



AAG HEALTH

AAG Health & Wellness

20800 West Dixie Highway, Aventura FL 33180 USA

Phone: 305-682-1818 Fax: 305-682-1833

www.aaghealth.com

EXECUTIVE MEDICAL HEALTH EVALUATION

AAG Health Hormone Therapy for Men & Women

Both men and women rely on a critical balance of hormones, and low levels contribute to a steady decline in our performance and our appearance. Diminishing libido, waning energy, decreasing lean muscle, increasing body fat, along with other problems that affect our sexual, physical and mental health, can be linked to sub-optimal hormone levels.

Our priority is to offer you optimal health so you can improve your quality of life, and live with the energy and vitality you once did. Let us offer you a comprehensive medical based approach to your hormone therapy while providing great customer service. We offer a **Executive Medical Health Evaluation**, a premium health screening and evaluation to provide you with the very best medical care and follow up.

Quite simply, our procedure for enrollment includes opening a medical file over the telephone or in person here at our facility. After enrollment you will receive a welcome email including instructions for getting your blood work done at a local blood drawing clinic. As mentioned we do have labs in your area.

AAG Health Executive Medical Health Evaluation

More than just a snapshot of your current health status, the **AAG Health Executive Medical Health Evaluation** is designed to give you the entire picture of what's happening inside your body. By screening you thoroughly, establishing your hormonal and metabolic baseline, the **Executive** medical health evaluation will provide you and the AAG Health physician with vital information about you, your hormone health and your body's unique needs.

A series of diagnostic tests followed by a series of comprehensive consultations with the AAG Health physician, Certified Sport Nutritionist (when available) and Certified Personal Trainer (when available) allows us to set the foundation for you to achieve optimal health and wellness. The Executive Health Evaluation consists of:

- Executive Lab Test – Full Panel
- Complete Health & Wellness Assessment
 - › DEXA Scan (Bone Density)
 - › In-Body Bio-Impedance Body Composition Test
 - › Metabolic Testing (Korr MetaCheck Test)
 - › Consultation with AAG Health Medical Director
 - › Physical Examination & Complete Assessment
 - › Mental Acuity Testing (Brain Function Evaluation)
 - › Consultation with Certified Trainer (Not Currently Available)
 - › Consultation with Certified Sport Nutritionist (Not Currently Available)



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Executive Lab Test

Blood testing is performed before you come to our office. We send a phlebotomist to you to obtain the samples which are sent to the laboratory for analysis. To expedite the blood test we can instruct you to go to a local clinic for your blood draw.

The blood tests we order include many that you may be quite familiar with such as blood sugar, cholesterol, lipids, liver function and blood count. Other tests focus on risk factors for heart disease, extensive hormone panels, vitamin D levels and much more.

The blood test we do is the first step of the evaluation. We also have to establish measurements on a number of indicators. This is important for two reasons:

- 1)** We believe it is essential to fully understand your state of health before starting any hormone optimization program.
- 2)** By establishing a series of important baselines, we are able to track your progress whilst you are on your hormone therapy objectively.

Once we have reviewed your blood test results the rest of your Executive Evaluation takes place in our medical facility in Aventura - FL. You will spend 4 - 6 hours with us. During that time we will complete your diagnostic testing and consultations. You can expect the following:

DXA body scan using GE Lunar Prodigy Pro - Dual energy x-ray absorptiometry (DEXA) is an accurate and widely used technique to measure bone mineral density (BMD). BMD is a means of determining your propensity for fractures and osteoporosis.

Body Composition Screening with the InBody 320 - The InBody320 is a fast, easy and highly accurate Body Composition Analyzer that quantitatively measures the four major components of the human body: water, protein, minerals, and fat.

Metabolic testing using MetaCheck- The MetaCheck measures the amount of oxygen your body is consuming to determine the exact amount of calories being burned in a day. Once completed, your metabolic rate will be used to calculate your target caloric zones.

Discuss findings with AAG Health physician - One of the AAG Health physicians will meet with you to review your diagnostic results, examine you and provide education and treatment planning for optimal health. This includes supplement recommendations based on your goals, any health issues you may have and disease prevention. We will discuss many aspects of your health, including your hormone levels and any need for treatment.



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Additional exercise and nutrition advice can also be made available with our Certified Personal Trainer / Sport Nutritionist. During your **Health Evaluation** you'll have the opportunity to discuss your current exercise routine and eating habits. Together, you can develop a plan to fit your lifestyle and health goals.

Exercise: When available, the AAG Health Certified Personal Trainer will meet with you to assess you physically by testing balance, flexibility, muscle strength, muscle endurance, and taking body measurements. He will then provide education and specific recommendations for exercise. Health issues and past injuries are carefully considered when making any recommendation for exercise.

Nutrition: When available, our Certified Sport Nutritionist will provide individualized treatment planning and education formulated to help you meet your goals. He will show how your eating habits can directly impact your general health and specifically your body's ability to both produce and utilize certain hormones. The individualized approach allows us to carefully consider your specific health issues as we make these recommendations. We want you to understand the best choices to make whether at home, at restaurant or traveling.

Achieve optimal health with the Executive Medical Health Evaluation!

Your time spent at the AAG Health Clinic will be comprised of important diagnostics and comprehensive consultations. This time allows us to thoroughly assess your general health and hormone requirements including any prior hormone replacement therapy you may have been prescribed. We can then recommend suitable program options for your consideration.

Based on information from the Executive Evaluation we will recommend a four faceted approach, personalized to suite your specific needs and goals: hormone therapy, sound nutrition, sensible exercise and nutritional supplementation.

Your health can turn around resulting in increased energy, reduced body fat and increased lean muscle, improved sexual performance, stronger immune system and improved mood, memory and focus.

Visit us at www.aaghealth.com or call **1-800-325-1325** for more information.