



Testimonial Carol, Santa Rosa

In August of 2000 I had a near fatal bicycle accident! From that point on, I blamed everything on just that. I was forty years old at the time and ranked second in the nation for long Course Triathlons. Fitness is my passion and I trained and shared it with others. I always was a very positive person, my glass always 1/2 full, until the accident. I was feeling helpless and overwhelmed, I had lost my passion until I met Dr. Filgas. Who would have thought that the sense of non-well being I felt wasn't from my accident? It was mainly due to menopause.

I had heard about bio-identicals hormones from my sister and chose to go the same route after meeting Dr. Filgas a tenured physician and advocate of bio-identical hormone replacement therapy. I now have two months under my belt with them. I am able to handle more challenges than ever before! I have more power in my workouts and have energy to go above and beyond like I always did!

The change from me is profound, yet it was something so simple. Thank you to Dr. Filgas, you have changed my life!

Carol – Santa Rosa
Three-Time Ironman
Triathlon Competitor,
Collegiate Swimmer

Filgas Medical Group Age Management Physicians:

F. Dee Filgas, M.D., DAAPM

Jeffrey Reinking, M.D., A frequent speaker in medical education forums on topics related to pain for health and medical professionals he also co-founded and is medical director of APRMC. He received his M.D. from the University of Arizona, and completed residency training in Physical Medicine and Rehabilitation at the University of Washington in Seattle. Prior to completing his M.D., he completed a M.S. in pharmacology at the University of Arizona.

• Speaking – The Truth About Bio-Identicals

Dr. Dee Filgas will speak at afternoon tea on the last Friday of every month at 5:30PM. Please call and RSVP to reserve your space 707-431-1100. The location is variable, but usually at 518 Healdsburg Avenue, Healdsburg, CA.

• Website – Please check for the last info, schedule, etc: www.ageevolution.com

Lisa Hemenway certainly doesn't need any sort of introduction in Sonoma County. She has been the high priestess of food for many years. But Lisa has opened up a new chapter in her culinary life. She, through the tribulations of her own personal life, has become a new kind of food expert, one who has begun to see food as one of the essential components in retaining health. This is just one little helpful recipe with greater **gluten** awareness in mind and the role of gluten in your health.

Lisa's Health Muffins

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|---|-----------------------|
| 1 cup Sylvan Gluten Free All Purpose Flour | 1 cup Agave syrup |
| 1/2 cup coconut flour | 1/2 cup raw sugar |
| 1/2 cup quinoa flakes | 1 tsp vanilla extract |
| 1 tsp baking soda | 2 eggs |
| 1/2 teaspoon fine salt | 1 cup apple sauce |
| 1/2 cup extra virgin cold pressed olive oil | |

Pre-heat oven to 350 degrees. In a medium bowl blend syrup, sugar, eggs, vanilla, apple sauce and oil until smooth and creamy. In a second bowl combine flours, quinoa, soda, salt. Blend well and add liquid ingredients. Line muffin tin or spray with non stick spray. Using an ice cream scoop, scoop mixture into muffin tin -- makes approximately 12 muffins. Bake for 20 minutes or until when pressed on top they are firm.

GLUTEN

The goal of this aspect of nutrition is to keep blood sugar levels low. High blood sugar causes insulin secretion. Insulin secretion causes inhibition of growth hormone secretion and Gluten diminishes the all important role of growth hormone. Gluten is found in grains, rye, oats, wheat and barley. Any foods containing these types of flours or grains should be avoided if hormone optimization is to be achieved.

