



Hormone Replacement Therapy Isn't Just For Women



SUBMITTED BY:
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BY GIVING YOU WILL TRULY RECEIVE . . .

For me, when I give something-anything, I get it back 10 fold. Ladies, this is the perfect opportunity for YOU to reap these same benefits of giving by sharing this article with your male counterpart.

Are you (and your man) tired of your nagging about his lack of motivation, decreased energy levels, his ever expanding waistline and decreased interest in you? If so, slip this newspaper into the bathroom--so as to make him think it was his idea to do something about his symptoms, failing health and manhood.

Hey guys, it's time to get acquainted with, **and do something about,** your denial regarding your failing health and undesirable feelings and symptoms of aging. Getting older does not have to mean feeling older and, although I do not believe in the adage that "you are only as old as you feel", I do know that we are as old as our hormone levels. A common misconception is that our hormone levels drop as we age, this is simply not so. We age as a result of a decline in hormone levels and this process is brought on by mental, emotional as well as physical stress over the years.

Fortunately, there are ways to reverse this decline and optimize your hormone levels at an affordable cost. As a fellow male, I have personally experienced this hormone decline and its associated signs and symptoms and like

most men, I too was in denial. When I finally lost all interest and motivation, I knew it was time to try to regain my youth and vitality through hormone replacement therapy. I now feel energized and alive once again and my only limitations are based on time, not lack of energy or interest. I encourage all of you--men and women--to read this article in its entirety and take the hormone challenge test to see if you are a candidate for Hormone Replacement Therapy.

GETTING OLDER DOESN'T HAVE TO MEAN FEELING OLDER

Are you noticing that you struggle more to maintain your overall health and feeling of well-being? Does it seem as though your body has stopped responding to your efforts to keep fit by diet and exercise the way it did not too long ago? Perhaps hard to admit, has your desire and ability to enjoy sex dwindled over the years and worse, has it really not mattered to you? Have your interests and hobbies as well as job performance been slacking due to decreased energy levels? Have your abilities and capabilities fallen dramatically with the loss of self worth and pride? Do you feel anxious or depressed? If so, you are not alone. Millions of men begin suffering these symptoms, some at a young age of 35!

We are not really lazy, inconsiderate, uncaring and worthless like our significant others say we are. No, deep down we are still the perfect men our wives fell in love with years ago-- we just need a tune up to get our engines revving again!

The above symptoms as well as those included in the hormone challenge test, suggest a deficiency or an imbalance in one or more hormone levels and could signal the onset of a reversible and/or a preventable chronic illness or disease state. By replenishing and restoring optimal hormone levels throughout the body, you can achieve optimal health and look, act, feel and be youthful once again.

In summary guys, don't be afraid to admit you are not the man you once were but rather seek help and get back there by optimizing all of your hormones (i.e. Testosterone, DHEA, Growth

TAKE THE HORMONE CHALLENGE TEST:

SEXUAL DYSFUNCTION - MEN ONLY

1. Decreased Spontaneous Early Morning Erections
Rarely/Not at All Moderately Frequently
2. Decreased Libido or Desire for Sex
Rarely/Not at All Moderately Frequently
3. Decreased Fullness/Firmness of Erections
Rarely/Not at All Moderately Frequently
4. Decreased Volume of Ejaculate or Semen
Rarely/Not at All Moderately Frequently
5. Decreased Strength or Force of Muscular Pulsations
Rarely/Not at All Moderately Frequently
6. Difficulty in Maintaining Full Erections
Rarely/Not at All Moderately Frequently
7. Difficulty in Starting Erection-or No Erection at all
Rarely/Not at All Moderately Frequently

SEXUAL DYSFUNCTION - WOMEN ONLY

1. Decreased Libido or Desire for Sex
Rarely/Not at All Moderately Frequently
2. Decreased Sexual Arousal
Rarely/Not at All Moderately Frequently
3. Decreased Intensity of Orgasm
Rarely/Not at All Moderately Frequently
4. Vaginal Dryness
Rarely/Not at All Moderately Frequently
5. Painful Intercourse
Rarely/Not at All Moderately Frequently

