



Learn About ICAM'S H.E.A.R.T. Program – Not Just For Women

(HORMONAL/ENDOCRINE/ANTI-AGING REPLACEMENT THERAPY)

As a woman, are you frustrated with the signs of aging and what goes along with it – namely menopausal symptoms? Did you know that men also experience similar symptoms such as weight gain, forgetfulness, low libido, and other symptoms of Andropause (the male version of menopause)?

Both men and women can benefit from ICAM's H.E.A.R.T. Program.



H.E.A.R.T. at ICAM

provides tailor-made healthcare through the utilization of natural and holistic therapies and interventions. Dr. Bartiss believes that the best healthcare anyone could provide and expect to receive is a hybrid of both conventional mainstream medicine, integrated with alternative medical therapies that utilize a more natural and holistic approach whenever possible. This can safely and effectively be provided only through a physician trained in both schools with an open mind as well as in depth knowledge and experience in endocrinology, physiology, biochemistry, and nutrition.

Here are some frequently asked questions about H.E.A.R.T.

Q What exactly is hormone modulation & how does it work?

Hormone modulation is the science of optimizing hormones that are no longer being adequately produced by the body. While genetic programming does many wonderful things, nature's plan brings us to the age of reproduction and nurturing, and then seems to have little use for us. At that point, we begin to fail. In fact, much of aging can be seen as deficiencies in many of the substances that our body once produced in abundance. Regaining and maintaining metabolic and endocrine functions at the upper end of the normal range for your age gives you the best opportunity for a healthy and vigorous life. This optimal range is in the upper third of the normal range for age.

Q How long before you can actually see results?

While this varies with each person, some people feel results within days. Just like beginning an exercise program, you can expect results within three to six months after beginning hormone management. Often the results of proper modulation are manifested by what you don't feel, i.e., sick, tired, moody, etc.

Q How long do I have to be on these therapies?

You should give your program at least four to six months to see significant benefits. Most patients will experience benefits before three months and continue to see improvement beyond that point. Your body needs that much time to heal and rebuild.

Q What happens if I stop the program?

You will have gained time while you were on the program, but if you should elect to stop, you will experience no accelerated aging. Your body will simply begin to age again at the normal rate. Although the benefits will fade over time, you will still have benefited.

Q At what age should a person start such a program?

Thirty-five is a good age for the initial baseline evaluation, because that is when deficiencies begin to appear. A "healthy" person does not need to begin hormone modulation therapy, however, until such time as the body begins to lower its hormone production. At ICAM we perform extensive blood tests and lab work to help assess exactly where you may be most deficient and to determine how we can best help you reach optimal health.

Q Will Hormone Replacement Treatment interfere with my currently prescribed medications?

Generally not. In some instances, medications may actually be reduced or no longer needed. Dr. Bartiss is a highly trained and skilled anti-aging physician will be able to advise you best on this and will be happy to work with your own doctor when needed.

Q Will ICAM/Dr. Bartiss take over as your PCP-Primary Care Physician?

Absolutely not. But, as part of a holistic approach to your health and wellness, Dr. Bartiss is happy to communicate with your current health care team, and/or any specialists you may be seeing. You are encouraged to continue your usual visits with your primary care provider and any other specialist that may be part of your current overall health care. Anti-Aging Medicine is intended to complement not replace your current medical therapies.

Q Is this type of program FDA approved?

HGH was approved by the FDA for treatment of hormone deficient adults in the summer of 1996. BHRT (supplementation with estrogen, progesterone and testosterone) is also FDA approved but with some restrictions. At ICAM, you need to be thoroughly evaluated to determine if you are deficient BEFORE you become eligible for replacement therapy with any hormone.

Q Isn't it unnatural to inject or ingest hormones?

While most of the hormones we use now can be formulated in several different forms or vehicles, the bio identical replacement injectable hormones that we prescribe including thyroid and adrenal hormones, estrogen, progesterone, testosterone and hGH are identical to the hormones naturally produced by the body. It is spread to its target organs just as it would be if secreted by the pituitary gland.

Q Are you ever too old to start?

Age is not a barrier. Older people have greater deficiencies or partial deficiencies, therefore the response to hormone modulation and supplementation is excellent and almost immediate. It is important to note that early intervention can reduce rapid advancement of diseases, such as Cancer, Heart Attack, Stroke, Alzheimer's, Parkinson's and Osteoporosis in addition to improving quality of life and the feeling of well being.

Call ICAM for more information.



Mark James Bartiss, MD is a medical writer, lecturer, and author, and is recognized as a top ten specialist in the field of Bio-Identical Hormone Replacement Therapy (BHRT). He has helped numerous individuals take their lives back and reclaim their health.

REMEMBER... When it comes to your health, you do have options and a choice.



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