

BIOFIT MEDICAL GROUP

The Leader in Anti-aging Medicine for Men

BY JEFFREY S. DUNHAM, M.D., Ph.D, M.P.H. — MEDICAL DIRECTOR

“Lack of energy,” says Dr. Jeffrey S. Dunham, “is by far the most common complaint that I see in my patients. Following this are depression, diminished libido, poor sexual functioning, increased belly fat, and lack of results from exercise. These symptoms in otherwise healthy men are often caused by hormone deficiencies and can be effectively treated by bioidentical hormone replacement. Testosterone, thyroid hormone, and growth hormone are the three most important hormones for men.”

As men age, the levels of these hormones decrease. When low levels of testosterone, for example, are found in the aging male, the condition is called andropause, and the signs and symptoms include:

- Fatigue
- Diminished sense of well-being
- Depression
- Loss of libido
- Erectile dysfunction
- Decreased muscle mass and bone density
- Anemia

Physicians will often dismiss these symptoms by telling patients that they’re just getting older. They focus on treating disease and don’t have the time to ask patients about their quality of life.

“You can’t talk about your diet and sex life in the typical five-minute visit,” says Dr. Dunham. “I spend one to two hours with each new patient addressing just these types of issues. I treat the underlying cause of the patient’s symptoms and try to prevent disease. Too often, overweight, pale, depressed, middle-aged men walk out of their doctor’s office after being reassured that everything is fine because their blood pressure is being controlled with one drug, their cholesterol with another, and their diabetes with yet another. No one ever seems to tell them that if they just decreased their belly fat, all of these problems would probably resolve with no medications. And even if their doctor does happen to tell his patient this, he certainly doesn’t have the time to tell them how to do it.”

Dr. Dunham recognizes that each patient is very different and needs a customized program, including

TAYLOR SHERRILL



Dr. Jeffrey S. Dunham, BioFit Medical Director

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Dr. Dunham demonstrates the Bod Pod®, the state-of-the-art method for measuring body composition.

hormone replacement, dietary guidance, vitamin supplementation, and exercise. “There is no cookbook approach to this type of medicine,” he says, “and patients should be wary about getting hormones and vitamins through the Internet and taking them without any medical supervision. Bioidentical hormone replacement at physiological doses is safe and effective. The patient gets back the identical hormones that they are no longer producing at sufficient levels. Nothing could be more natural.”

At 52, Dr. Dunham practices what he preaches and has been on the BioFit Program for the last eight years. “Everything I recommend to my patients, I do myself,” says Dr. Dunham. And Dr. Dunham has the credentials to back up his advice. He has an M.D. from Harvard Medical School, a Ph.D. in biology from M.I.T., and a master’s degree in public health from U.C. Berkeley. He is certified by the American Board of Preventive Medicine and is a member of the American Academy of Anti-Aging Medicine. You can learn more about the BioFit Program on the Web at www.biofitmedical.com.

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