MENTAL DYSFUNCTION

1. Spells of Mental Fatigue or Inability to concentrate- Feeling Burned Out
Rarely/Not at All Moderately Frequently
2. Sleepiness or Tiredness in the Afternoon or Early Evening
Rarely/Not at All Moderately Frequently
3. Decreased Mental Sharpness/Focus/Attention/Wit
Rarely/Not at All Moderately Frequently
4. Change in creativity or Spontaneous New Ideas
Rarely/Not at All Moderately Frequently
5. Decreased Initiative or Desire to Start New Projects
Rarely/Not at All Moderately Frequently
6. Decreased interest in Past Hobbies or New Work-Related Activities
Rarely/Not at All Moderately Frequently
7. Change in MEMORY Functioning
Rarely/Not at All Moderately Frequently
8. Feelings of Depression- NO Pleasure- Activities
Rarely/Not at All Moderately Frequently

MUSCULOSKELETAL DYSFUNCTION

1. "Sore-Body Syndrome"- Aches, Muscle and Joint Pains
Rarely/Not at All Moderately Frequently
2. Increased Stiffness; Decrease in Flexibility and Mobility
Rarely/No at All Moderately Frequently
3. Decreased Muscle Mass, Strength and Tone
Minimal to None Moderate Significant to Severe
4. Decreased Physical Stamina
Minimal to None Moderate Significant to Severe
5. Decreased Athletic Performance
Minimal to None Moderate Significant to Severe
6. Back Pain/ Neck Pain
Rarely/Not at All Moderately Frequently
7. Tendency to Pull Muscles or Develop Leg Cramps
Rarely/Not at All Moderately Frequently
8. Development of Osteoporosis or Inflammatory Arthritis (i.e. Rheumatoid Arthritis)
Rarely/Not at All Moderately Frequently

METABOLIC/PHYSICAL & DISEASE RELATED PROBLEMS

1. Increased Total Cholesterol or Triglycerides
Minimal to None Moderate Significant to Severe
2. Decreased HDL Cholesterol
Minimal to None Moderate Significant to Severe
3. Rise in Blood Sugar Level/Diagnosis of Diabetes
Minimal to None Moderate Significant to Severe
4. Rise in Blood pressure/Diagnosis of Hypertension
Minimal to None Moderate Significant to Severe
5. Unexplained Weight Gain- Especially Midsection (BEER BELLY)
Minimal to None Moderate Significant to Severe
6. Increased Fat Distribution in Hips or Breast Area
Minimal to None Moderate Significant to Severe
7. Development of Chest Pain/Heart Disease/Blocked Arteries
Minimal to None Moderate Significant to Severe
8. Shortness of Breath with Activity/Worsening of Asthma or Emphysema
Minimal to None Moderate Significant to Severe
9. Lightheaded/Dizzy Spells/ringing in the Ears/New Onset Headaches
Minimal to None Moderate Significant to Severe
10. Poor circulation in legs/Swollen Ankles/Varicose Veins/Hemorrhoids
Minimal to None Moderate Significant to Severe
11. Changes in Visual Acuity, Difficulty Reading Fine Print
Minimal to None Moderate Significant to Severe

If you're concerned about your challenge results, schedule an appointment at ICAM.

REMEMBER: If you ignore your health, it will leave you.

Dr. Bartiss is a medical writer, lecturer and author and has been interest in Women's Health issues. Whether you are feeling ill or think you are well, Dr. Bartiss offers therapies that will keep you healthy and set back your biologic (aging) clock ten to fifteen years. Hundreds of patients have already utilized his services and have found internal peace with their newly gained health and youth. You too can recapture this dream and live a healthier, happier and more fulfilling life with minimal effort by following his protocols.

For those interested in inquiring about lectures for your group/ organization, or for information about ICAM and Dr. Bartiss, contact our office, or visit our website: www.icambartissmd.com

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