



LifeLinks

A quarterly publication of LexiLife Health Clinics

Low Testosterone Levels Linked to Death

A study of 800 men over 50, participating in an 18 year study, found that patients with low levels of testosterone had a 33% increased risk of death over those with higher levels.



INVINCIBLE?

NOT WITHOUT TESTOSTERONE

Levels of testosterone were classified as low if they were at the lower limits of the normal range for young adult men. The study, from U of C, San Diego, noted that patients with low testosterone were 3x

more likely to have risk factors associated with diabetes and heart disease.

The results indicate that low testosterone levels correlated with metabolic syndrome. This syndrome includes the following risk factors: waist size over 40 , high cholesterol, high blood pressure and high blood sugar. These study results are consistent with a variety of studies and clinical findings over the past decade at other universities and clinics.

Eugene Shippen MD, an expert in male hormone therapy, explains the testosterone-disease risk phenomenon as "male menopause. Since testosterone is the dominant male sex hormone, erec-

tile dysfunction, ED, is an indicator of low testosterone, and therefore, a serious marker for many major debilitating diseases.

The popularity of Viagra is a clear indication of how many men are headed for trouble. Yet men continue to ignore the real problem, low testosterone levels. Since testosterone is converted indirectly from cholesterol, it is not surprising that it is linked to heart disease. Similarly, testosterone is required to develop muscle. Its absence leads to inactivity and often metabolic syndrome. Bioavailable testosterone levels and ED should be taken very seriously. Viagra is not always the answer.

Heart Disease Detectable at Age 33



Recent research shows that general and family practitioners are not looking for cardiovascular disease early enough in young adults. Recent

study results have shown that adults aged 18 to 30 years, followed for 15yrs, showed a 9.6% rate of detectable coronary artery calcification. Coronary artery disease was present in young adults way under the level where guidelines would suggest aggressive treatment. "We now know that you can take adults in their 20's

and get an idea as to who is going to develop atherosclerosis at a faster rate. If a young adult has even slightly elevated risk factor levels, it is important to address dietary deficiencies, early prevention and lifestyle changes. Our goal at LexiLife is to detect the early markers of cardiac and other diseases so that the path to disabling illness can be prevented.

Special points of interest:

- > Ask Dr Parker
- > Midlife Divorce
- > Vitamin D
- > Weight Loss
- > Aging Skin

Upcoming Seminars

Hormones & Weight Loss

Oct. 17th, 2007 6:30pm

Menopause Seminar

Nov. 14th, 2007 6:30pm

Seminars Located At:

6777 E. Hampden Ave.
Denver, CO 80224

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Exercise Your Way Through Menopause



Have you been working out?

Menopause symptoms, which subtly appear and may last for up to ten years, are very difficult for the majority of women to tolerate. First of all, the early stages of menopause, insomnia, fatigue, weight gain, loss of libido are often attributed to “just getting older” as they often appear in the late thirties and early forties.

Menopause doesn't have to be such a terrible time, if treated prop-

erly with natural hormone therapy, a low fat diet, calcium and vitamin D, among other treatments.

Exercise is a great way to combat the discomfort and mood changes associated with menopause. A basic prescription of aerobic exercise three to five days a week for 20 to 60 minutes and strength training two to three days a week is ideal.

What exactly are the effects of exercise for women? Exercise may not help with vaginal dryness, you need hormones for that, but it can decrease depression and help control weight gain by keeping the basal metabolic rate higher. It may also help maintain muscle mass along with testosterone. It has also been shown that exercise improves libido for a short time after 45 minutes of aerobic exercise.

HIGH BP NOW... HEART FAILURE LATER

Have high blood pressure or worried about hypertension? While continuing a workout regimen, one can lower their blood pressure effectively by eating. “In an Australian study, people who traded a daily serving of starch for red meat reduced systolic blood pressure by 4 points in 8 weeks” (Men's Health, “What the World's Healthiest Guys Know”).

Do you ever have a chocolate craving or have a sweet-tooth? A recent study demonstrated that participants who consumed 6.3g of dark chocolate a day over an 18-week period reduced average systolic BP by 2.9 and diastolic BP by 1.9. Body weight and plasma levels of lipids or glucose did not change due to dark chocolate intake. The decrease in systolic BP means a decrease in

stroke mortality by 8 percent or arterial disease by 5 percent.

Recent data from *Hypertension*, Sept 24, 2007 suggests that elevated blood pressure and excess body mass in middle age increase the risk of heart failure in later life. The researchers conclude that heart risk prevention strategies are the best alternative for risk prevention over the course of one's life.



How many apples a day?



There must be a way to get enough vitamin D

The Incredible Benefits of Vitamin D

We know that Vitamin D is important for our bones; that is why the government has been putting it in our milk for years. But what does it really do besides prevent rickets? Recent research shows that vitamin D also decreases colon cancer, heart disease, stroke and osteoporosis to name just a few illnesses.

Vitamin D, although called a vitamin, is a precursor hormone, the building block hormone called calcitriol.

Vitamin D promotes natural hormone balance and a healthy immune system. Calcitriol is essential to the build up and breakdown of cells. It gets rid of bad cells and boosts good cells.

It has also been shown that there is a link between vitamin D deficiency, obesity, insulin resistance, heart disease, and depression.

