



Swissmed
HEALTH

Living Longer and Better

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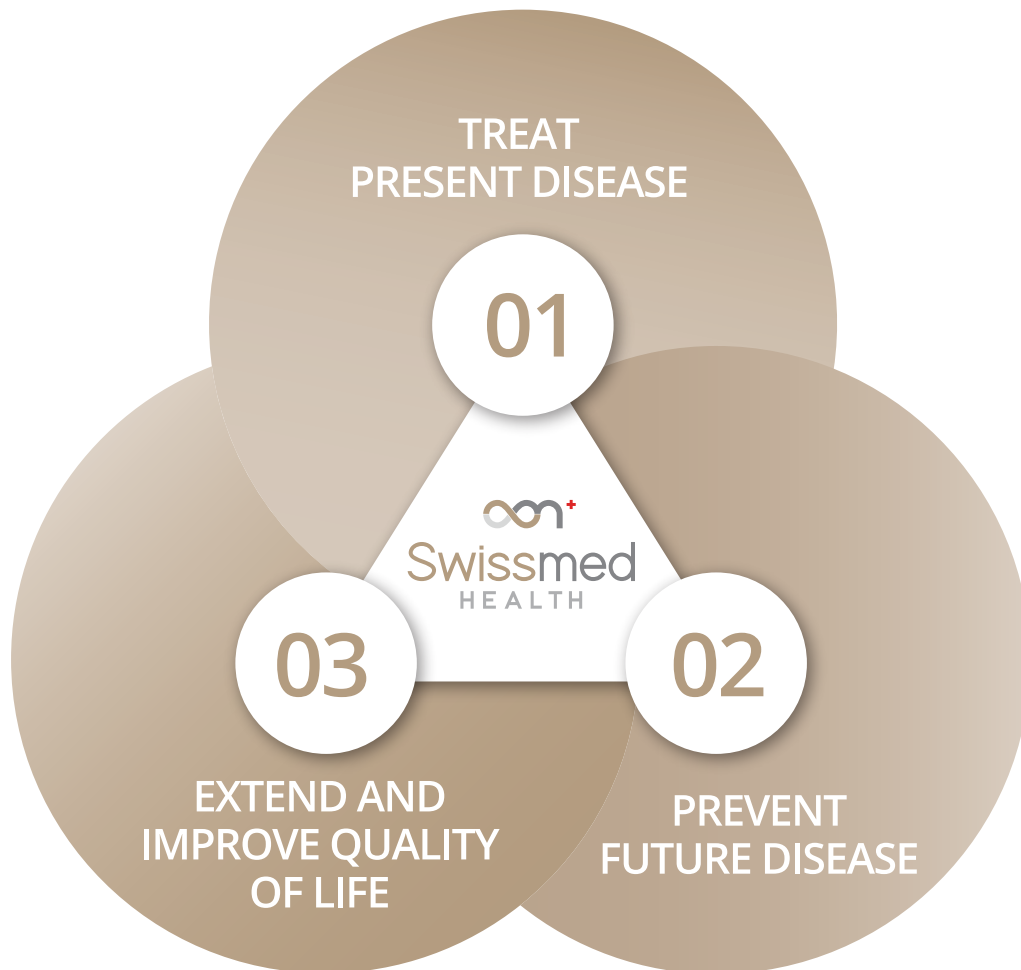
Where Clinical Science Meets Longevity

Introduction

Since ancient times, mankind has searched for the Fountain of Immortality. Today, we still don't have the Fountain itself. What we do have instead is scientifically validated methods that can help the average person live longer and better.

At Swissmed Health, we take a simple and powerful approach to antiaging consisting of three steps:

- Treat present disease
- Prevent future disease
- Live longer and better



When patients come to us, we first define their anti-aging goals, and then we customize the three steps to accomplish those goals. No two patients are the same and, with few exceptions, there are no-size-fits-all solutions.

Whereas this newsletter is by no means an exhaustive discourse on antiaging, the following pages summarize our three-step approach to living longer and better.



Treat Existing Disease

Common sense dictates that the first target in a serious anti-aging program is treating existing disease-disease you may not even know you have.

At Swissmed Health we have become aware of the Healthy Lifestyle Paradox.™ We will illustrate this paradox with a simple case study.

Andrew, a 58-year-old patient, was leading what he considered a healthy lifestyle. He avoided excessive meat, ate salads almost daily, exercised three times per week and took quite a few supplements. More importantly, he was convinced these healthy choices would prevent serious disease and felt very good about his potential for long-term health.

Andrew has no serious health issues he knew about, except for feeling exhausted for no reason. When he visited our clinic, his doctor asked him to go through a number of tests. His tests revealed that he had severe metal toxicity, circulating tumor cells in his blood, and heart issues.

