



Dr. Andrea Cole, D.O. attended her first anti-aging seminar more than 10 years ago. “It was a defining moment because I realized that the practice of medicine must change from symptom management to one of prevention and creating good health,” she explains. She now operates The Center for Age Management Medicine in Carmel Valley, a unique practice which combines disease detection and management, anti-aging and functional medicine, and non invasive cosmetics, offering an all inclusive approach to fight the affects of aging.

Functional medicine looks at the biochemical individuality of a patient. “Good health is a dance that occurs between a patient’s genes and their interaction with their environment,” she explains. “Certain foods or nutrients may turn off the expression of a gene.”

Healthy aging without a balanced endocrine system is virtually impossible. Aging begins when hormone levels fall; restoring hormones to more youthful levels slow the decline in vitality and function. The most common changes seen in women whose hormones are in decline include an expanding waistline, loss of libido, wrinkling around the mouth, lack of energy and memory loss. For men a loss of testosterone can bring increased body fat, loss of sexual function and desire, and an increased risk of cardiovascular disease, diabetes and Alzheimer’s. With the use of blood and urine tests Dr. Cole can customize your hormone program as well as your vitamin program.

In January a lead article in the New England Journal of Medicine reviewed why estrogen may lead to breast cancer in some women. These are the very pathways that are evaluated in Dr. Cole’s practice. “The most important concept in the safety of hormone replacement lies in the metabolic pathways and not necessarily the levels of the hormones,” she explains. “These pathways can be measured and modified. Hormone levels are the tip of the iceberg”.

Bioidentical hormones are customized for each individual with the assistance of a compounding pharmacy. There is no “one size fits all.” Dr. Cole warns that although bioidentical hormones are intrinsically safer than the pharmaceutical synthetics, the real safety of hormone management is in the metabolism of hormones.

Dr. Cole’s service also includes Laser Photorejuvenation, laser hair removal, mesotherapy, Restylane® Botox®, Radiesse® and ultrasound treatments.

Looking good and feeling good is her Mantra.

For more information please visit Dr. Cole at [www.Agingbetter.com](http://www.Agingbetter.com) or contact her office by calling 760-633-1315.