

HORMONE OPTIMIZATION

Staying healthy as we grow older depends on many factors including genetic makeup and lifestyle. Current studies show that testosterone and estrogen steroid hormones naturally produced by our bodies play extremely important roles in your overall health. They support good cardiovascular function, bone metabolism, brain performance, a healthy immune system, musculoskeletal strength, sexual vitality, and many other important functions. With the onset of menopause in women in their late 40's and andropause in men in their late 50's (sometimes as early as in their 40's as well), hormone production fades. Without sufficient levels of testosterone and/or estrogen, the body becomes depleted and organ systems gradually become out of balance and simply cannot function well. The loss of this internal equilibrium causes our body to age prematurely resulting the onset of medical problems such as heart disease, stroke, cancer, diabetes, arthritis, and other disease conditions. Many men and women feel as through they've lost something that they can't regain - their quality of life!

As a patient of SPC, our commitment to you is to provide proactive and optimal care and identify organ dysfunction at its earliest stages before it manifests as physical disease. To maintain optimal health, improve energy, and enhance motivation to pursue the things that give you joy and quality to our lives, it makes sense to replenish what your body needs. During your annual wellness exam and throughout the year we measure hormone levels and other parameters and if levels are sub-optimal, we use natural bio-identical hormones to restore internal equilibrium to reach maximal performance.



A recent article in the Journal of the American Medical Association (JAMA) reported an increase in cardiovascular events in male veterans receiving testosterone therapy. The lay press and TV journalists along with poorly informed malpractice attorneys have jumped all over the article creating an atmosphere of concern and caution. Should testosterone therapy be considered unsafe based on this single study? Clinicians and researchers in the testosterone field found the results "surprising" and do not believe so. Further analysis shows the study was not a straight forward 2-group comparison double-blinded control study which is the gold standard of reliable, high quality scientific investigation. Rather, this was a complex retrospective study with a messy data set and serious flaws in both design and interpretation that has generated a tidal wave of criticism and outrage in the medical community, demanding a retraction of the article from JAMA. When testosterone therapy is used appropriately under the direction of knowledgeable practitioners, long term studies have not identified any adverse cardiovascular effects. Indeed, there is convincing data that overall mortality is lower in patients treated with testosterone and assessment of these patients show increased scores for quality of life.

Your feedback is important!

Enclosed with this newsletter you will find a short questionnaire asking for your input in regards to your experience at SPC. We know



you're busy but would appreciate you taking a few minutes to respond. Your feedback is crucial so that we may digest your concerns and make the needed changes to ensure your experience at SPC is exceptional and rewarding. Please be honest and voice your criticisms and although painful, we are mature enough to accept your comments as being constructive in nature. A self-addressed, stamped envelope is enclosed for your convenience and we thank you for your time and effort to complete this survey. Dr. Marshall will personally be reviewing each and every response.

MEMBERSHIP

Wow!!! The year has gone by quickly. Thanks for your support and embracing the concept of direct, private care promoting proactive management and the prevention of disease. We are at our goal of 300 members and have a waiting list. It has been so refreshing to really practice medicine again and to have time to spend with you. It's important for me to have the time to listen to all of your concerns and have access to see me when you need to. In early July, you'll be receiving another letter with information regarding your membership. I'm excited about the upcoming year and new programs to continue our journey along the pathway towards optimal health. I hope you'll stay on board!

Dr. John's Nook

Welcome to our quarterly newsletter and I hope you enjoy the important & exciting health information. Our goal is to provide up-to-date health related topics, reminders for preventative care, and fun health info that you can share with others. I strive to provide for you the highest quality of care and compassion as part of a unique healthcare experience, to pave the path to optimal health & wellness. A survey will be included with this newsletter to gain your input from the previous year which I will be personally reviewing.

To good health - *Dr. John Marshall*