For a personal consultation call:
707-291-1374



The Filgas
Medical
Group

ISSUE

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NEWSLETTER

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Age Evolution



Meet F Dee Filgas, M.D., DAAPM

A physician practicing since 1980m Dr. Filgas finished her university training in Biochemistry, cum laude, at the University of Maine in Orono in 1972. She subsequently entered the Master's program in Public Health at the University of California at Berkeley but was accepted into medical school at the University of California, Davis before completing her M.P.H. At Davis she completed her M.D. in June, 1979. Subsequently she entered and completed her internship through University of California, San Francisco. Her emphasis in training was in Critical Care, and she began practicing Emergency Medicine in 1980. She became Board Certified in Emergency Medicine in April, 1994. She practiced Emergency Medicine in a number of locations, but primarily at St. Helena Hospital in Deer Park, California. In 1988 she pioneered the Job Care program in Occupational Medicine at that hospital. It later became a model for that program throughout Adventist Health Systems West. She acted as the medical consultant for State Compensation Insurance Fund September of 1990 through 1991. She began working collaboratively with the Spine Care Medical Group subsequently, practicing Orthopedic Medicine, and ultimately became interested in Pain Management. She became certified by exam with the American Academy of Pain Management in 2006. In the course of practicing pain management she realized that there are hormonal and metabolic issues which normally become prevalent in midlife. This has led her into the realm of Age Management where prevention of chronic disease through proper hormonal, metabolic, exercise, lifestyle and nutritional interventions become the concern of the clinician...

The Oprah Winfrey Show recently had a series of shows revolving around the topic of bio-identical hormone replacement therapy. The heavy hitters all showed up to talk about their support of this important health intervention. Those in support included Suzanne Somers, Dr. Phil's wife, Robin, Dr. Oz, Christiane Northrup, and more. Come to see us. We want to explore this further with you...

A personal letter from Dr. Dee Filgas

A century ago people died catastrophically from trauma, infection or some type of hormonal decline such as diabetes or hypothyroidism.

The medical establishment aggressively pursued solutions for these problems and has been generally successful in accomplishing this goal.

Now that we have these dramatic medical problems generally under control we're faced with analogously difficult medical problems which do not result in abrupt cessation of life, but with a more dwindling pattern of demise, resulting in death from "old age". This new challenge is in the early stages of elucidation.

Why is it that (generally) beyond the age of 50 new medical problems emerge, such as prostate, colon, breast cancer, but also heart attack and stroke. People begin to complain of fatigue, decline in sexual performance, weight gain, depression/moodiness, irritability and loss of confidence, reclusiveness, and lack of a sense of well-being.

Lipids begin to rise requiring use of cholesterol lowering agents. People are given medications to suppress symptoms and or to keep these things under control. Soon people find themselves medicated for every little this and that.

The real truth is that many of these medical symptoms are a direct result of the hormonal decline of aging. Every hormone secreting organ in the body begins to slowly decline. Until recently we have known very little about this because we haven't had data now available.

For instance, sex hormone levels diminish, and we have menopause and for men, andropause. We have fatigue, mood issues and sexual hypoperformance. So what does the pharmaceutical driven medical care system do? Give 'em Viagra, Cialis and Levitra. What SHOULD they do? Give them hormone replacement therapy. Why don't they? No profit for the pharmaceutical companies because they cannot patent a naturally occurring molecule. This is a direct result of third party pay or profit motive. This mandates physicians to beg for the ability to treat you and protracts care.

As consumers you should think about what is best for you. Because while you're simply trying to get medical care, there are many controversies within the industry, and you are ultimately the one who will have to choose the path on which to walk. Our practice in Age Management is directed toward achieving goals which improve quality of life while aging.

This is achieved through the replenishment of hormones, appropriate use of supplements and attention to nutrition, exercise and other lifestyle factors, all choreographed by your Age Management physician. We advocate the use of bio-identical hormones. Find a doctor who practices the kind of medicine that you want practiced on you. Our practice in Age Management Medicine is poised to help you.

Dr. F Dee Filgas

Evolution :

Gradual development from simple to more complex form. / the appearance of events
Evolve: develop gradually by a natural process.

Age Evolution

The Hormone Debate

BIOIDENTICAL HORMONES

Most of us are unaware of the incredible hormonal powerhouses that drive almost all of our bodily functions. It's only when these megaperformers shut down or become sluggish do we notice them at all. Now new hormonal therapy has become available. Indeed, correct hormone management is the 'event horizon' that will, in this doctor's opinion, set men and women free to enjoy their golden years.

In the past doctors have been limited to the use of synthetic non-bioidentical hormones. Now, **Bioidentical Hormones** are being used by members of the medical community. They are estradiol, estriol and estrone and natural progesterone.

A patient of mine once complained that the golden years were in fact more like the rusty years. Correct bioidentical hormone therapy can enable aging men and women to fully enjoy their lives. Let's face it... in this world where life resembles a roller coaster eighty percent of the time we need to use every arrow we have in our quiver. Women are often slaves to their hormones. Menopause is no 'cake walk' for most of us.

