



HOLTORF MEDICAL GROUP, INC.

CENTER FOR HORMONE IMBALANCE, HYPOTHYROIDISM AND FATIGUE

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Boomers Believe They've Found a Fountain of Youth In a Syringe



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Edited Abstract of Article
Boomers Believe They've Found a Fountain of Youth in a Syringe
by Ann Oldenburg

HIGH-PROFILE HOLLYWOOD CELEBRITIES BOAST that using hormone modulation, including human growth hormone (hGH), has them looking better and feeling better. Praising hormone modulation as a way to stay healthy as long as one can, enthusiasm is growing for an anti-aging revolution, with hGH and vitamins as its focus.

hGH is produced by the body in the pituitary gland, and, as we age, the body's natural hGH levels begin to drop (around the age of 30 or so). Advocates claim that supplementing the waning levels of our own hGH with injections of bioengineered human growth hormone restores the body's ability to grow muscle tissue, increases bone density, restores energy, enhances memory, and instills a sense of well-being. In other words, it brings one back to the level of age 30 or so.

The specialty of anti-aging medicine began with research about 15 years ago; the Food and Drug Administration approved hGH for "deficient" adults in 1996; and Harvard University proctored the first medical board examinations for anti-aging practitioners in 1997. While there is still some controversy as to whether the symptoms of aging are sufficient to categorize a person as growth hormone deficient, the use of hGH as part of an anti-aging protocol is the edge of a futuristic field of medicine that promises biomedical breakthroughs in many life-preserving areas: regeneration, gene mapping, etc.

Generally, an anti-aging program begins with a comprehensive evaluation of nutritional, metabolic, immune and hormonal functions. The preliminary diagnostics can reveal deficiencies in a number of areas—early signs of osteoporosis, thyroid conditions, blood-sugar imbalances, etc., and regimens are then prescribed to correct these deficiencies. Depending upon the patient's particular medical needs, the program may include hGH.

Despite internet or advertising scams offering inexpensive sprays or pill forms of hGH, the hormone is potent only when injected. In combination with other anti-aging medical protocols, it has been shown to lower blood pressure, build lean muscle, decrease body fat, improve skin tone, heighten sexual potency, and ensure restful sleep. Some advocates have said that it also thickens hair and sharpens vision, but these are anecdotal accounts. Skeptics point out that the potential side-effects include joint discomfort, carpal tunnel syndrome, fluid retention, and insulin resistance. These problems, however, are generally from larger doses and corrected by simply adjusting the patient's dosage. Other critics are concerned about "putting things into our body that aren't naturally there." Dr. Ronald Klatz, head of the American Academy of Anti-Aging Medicine (A4M), gets exasperated with such nay-sayers. *"This is something that we have studied" and "has been in clinical use for the last 50 years. There are tens of thousands, if not hundreds of thousands, of people who have received growth hormone—whether they be children or adults."*

Patients, such as Gilman, say, *"Every single thing it [hGH] promised, it has delivered with absolutely zero side effects."* Dan Yaffe, 52, a mortgage banker in Las Vegas and hGH user is another believer, even with the high cost. *"As long as I'm living," says Yaffe, "I want to be as healthy and physically fit as possible. What better thing could I put my money into?"*

As 20 million baby-boomers turn 50 and another 22 million turn 40, more and more products and programs will be offered through anti-aging practitioners. It is important to remember that hGH is not effective unless it is injected. You need a doctor's prescription and should be under the supervision of a qualified practitioner to monitor your hormone levels.



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