Naturally, a custom-tailored program was designed for him using our proprietary protocols and innovative treatments and now Andrew is doing much better.

The point of the Healthy Lifestyle Paradox is that many health-conscious people think they are healthy and fit, when, in reality, they may be secretly harboring a disease. And that is why the first step to a serious anti-aging program is to detect and treat existing disease, whether it's known to the patient or not.





Prevent Future Disease

Preventing future disease cannot be boiled down to one activity or process. Following are three of the many activities that can be undertaken to extend our life span:

Testing for Early Stages of a Disease (Cancer Example)

Cancer is perhaps the most dreaded disease. At Swissmed Health we offer exclusively in Cyprus the RGCC Oncotrace test. Oncotrace now makes early detection of cancer possible, and this early detection of cancer can dramatically increase the survival rates of patients.

Oncotrace is a breakthrough blood test which detects the presence of cancer. With a simple and non-invasive procedure, blood is drawn from the patient and sent to the lab. There, through a process called flow cytometry, the blood sample is tested for circulating tumor cells that have detached from the primary tumor and entered the bloodstream or the lymph system.

The results of the test enable doctors to develop a treatment plan customized for each patient.

Cancer is just one example and other critical diseases can be tested for.



Extend and Improve Quality of Life?

Antiaging Prescription Drugs

Whereas preventative drugs such as Norvasc for blood pressure or Lipitor for high cholesterol work on a singular symptom, antiaging drugs counter multiple diseases at the same time.

When considering prescription medicine for antiaging effects, three drugs stand out: rapamycin, metformin and to a lesser degree naltrexone.

The benefits and life-extension mechanisms of these drugs vary, yet one thing is certain-many studies exist supporting the antiaging possibilities of these drugs, making them difficult to ignore in any life-extension effort.

As always, the decision to go forward with any antiaging activity is taken between the doctor and patient after careful analysis of all relevant factors.

Tracking of Health Markers

Beyond the standard blood test markers, including cholesterol, liver function, glucose and so on, it is important to test for other key health markers that contribute to disease. These health markers include the following:

Inflammation levels

Heavy-metal toxicity

Alkalinity levels

Hormone levels

Endothelial health

Telomere length

By tracking these health markers, can patients not also see the progress of their antiaging efforts, but also feel confident they are tackling key factors that prevent disease.



Live Longer and Better

Living longer doesn't necessarily mean living better. No one wants to live up to 100 years of age and be infirm or in constant pain. In other words, living better is, by necessity, a key component of all antiaging efforts.

Having more energy to do the things you love today, a sharp brain without forgetfulness or fog, as well as the desire to create and not live with memories are very important.

Some antiaging proponents even talk about treating aging as a disease like any other, and even reversing aging. But these are subjects for another newsletter.

Again, how you want to live better is an important discussion between you and your doctor.





Next Steps

Despite the wisdom aging brings, aging also comes with its inevitable problems: pain, mobility issues, decreased mental clarity and more. And there's so much at stake: Family and grandchildren; fun activities and travel; creativity and self-actualization; contributing your gifts to society and making the world a better place.

Whatever your motivation is for extending your lifespan, the sooner you start the better. There is no better time to act than the present. Talk to one of our doctors and start the process of living longer and better now.





Appendix: Four Reasons Why We Age

Many internal and external factors contribute to unhealthy aging. Following are five internal factors of the aging process:

Shortening of Our Telomeres

At the end of our chromosomes, we have DNA stretches called telomeres. The shortening of telomeres has been linked with multiple diseases associated with aging, including cancer. Telomeres help protect our chromosomes from damage but get shortened via the act of protecting the chromosomes.

Mutations of our Mitochondria

Mitochondria are the power plants of our cells, converting energy from the food we eat into a form our cells use to keep us alive. Being more susceptible to mutations than our DNA, mitochondria are disproportionately damaged by the presence of excess free radicals in our bodies. Damaged mitochondria have been associated with cancer, heart disease, and Parkinson's disease.

Accumulation of Senescent Cells

Senescent cells are human cells that stop multiplying, and instead of dying as they should via a process called apoptosis, they remain in our bodies and continue to release harmful chemicals that can trigger inflammation. Evidence has shown that senescent cells can contribute to major diseases of aging, including osteoarthritis, atherosclerosis and cancer.

Extracellular Aggregates Outside of Our Cells

Extracellular aggregates are damaged proteins that have changed into sticky substance and collect outside the cells, damaging their healthy function. Amyloid plaques associated with Alzheimer's disease is a form of this damaged protein. Extracellular aggregates are a common characteristic of many neurodegenerative diseases.



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