

ANTI-AGING / LIFESTYLE MEDICINE

PREVENTIVE MEDICINE



WHO IS ANTI-AGING FOR?

Anti-aging is for everyone with the age of 35 or more that want to:

- Feel young and allow the glow of youth to show.
- Maintain their physical and intellectual capabilities in great shape
- Improve their health, preventing a myriad of diseases: cardiovascular diseases, cancer, bone and joints degeneration, neurodegenerative diseases, and many others.

ANTI-AGING PROGRAMME OF STUDY AND TREATMENT

This is a physician-driven program with a multidisciplinary and individualized approach. It uses the most modern methods for assessing a person's health, in order to identify factors that are accelerating the aging of various organs and systems:

- Genomic/genetic study (determining the risk of developing certain diseases such as cancer, cardiovascular diseases, etc.).
- Assessment of each individual's biological age (chronological age is our real age, whereas biological age shows what our body has suffered throughout its life, so it can be much higher than the chronological age);
- Study of body composition, psychological study, articular and musculoskeletal disorders, biochemical pathways, hormonal cascades (adrenal, thyroid and sex hormones, for example) and also evaluation of cerebral/cognitive (ex: predisposition to Alzheimer and other neurodegenerative problems), cardiovascular, respiratory and gastrointestinal/digestive functions.
- Evaluation levels of heavy metals and other pollutants/environmental toxins.

After the completion of all tests, we get a customized profile of the aging of each individual, which highlights the areas in which one should focus first on treatment.



On these bases, a tailored treatment plan will be developed in close dialog with the patient/client.

The treatment covers different areas: administration of supplements (anti-oxidants and others), treatment with "bio-identical" hormones, nutritional treatment, exercise program, mental and physical education, along with lifestyle changes according to each individual.

WHAT ARE THE BENEFITS OF AN ANTI-AGING PROGRAM?

On the mental/cognitive areas:

- Improves intellectual performance: memory, attention span, speed of reasoning.
- Increases vitality and sense of well-being.
- Improves symptoms related to the decline of hormones in general (irritability, sadness, depression, etc.) with emphasis on the male and female sex hormones (decreased sexual desire/performance, etc.).
- Improves the ability to manage stress and reduces it's impact in our body functions.



On the physical level:

- Improves the physical symptoms related to hormonal decline, mainly from male and female sex hormones (andropause / menopause), fights fatigue, vaginal dryness, impotence, loss of muscle and bone mass, decreased physical capacity, loss of elasticity and hydration skin (combats wrinkles), among others;
- Improves physical fitness, increasing muscle mass and tone, flexibility and reflexes, decreases the percentage of fat mass;
- Increases the processes of cellular repair and regeneration, reducing the factors that influence the cellular aging;
- Reduces the risk of various diseases such as cardiovascular, neurodegenerative and oncological diseases;
- Improves the body's defences against diseases in general.

MULTIDISCIPLINARY TEAM

Heading a multidisciplinary team, Dra. Paula Vasconcelos, coordinates de efforts of various experts in multiple areas of health and lifestyle medicine: Nutrition, Stress-management, Psychiatics, Exercise, Psychotherapy and others.

Paula Vasconcelos, MD—Physician with over twenty years of clinical practice, specialized in Anti-Aging in the United States of America and Spain:

- “Advanced Fellow in Anti-Aging, Regenerative & Functional Medicine”; passed the written and oral Board exams of American Anti-Aging Academy (A4M)
- Fellow in Functional Medicine- Institute for Functional Medicine.
- “Master en Medicina Biologica y del Anti-Envejecimiento” (Universidad de Alcala - Madrid)
- *Especialista em Medicina Geral e Familiar (1994)*



For more information please go to www.paulavasconcelos.com