



# **Textbook of Age Management Medicine Volume 2: Mastering Healthy Aging Nutrition, Exercise and Hormone Replacement Therapy**

*Jeffrey Park Leake M.D.*

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A 21st Century Physician Model For Caring For Aging Patients We have been hearing a lot about HRT as if it's controversial. It really need not be. HRT is safe for both men and women and we take an enormous effort to prove that in our new textbook Age Management Medicine. More compelling, is that the 'controversy' surrounding HRT is really a controversy about how we approach healthcare in general. Waiting until patients are symptomatic is waiting until it is either too late or too costly, or both, to address the problem. We take the reader step by step through HRT for women and men. We show why we believe both are safe when patients fall within the Leake-Greenberg Window of Opportunity. We show how efficacious both can be in reducing mortality, reducing cardiovascular disease, improving sexual satisfaction and reducing frailty. In short, we show how HRT is a complement to the diligent effort put forward by patients in reducing their body fat, improving their cardiovascular health by adhering to sound nutrition and exercise prescriptions. Hormone replacement therapy for both men and women makes those efforts even more effective. We invite the reader to dive in so that they may support their patients in living the Good Life--- BeneVita!



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