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## **BIOHORMONAL THERAPIES FOR PREVENTION AND EARLY MANAGEMENT OF PREMATURE MENOPAUSE AND ANDROPAUSE**

One of the most important chapters of anti-aging and preventive medicine is early recognition and management of premature menopause and andropause. Reduction sexual hormonal expression can be rightfully considered as the main cause for early aging. Genetics, previous illnesses, certain medical procedures, and environmental factors are the leading etiologic factors of premature menopause and andropause development.

In females, premature menopause is usually associated with irregular or altered periods, hot flushes, dryness of skin and genital mucosa, bladder irritability, sleep and emotional disorders. In males premature andropause is often promoting depression, decreased libido, dyslipidemia, diabetes and other endocrine disorders, obesity and loss of muscle bulk.

Biochemical signs of premature menopause are reduction of serum estradiol level to 30 pg/ml and below with simultaneous elevation of Follicle Stimulating Hormone above 40 mIU/ml. In males core biochemical indicator is reduction of basal and free testosterone levels at 15% or more below normal range.

Conventionally such conditions are treated with HRT - hormone replacement therapy. However, statistically proven that estrogen HRT carries distinguished risk of breast cancer development in women and risk of cardiac hypertrophy in men population after testosterone replacement. Our idea was to prevent and reverse the dishormonal changes occurring in premature menopause and andropause by direct stimulation of the entire chain of endocrine organs' activity with organ specific peptide therapy (SBI, MF+).

The objective of the study was to assess efficacy of biohormonal therapy using a combination of specific peptides-extracts (Mito Organelles™, SBI, MF+, Germany) from hypothalamus, pituitary gland, adrenals, ovaries or testicles and liver in prevention and early management of premature menopause and andropause.

The proposed combination of peptides was administered intramuscular twice per week with total duration of 4 months. The observed group consisted of 5 men (age 37-49 y.o.) and 5 women (age 35-47 y.o.).

Four months after commencement of the protocol 4 out of 5 women had dramatic improvement of symptoms and normalization of hormonal profile (80% efficacy rate). In male group, all 5 participants had disappearance of symptoms and normalization of testosterone levels (100% efficacy rate).

No side effects or adverse reactions were observed and none of the participants had need for further use of HRT.

Obtained preliminary results are promising and such therapeutic approach needs further studies and evaluation of late results and outcomes. Biohormonal therapy with organ-specific peptides (Mito Organelles™, SBI, MF+, Germany) may function as alternative to hormone replacement therapy.

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## **RADIESSE® DILUTE FOR SKIN TIGHTENING OF THE UPPER ARMS AND ABDOMEN**

**Introduction & Objectives:** The collagen-stimulating properties of Radiesse® (calcium hydroxylapatite [CaHA]) can be used for skin-tightening procedures by hyper-diluting the product with either lidocaine or saline. The aim of this study was to evaluate the effectiveness and safety of CaHA dilute for skin tightening in two case series of women with skin laxity in the upper arms or abdomen.

**Methods:** Two investigators each enrolled 10 women seeking improvement in the aesthetic appearance of either their upper arms or abdomen. In the upper arms, CaHA diluted 1:2 with normal saline solution and 2%