

MyVita Monthly
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Healthy Aging

Healthy Aging and Human Growth Hormone

What does aging mean? How do we define aging? There are one hundred and one symptoms to list to describe aging. Both sexes, after they reach their peak performance in their 20-ties, experience gradual decline in function. Women experience menopause and men andropause. Although the pauses are different for both men and women both contribute to major hormonal decline which causes physical and mental alteration.

In women, menopause is the natural decline, and eventual ceasing, of the reproductive system. Fertility will come to a complete halt during the menopause process. The symptoms involved with menopause may include: hot flashes, fatigue, night sweats, mood changes, decreased sex drive, vaginal dryness, forgetfulness and much more. Between progesterone, estrogen and testosterone, the hormones will fluctuate on a day to day, minute by minute basis. The drastic fluctuations in the hormones are the driving force behind all the symptoms.

Now with men, andropause is a

little different, but still the decline of hormones is prevalent. In the male aging process the reproductive elements remain the same. Men who were originally fertile will remain fertile; there is no weakening in the potency of the sperm due to the aging process. Other factors might influence the potency but not solely the aging process. The hormonal decline is a less evident process than in women. The average man experiences a decrease in testosterone of 1% to 2% per year after the age of 40.

Something else that occurs in the body, with age, is a decrease in Growth Hormone (GH).

Growth hormone deficiency is a complex endocrine syndrome, which is most commonly known to affect the pediatric population. However adults also suffer from this hormone deficiency later in life as a part of aging phenomenon. Adult growth hormone deficiency is called also somatopause, and is accompanied by changing body composition with decreased lean muscle mass and increased total body fat, demineralization of bone resulting in osteoporosis,

loose skin which presents as wrinkles, and decreased quality of life, which includes decreased energy, decreased libido, poor sleep patterns, generalized malaise and fatigue.

When the natural decline of the human bodies takes effect there are ways to slow down the "aging" process and alleviate some of the major problems which come with hormonal deficiencies.

Human Growth Hormone (HGH) is an anabolic hormone which means that it stimulates the growth in the body. HGH doesn't necessarily "reverse" the aging process but it can slow it down.

Administering HGH to the body prevents it from leaving the anabolic state as adults' age. This means, lessening the symptoms of aging. Why go through the "golden years" with a lesser quality of life, when you might be able to stay young longer. Call us today at 713-661-9995 for a free consultation and find out if you qualify for the Human Growth Hormone replacement.

www.hormonetreatmentcenter.com

FAQ'S

Q: How long does it take to see results?

A: Every body is different and responds to drugs differently. Some recipients of HGH see small changes after a few days, some after a few weeks and some as far out as three months. When one will notice the benefits and to what degree is completely dependent on the individual's body and it's response to HGH.

Q: Are there side effects?

A: With every drug there are side effects. The FDA approved Human Growth Hormone. Which means studies have been performed and the FDA determined the benefits of HGH outweighs the side effects. Discuss with your doctor the side effects of HGH before use.

The Doctor's Corner

Since Anti-Aging doctors started using Human Growth Hormone in adults. We learned a lot of new and very useful functions of this hormone. The most striking one is a significant improvement of our bodies to heal once exposed to more growth hormone. There are multiple reports about people who had devastating body injuries from different causes and were placed on HGH. They recovered from their ill-

nesses so much faster than those who were not on Growth Hormone. To many observers these cases were like small miracles. Even the treating doctors were amazed while watching their patients' fast rehabilitation. Also great healing potential of Growth Hormone is seen when it is injected into the arthritic joints. Many patients could be saved from a knee replacement.



The future is brighter than ever before.

For Better and Longer Life,
Zbigniew "Tony" Chmielewski,
MD

Upcoming Issues:

- October—Breast Cancer Awareness Month
- November—National Impotency Month
- December—Special Holiday Edition
- January—Shape Up US Month