



THE AUSTRALASIAN ACADEMY OF
ANTI-AGEING MEDICINE

PRESS RELEASE FOR IMMEDIATE RELEASE

GROWTH HORMONE: FOUNTAIN OF YOUTH?

Growth hormone is not a "fountain of youth" or a guarantee of immortality but can be a key to improving quality of life as we age, according to a world leader in Anti-Ageing Medicine, Dr Ron Rothenberg.

Dr Rothenberg is Clinical Professor in Preventive and Family Medicine at the University of California, San Diego, School of Medicine.

He will be a key speaker at the upcoming AustralAsian Academy of Anti-Ageing Medicine (A5M) Conference in Melbourne from October 3-4, 2009.

Dr Rothenberg maintains a private practice in California and prescribes growth hormone replacement therapy to about 160 of his patients.

"Patients on growth hormone replacement therapy are still prey to illnesses and injuries like anyone else. They are just operating on a younger, stronger, healthier physiological level," said Dr Rothenberg.

"One parameter which is often missing from evaluations of medical treatments is "quality of life".

"Of course, growth hormone replacement therapy is not the only treatment - lifestyle comes first: nutrition, exercise, stress reduction and balancing all other hormones first.

"Beyond lifestyle, growth hormone replacement therapy takes my patients to a different level of wellness and quality of life.

"My patients report improved memory and cognition, a more positive attitude and less depression.

"Discontinuing prescribed antidepressants is not uncommon. Many patients simply tell me that they feel happier. Their body composition improves with more lean body mass and less fat mass.

"Exercise performance increases and insulin sensitivity and cardiovascular risk factors including lipid profile and C-reactive protein are optimized.

"As anti-aging physicians, our goal is to help our patients stay strong and vigorous as long as possible."

For more information on the A5M and the 2009 Conference 2009 go to www.A5M.net or phone + 61 3 9813 0439