You cannot produce vitamin D on your own, you need approximately 20 minutes in

the sun on exposed skin without sun block. You can, however, supplement your vitamin D with 400 to 1000 iu per day. Blood levels should be monitored.

Aging leads to loss of ability to mobilize vitamin D, lowering calcium absorption, increasing risk of osteoporosis. Low estrogen levels decrease stimulation of bone growth. Also progesterone decreases the breakdown of bone.



What is a Bio-identical Hormone?

Q: What is Bio-Identical hormone replacement; and what do synthetic hormones do to my body?

A: Most hormone replacement is done with synthetic estrogens and progestins which do not biologically match the human estrogen and progesterone receptors, but still decrease many of the symptoms of menopause and perimenopause. Bio-Identical hormone replacement (BHRT) is different than traditional HRT, because the hormones used have a molecular structure that is identical

Ask Dr. Parker

to hormones naturally produced in the human body. In order to naturally replace the hormones that become depleted with age, surgery or disease; the chemical structure must be an exact match.

Premarin is a conjugated estrogen made from equine estrogen which is not identical to human estrogen. Because the molecule does not fit the human receptor perfectly, it may cause side effects such as vaginal bleeding, high blood pressure, nausea, headaches, fluid retention and increased risk of cancer in

those with a family history of breast, uterine or ovarian cancer.

Progestins found in birth control pills, Premarin and Prempro are not natural or bio-identical progesterone either. They have actually been shown to inhibit the production of progesterone in the body. For example, a woman on *The Pill*, may have a decrease of her own natural progesterone leading to abnormal menstrual flow, weight gain, difficulty sleeping, decreased sex drive, depression, allergic reactions or fluid retention.

SLEEP TO LOSE WEIGHT

You have certainly heard it said that “You are what you eat.” It may sound crazy but the corollary may be “You weigh what you sleep”.

Academic studies consistently show that sleeping poorly and gaining weight go together. The leading theory is that sleep deprivation disrupts one’s hormonal balance, causing cravings of carbohydrates, in particular.

Another theory is that lack of sleep causes weight gain by

lowering metabolism, thus burning fewer calories. Or perhaps some people are just so tired that they exercise less and have a lower metabolic rate.

On the other hand, obesity leads to poor sleep in the form of sleep apnea. It’s a vicious cycle with both problems at epidemic proportions in the United States. A study at the University of Chicago in 2004 showed that young men craved carbohydrates and ate more calories

when sleep deprived, than when sleeping 10 hours. It was concluded that short sleepers have abnormal hormonal and metabolic patterns.

Healthy sleep consists of 8 to 9 hours of steady sleep. This goal may be reached by decreasing food intake for 2 hours before bedtime, relaxing, avoiding stressful and violent TV entertainment, and going to bed at the same time each night. These habits as well as knowing and balancing hormone levels may reduce those unwanted pounds.



If I could only sleep for a couple of weeks... That size 8 would fit.

Midlife Divorce on the Rise: Maritalpause?

Look out ...Mid-Life Divorce is on the rise. According to the national census, more and more people are getting divorced during midlife than previously. The combination of a few factors such as increased attention to personal happiness, not wanting to stay in an unhappy marriage, and more financial independence for women may contribute.

People realize that what may have been right for them when they were 20 or 30

may not be what they want at 40 or 50.

Though this can be psychologically and fiscally based, there is also another possibility. **Lack of hormones.** Andropause starts in the mid thirties and menopause can start as early as the late thirties. This may be part of the midlife crisis. While the “grumpy old man” is on the couch, the “hot flashing female” is looking for her

ones are involved in this time of turmoil?

What hope is there? The answer for hormones is simple. Get your hormones tested and balanced. Hormone balance may make you and your partner compatible again. No one wants to be a divorce statistic. Not all marriages work, but some are just on pause, and most are worth saving. Avoid Maritalpause if you possibly can.



One More Hot Flash and I'm Out of Here!



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LexiLife is dedicated to improving people's lives. LexiLife uses advanced technologies and techniques to optimize your physical and mental health.

Using a unique blend of nutrition, hormone therapy, nutritional supplementation, exercise, and lifestyle programs specifically designed for you, our team of medical professionals will accurately assess your health and develop per-

formance optimizing treatment programs to attain your individual goals.

Whether you want to be a middle-aged athlete, want to live a quality life until 100, or just want to improve your general health and feel better. LexiLife will design a program specific to your desires. All of our programs utilize safe, evidence based treatments under a doctor's care.



Michelle Torrez

NEW WORKS

A One-Day Private Exhibition of Local Artists

New Works

A One-Day Private Exhibition of Local Artists

Dr. Alexis Parker and Abend Gallery Invite you to join us for a one day show featuring artists from Dr. Parkers Collection.

Lasair Aesthetic Health
6777 E. Hampden Avenue
Denver, CO 80224

Saturday, October 20th, 2007 * 3:00PM-8:00PM

The New works will be available for immediate purchase and pickup

Featuring New works by:

Deborah Bays, Jim Beckner, Jennifer Bobola, P.A. Canney,
Peggy McGivern, Milkael Olson, Tammi Otis, Sandra Pratt,
Mary Scrimgeour, Jill Soukup, Michelle Torrez, Tiffany Williams

Lasair Aesthetic Health will be giving away treatment prizes **every Hour**. Special Discount Promotions will be available for purchase at the Exhibition