

Lifestyle, stress making people age early: Docs

ANTI-AGEING TREATMENT aims to reverse effects by modifying lifestyle, using natural hormones and anti-oxidants

Neha Bhayana

neha.bhayana@hindustantimes.com

MUMBAI: A growing number of well-heeled Mumbaiites are going for anti-ageing medicine, be it for improving their overall health or simply to look younger.

Modern lifestyle, stress, obesity and diabetes were making people age early, said Dr Deepak Chaturvedi, who runs AMAYA in Andheri.

"People go for treatment of the signs of premature ageing. But we consider premature ageing a disease by itself and treat its cause," he added.

Yuvanesse, which opened up in Juhu in March, claims to get at least four new clients every day. AMAYA, which was set up in Andheri in September 2008, has over 300 patrons.

Dr Sunita Banerji, who started Yuvanesse with Dr Mohammed Ali from the American Academy of Anti-Ageing Medicine, said anti-ageing medicine had become more relevant with the increase in life expectancy.

"People are living longer these days but the body's production of hormones reduces drastically after 40," she said.

She and other anti-ageing proponents believe that we age because our hormones decline and replacing hormones can substantially mitigate effects of aging.

Anti-ageing medicine aims to reverse the age-related

ANTI-AGEING MEDICINE

Anti-ageing medicine aims to prevent or reverse the age-related decline in the quality of life. This is done by a combination of lifestyle modification, exercise, anti-oxidants and, most importantly, artificially boosting hormone levels.

Our body produces many hormones to carry out normal functioning. However, after the age of 40, hormone levels start declining in both men and women.

Anti-ageing specialists put their patients through tests to check the hormone levels and then start corrective therapy.

While some hormones like testosterone and progesterone are in the form of creams that have to be rubbed on the arms, others are oral tablets.

The 'holistic' treatment also includes vitamin/mineral supplements, diet and exercise plan.

modification, use of bio-identical (natural) hormones and anti-oxidants.

In the absence of scientific evidence to prove its efficacy, independent experts remain skeptical about such anti-ageing medicine.

"If a man has a documented testosterone deficiency, it will help to give him the hormone. But there is no evidence to show whether it will reverse stop aging," said Hinduja Hospital's endocrinologist Dr Manoj

The lack of comprehensive studies to prove the efficacy or its steep price — around Rs 8,000 per month — has not deterred people from going for it.

Singer Lucky Ali (51) started taking the treatment at Yuvanesse six months ago. "I don't believe in going to a doctor when I fall sick. I wanted to make my immune system stronger," said Ali, whose daily anti-ageing regimen includes taking four vitamin C tablets and anti-oxidants.

Anti-ageing medicine is also offered as a supportive therapy (with conventional medicine) for people with chronic conditions like obesity, hypothyroidism, arthritis and hypertension.

Poojita Gadodia (29) has been taking anti-ageing treatment because she has polycystic ovarian syndrome.

"I had developed polycystic ovaries, gained weight and hair had grown on my face due to high level of testosterone (male hormone). I was put on progesterone to balance it and I



ILLUSTRATION: JISHU



People go for treatment of the signs of premature ageing. But we consider premature ageing a disease by itself and treat its cause.

DR DEEPAK CHATURVEDI