

## *Greetings friends and patients!*

It's no secret that as men age, their body **naturally produces less testosterone**. Once a man has reached the age of 40, testosterone levels steadily drop and most men do not recognize the gradual change. But for the ones who do notice **dramatic reductions in energy, sex drive, mood, and muscle strength**, they are most likely experiencing a medical condition known as **low testosterone**. These symptoms are red flags for **low testosterone**, or **Andropause**, and can be diagnosed and treated through modern medicine.

Similar to **blood pressure** and **cholesterol**, your body should maintain a certain healthy range of testosterone as well. After a simple blood test, a doctor can determine if you have low testosterone and ultimately decide which treatment options are best for you. Here at **The Wellness & Aesthetics Medical Center**, we offer a variety of **anti-aging treatments** including **Bio-Identical Hormone Replacement Therapy (BHRT)** to counteract the effects of low testosterone. Bio-Identical Hormone Replacement Therapy is a simple and straight forward option that has been widely adopted in the medical field.

Using **hormones** produced from natural plant sources and identical on a molecular base, our team of experts can **restore your testosterone to optimal levels**. The results of your tests will reveal the concentration of your therapy, and to heighten your chance of success your doctor will highlight several variables to supplement your Bio-Identical Hormone Replacement Therapy. **Good nutrition, exercise, and positive lifestyle choices** can all lead to **more energy, increased sex drive, more muscle mass**, and an **overall improved sense of being**.

Although some symptoms of aging cannot be reversed, **The Wellness & Aesthetics Medical Center** offers **Bio-Identical Hormone Replacement Therapy** to **counteract the consequences of low testosterone**. Unlike chemicals generated in a laboratory, bio-identical hormones are easily absorbed in your body and cause little to no side effects. When combined with a strict health regimen, patients have enjoyed a rise in energy and a noticeable return to their old self.

AAG Health Featured Article  
**Higher Testosterone Helps Older  
Men Preserve Muscle Mass**

Older men having higher levels of male hormone testosterone suffered less loss of lean muscle mass, especially those who were losing weight, scientists have found out. Men lose more muscle mass and strength than women as they age, suggesting that sex steroids, testosterone in particular, may contribute to body composition and physical changes.

This study found that higher testosterone levels may help older men preserve muscle mass and delay frailty as they age, the Journal of Clinical Endocrinology and Metabolism reported. *"Our study finds that men, aged 65 years and older, with higher testosterone levels lost less muscle mass, especially in their arms and legs, than men this age who had lower testosterone levels,"* said Erin LeBlanc, of Kaiser Permanente Northwest in Portland, who led the study.

*"Men who had higher testosterone levels before they lost weight also lost less leg function and could stand up more easily from a chair than men who had lower testosterone levels before they lost weight,"* LeBlanc said.

Researchers used data from 1,183 men aged 65 years or older and tested the hypothesis that higher baseline measures of sex steroids are associated with lesser declines in lean mass and maintenance of physical performance over an average follow-up of 4.5 years.

*"The amount of testosterone men have in their bodies may contribute to how much muscle and strength they lose as they get older,"* said LeBlanc.

## Join our 5-step wellness & preventative program

After years of research and training, Dr. Vernon Williams has designed a comprehensive prevention & wellness program. Our objective is to help individuals achieve optimum quality of health and longevity of life by optimizing hormones and nutrition.

Sign Up Today

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