes, be it metabolism, sexual development, mood, sleep, immunity, growth, and of course our minds, which run the whole shebang with hormones, from above the pituitary to below, to the interconnecting neurons, hormones and enzyme interactions, which make our bodies, go and communicate.

When you have reached the time that procreation is finished, you are not needed anymore, and your hormones decrease, and

the degenerative illnesses begin.

Millions of people have chosen to live fuller, more active and healthier lives, by seeing a specialist in anti-aging medicine, who is well versed and experienced in bio-identical hormone replacement. Try it! You will be amazed at what can happen and how you can feel. I remember about two years ago, when a fellow I had helped to regain his health, and wellness, brought his wife into me for help. She came because he was looking so good, had lost weight, and was performing again, and was the lively man she had married. Unfortunately, she was not the woman he had married, but he wanted to help her, and he loved her dearly. Within six months he came into me and thanked me for giving him back the wife, he always loved. They both lost weight, their libido returned, and they are having the time of their lives.

How can you make this happen? The doctor you choose should be experienced in anti-aging medicine, and not someone who has just jumped on the bandwagon. One of the criteria you can look for is if the doctor is a fellow of the A4M, the American Academy of Anti-Aging, a member, attends regular meetings and conferences, and should be board certified by them, and so recognized by them.

Remember, this treatment is very safe, used all over the world, and can truly improve the quality of your life!

# REVIVE

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ANNUAL JUST FOR MEN ISSUE



# What Is Andropause?

By Dr. Greg Pugen



**A**ndropause, simply stated, is the male equivalent of menopause. Some men actually go through a sudden change in testosterone levels. This correlates to the hormonal changes experienced by women during

menopause. Most men, however, have a more subtle hormonal decline.

On the average, a man's testosterone levels begin to decline at a rate of about 1% per year after age 30-40. Blood or saliva testing is necessary to determine testosterone levels and to establish the need for testosterone replacement therapy. Blood tests require an order from the patient's physician.

## **Andropause has a wide variety of symptoms, including:**

1. Physical symptoms muscle weakness, heart disease, atherosclerosis.
2. Mental changes depression, irritability, anxiety, panic, dementia, loss of joie de vivre.
3. Sexual dysfunction low libido, erectile dysfunction, poor, less satisfying orgasms.

## **The Treatment for Andropause through Hormone Modulation.**

Testosterone is the therapeutic agent used for Andropause.

Transdermal testosterone gel or cream applied to the skin is used to treat Andropause. It does not irritate the skin and it can be applied as



little or as often as your body requires.

Absolute Contraindications to testosterone therapy include the presence of prostate or breast cancer woman or men.

Transdermal testosterone replacement should help achieve optimal results for the man impacted by Andropause especially when combined with a healthy lifestyle composed of appropriate exercise, good eating habits, and vitamin-mineral supplementation.

### **What exactly is hormone modulation & how does it work?**

Hormone modulation is the science of optimizing hormones that are no longer being adequately produced by the body. While genetic programming does many wonderful things, nature's plan brings us to the age of reproduction and nurturing, and when completed, then seems to have little use for us. At that point, we begin to fail. In fact, much of aging can be seen as deficiencies in many of the substances (Hormones) that our body once produced in abundance. Regaining and maintaining metabolic and hormonal functions at the upper end of the normal range for your age gives you the best opportunity for a healthy and vigorous life. This optimal range is in the upper third of the normal range for age.

### **How long before you can actually see results?**

While this varies with each person, some people feel results within days. Just like beginning an exercise program, you can expect results within three to six months after beginning hormone management. Often the results of proper modulation are manifested by what you don't feel, i.e., sick, tired, moody, etc.

### **How long do I have to be on these therapies?**

You should give your program at least four to six months to see significant benefits. Most patients will experience benefits before three months and continue to see improvement beyond that point. Your body needs that much time to heal and rebuild. You should remain on the program for as long as you want to optimize your health.

### **What happens if I stop the program?**

You will have gained time while you were on the program, but if you should elect to stop, you will experience no accelerated aging. Should you stop the program, your body will simply begin to age again at the normal rate. The benefits will fade over time, however you still have benefited.

### **At what age should a person start such a program?**

Thirty-five is a good age for the initial baseline evaluation, because that is when deficiencies begin to appear. Around thirty years of age, we lose hor-

mones from 1%-3%. It's never too early for any adult to begin the nutraceutical program. A person does not need to begin hormone modulation therapy, however, until such time as the body begins to lower its hormone production. Thorough blood tests and physical assessments help us determine exactly where you may be most deficient and how we can best help you. Every person is different and will have different needs as far as hormone modulation goes.

### **Will Hormone Replacement Treatment interfere with my currently prescribed medications?**

Generally not. In some instances, medications may actually be reduced or no longer needed.

### **Are you ever too old to start?**

Age is not a barrier. Many of the older people, including those over 60 years, will ask this question thinking it is too late to begin a program. The answer is quite the opposite. Older people have greater deficiencies or partial deficiencies, therefore the response to hormone modulation and supplementation is excellent and almost immediate. It is important to note that early intervention can reduce rapid advancement of diseases, such as osteoporosis and Alzheimer's. Less progress is to be expected when conditions such as these are advanced.

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