Hormonal therapy can help alleviate the uncomfortable and often disruptive symptoms of menopause such as moodiness, hot flashes, lethargy, memory loss, or "fogginess", insomnia or drop in sex drive.

Hormone replacement isn't just for women – aging is an equal opportunity event. It has now become clear that hormone replacement can have a preventative effect on certain diseases such as Alzheimer's disease, cardiovascular disease, stroke and osteoporosis. Hormones can play a huge role in weight control. People often ask if hormone replacement is safe. There appears to be conflicting information regarding the safety of prescribing hormones for women in menopause. Leave it to the scientists to create confusion. In all fairness I must say it's not their fault. Often they are not comparing apples to apples but apples to oranges. All estrogen and progesterone-like molecules are unfortunately lumped together when conclusions are being drawn. The various molecules, while similar in structure are not by any other means the same. The evidence from so called "scientific studies: is of variable quality and the conclusions

drawn are sometimes erroneous or confusing at best.

Over the years a "norm" or "standard of care" has evolved – not from science but from historical data. Changes are slow in coming. However, many well known doctors are now showing their support for bioidentical hormone replacement. I join this group willingly, believing that my patients well being and care are my priority.

"Our practice in *Age Management Medicine* is poised to help you."

In my opinion educated individuals, together with their doctors, will select what is best for them. Bioidentical hormone replacement is not a panacea. However, it can and does offer another excellent tool in battling aging. A well orchestrated and regulated regime can have a huge impact on an individual's wellbeing.

If you are interested in reviewing a cross section of scientific studies please drop by our web site at www.ageevolution.com and request they be sent to you. How about "The Hormone Debate"?? People need to request the further scientific inquiry info from filgasoffice@yahoo.com or visit www.ageevolution.com

For a personal consultation call:
707-291-1374

Age Management – The Whole Picture:

Bioidentical Hormone Replacement Therapy

Human identical hormones used to treat menopausal and andropausal and other hormone related symptoms.

Exercise

OK, so we all know that we should exercise. But how many of us do? And is the type, duration, etc. appropriate for achieving our goals of good exercise endurance, morphing of the body and enhancement of our sense of who we are? We will coach you in this regard, or provide you with access to the appropriate trainer.

Mind/Body

Perhaps the most challenging component of the regimen ... training the mind to enhance mood, sense of well being, and connection of the body to all of the above. We have identified a full array of resource experts who can act as your guide. This is such a personal thing that it is not a "one size fits all" equation. This particular piece of the puzzle must fit with your particular temperament, belief system...the shade of color which lives inside of you. The intent: to intensify or deepen your experience of life.

Supplements

Our body requires more vitamins and supplements as we age. Higher quality physician grade supplement for maximum efficacy. Please visit our website at ageevolution.com to view all the premium supplements available.

Nutrition:

Working with a Nutrition Educator on healthy food alternatives and ideas. Get ideas that work for you, your life style, your family's. Stop punishing yourself and start understanding what works and what will support you to lose weight, be healthy, look young and feel good inside and out.

Aesthetics:

Skin Care, Botox, laser, thread lifts

Laser and Intense Pulsed Light Treatments

My machine, the Lumenis I, destroys pigmented things in or on the skin. Think rosacea, broken capillaries, hair, sunspots and other such animals. It can lightly resurface skin caused by acne scarring, actinic keratoses and other forms of uneven skin, whatever the reason.

Lip Fillers

Using exogenous materials to fill lips has become a subject of hot debate across the country and even the world. Styles morph and change as do hairstyles. The idea has peaked and gone into decline. I can tell you that a little bit goes a sending an almost imperceptible message of youth and beauty. Big is not always better. But small to moderate amounts are an attractant.

Putting it all together:

Understanding the integration of bioidenticals, exercise, mind/body connection & supplements and nutrition. Preserving the appearance of a vigorous and attractive, life-loving, emotionally well-balanced human being.

What is the Missing link to Aging?

Have you not had the lust for *something more*, whatever it might be, in you daily life?

Have you felt unfulfilled for reasons difficult to define?

Do you have misgivings about yourself and your ability to achieve your dreams?

Do you feel that you perform sexually at a level which is ungratifying?

The answer

Age Management



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