Elite Health Overview
Welcome to Healthy Aging

Thousands of men and women are taking control of their health, vitality and longevity through Cenegenics scientific approach to healthy aging. Our patients are reporting an enhanced quality of life with overall improvements in energy, body composition, physical fitness, sleep, mental acuity and sexual vitality. At the same time, patients may see a significant decrease in the risk of age-related disease and symptoms of menopause and andropause (male menopause). Achieving an elite level of health is possible at any age; it just takes your motivation combined with the experienced Elite Team at Cenegenics.
Cenegenics provides a partnership that supports a life-changing experience. We proudly offer you access to elite medical experts who remain by your side throughout your transformation. Whether you’re already healthy and looking to take yourself to the next level, or ready to make a change that will benefit you for the rest of your life, Cenegenics will tailor a program to ensure your lifelong goals are met and surpassed.

Your adventure begins with your Elite Health Evaluation, which will be crucial in creating a health plan specifically for you. Your physician will manage your program medically and remain accessible via phone, email or in person. For all other needs, your personal Exercise and Nutrition Consultant and Service Coordinator are at your disposal to answer any questions and provide you with an elite level of care and service.

As part of our partnership, your progress will be monitored and evaluated on an ongoing basis, consistently measuring your current state versus your goals.

- Easy access to your concierge physician and Exercise and Nutrition Consultant
- Modifications of your medical program by your Cenegenics physician-based on blood work results and clinical progress
- Ongoing modifications of your exercise plan based on your own fitness level, motivation and lifestyle
- Close monitoring and fine-tuning of your nutrition program to ensure you are getting good results
- Medical grade vitamins and supplements

Additional cutting-edge testing is also available to aid in your success.

- Cardiovascular risk markers
- Genetic markers
- Telomere measurement
- Micronutrient testing
- Food allergy testing
“As we anticipate increasing longevity, our understanding of effective strategies to improve, maintain or regain health has benefitted from leading-edge research. Unfortunately few doctors have the time or interest to follow these developments. Monitoring those developments and integrating them into practice is the hallmark of Cenegenics physicians.”

Robert D. Langer, MD, MPH, a widely published and internationally renowned expert in Preventive Medicine and Board Member of the Cenegenics Education and Research Foundation

Cenegenics is the industry leader in healthy aging with almost two decades of experience. Our integrity rests on evidence-based medicine: comprehensive evaluation, scientific determinations and proven protocols. We take a revolutionary approach to healthy aging with proactive medicine that aims to prevent the effects of aging instead of reacting to them.
The foundation of the Cenegenics program is the Elite Health Evaluation. This full day of testing establishes your hormonal, physiologic and fitness baseline, serving as the basis of your Cenegenics program. The components of the evaluation include:

- Medical history and lifestyle assessment
- Comprehensive blood tests
- Physical exam
- DEXA scan - determines bone density
- Body composition scan - measures total and regional body fat
- CIMT (a specialized ultrasound of the carotid arteries) for heart attack and stroke risk assessment
- Strength and flexibility assessment
- VO\textsuperscript{2} testing - determines your aerobic fitness level and heart rate training zones
- Neurocognitive testing
- Open-ended physician consultation
- Presentation of your ongoing action plan
Heart Disease and Stroke Prevention is an extension of the Elite Health Evaluation. This sophisticated program goes beyond conventional testing to more accurately define your risk for cardiovascular disease, so you can take proactive measures to dramatically lower your risk of heart attack and stroke.

- CIMT (included in the Elite Health Evaluation) looks for abnormalities of the carotid artery wall that are associated with vascular disease.
- Genetic markers - looking at inherited factors you may not be aware of that can significantly increase your risk of heart attack and stroke.
- Advanced cholesterol panels with particle sizes - because it’s not as simple as “good” and “bad” cholesterol.
- Inflammatory markers - generally unrecognized but can dramatically increase your risk for cardiovascular events.

Telomeres are the ends of chromosomes—much like the plastic tips on shoelaces. They protect the end of chromosomes from damage. Each time a cell divided, its telomere gets shorter and shorter. When the telomeres become critically short, cells don’t function properly and eventually die. Poor lifestyle factors—smoking, stress, excess body fat and lack of exercise—can accelerate telomere shortening. Telomere shortening has been closely linked to the aging process and is involved in a variety of chronic diseases and conditions. Targeted therapies can slow the rate of telomere shortening and may even increase their length.
Cenegenics provides you with a complete life changing program—one built on low-glycemic and anti-inflammatory nutrition, exercise, nutraceutical supplementation and hormone optimization. No single element stands alone. The Cenegenics program is a symphony. Its effect keeps your body in perfect harmony and supports your prime objective—realizing your health goals and enjoying a life filled with verve, vigor and a heightened sense of well-being. Our evaluation processes help identify disease risk and puts in place a proactive plan that will work to move you into the lowest possible risk categories for disease.
Exercise is crucial for preventing or delaying age-related disease. In order to maximize the benefits of age management, a personalized fitness program will be developed, tailored to your lifestyle and goals. Programs typically combine resistance training, cardiovascular conditioning and flexibility exercise; however, you and your Fitness and Nutrition consultant will work together to establish the program that works best for you.

Cenegenics specializes in anti-inflammatory, low-glycemic nutrition programs focusing on natural and whole foods. By learning how to strategically build your meals, you can regulate blood sugar levels—staving off hunger—and potentially manage inflammation. Your Fitness and Nutrition Consultant will utilize the collected data from your Elite Health Evaluation to assist in developing your personal nutritional plan to optimize your health and help reach your goals. Your team will work closely with you through our entire relationship to continue to fine-tune your nutritional needs.
Hormone optimization can restore balance to your endocrine system, elevating your mood, energy, mental acuity, sexual vitality and improving body composition as we age. When clinically indicated, it may also assist with restful sleep and other menopausal/andropausal (male menopause) symptoms. If hormone therapy is instituted, laboratory markers, such as blood hormone levels are regularly monitored to ensure appropriate and healthy ranges are achieved and maintained.

In addition to choosing anti-inflammatory and low-glycemic foods, comprehensive nutraceuticals are incorporated into your program to maximize results. By including supplement formulations, customized for Cenegenics patients, you will build and sustain elite health. In addition, we measure select vitamin levels and cellular levels of micronutrients.
Reclaim Your Peak Vitality, Now.

Discover the incredible benefits of partnering with our experienced medical team to achieve the health, body and vitality you’ve been waiting for. Call now and speak with your Cenegenics physician today.