



Medical Professionals

Restoring A Natural Balance In Men & Women Through Bio-identical Hormones



SUBMITTED BY:
MARK JAMES BARTISS, M.D.
INSTITUTE FOR COMPLEMENTARY
AND ALTERNATIVE MEDICINE

Of all the popular topics in medicine being discussed today, Hormone Replacement Therapy (HRT) appears to top the list. It seems that every magazine, news brief and talk show has something to say about it so I thought you should know about your options and more importantly, how to become an informed and educated consumer of your own healthcare.

Today, millions of men and women concerned about aging must make a decision to undergo HRT, or to age less gracefully with chronic illness and decreased

quality of life like that of their grandparents. For years, as a conventionally trained primary care physician, I preached the benefits of HRT to thousands of patients, and up until 2001 I thought nothing of prescribing Premarin/Prempro (a synthetic hormone made from horse urine). Prior to the results of the WHI Study in 2004, doctors and patients were taught that these "synthetic" hormones would decrease the risk of heart attack, stroke, colon cancer, Alzheimer's, Parkinson's, and osteoporosis. The reality was that in a subset of women taking these hormones, there was actually an increased risk of these disease states. The medical community and the public reacted to this news, which in turn, reintroduced the availability, safety and efficacy of the once popular BIO-IDENTICAL HORMONES.

Q What is BHRT?
Bio-Identical Hormone Replacement Therapy is a medi-

cal subspecialty that addresses and supplements deficient and insufficient levels of any and all hormones found within the body, utilizing the exact compounds that were given to us at birth.

Q Were do these hormones come from?

They come from natural plant sources, such as the Mexican yam and soy.

Q Who needs BHRT?

Anyone who is deficient in their hormones, whether they have symptoms or not, and who wants to experience optimal health and longevity.

Q How long will I need to take BHRT?

For as long as you desire to maintain your youth and vitality. We age because of a decline in our hormones, not vice-versa.

Q What are the risks/benefits?

Because bio-identical hormones are exact clones of those hormones produced and metabolized within the body, risks that are associated with the "synthetics" are not seen. Benefits include increased sex drive, improved sleep, improved exercise tolerance, improved muscle tone and weight loss, improvement in memory, reduced risk of cancer and heart disease and more.

Q How long does it take to obtain results?

Depending on the form of BHRT you choose, the results vary in onset as well as intensity and duration. Most patients respond favorably within three weeks but some much sooner.

The ultimate goal in HRT is to establish OPTIMAL serum and tissue levels and not levels that are considered statistically "normal" for ones chronologic age. Unfortunately, many if not most patients and physicians are unaware of natural, plant-derived bio-identical hormones. The reason? Since natural hormones cannot be patented, manufacturers lack financial incentive to fund research and commercially market these substances. The bottom line is that BHRT is here and now and has been available in America since 1937. ICAM encourages that you learn more about BHRT before depriving yourself of life's most precious commodities- HEALTH and LONGEVITY.



Client Testimonials ...

Here's what some women (and men) have to say about BHRT ...

I felt as though my life was over. My husband and children hated me and I thought that I was losing my friends, my job and my mind. After receiving hormone therapy, my children love me again, I got promoted at work, my friends no longer avoid me and I am once again the woman my husband fell in love with. In fact, he cannot keep up with me in the bedroom so I sent HIM to Dr. Bartiss."

- J.M.

I've always been physically active but when I turned 50 I noticed that I was not responding to the rigorous hours of hard labor I was putting in the gym. My sexual desire and pleasure was like that of a retired stud horse put to pasture. Thanks to Dr. Bartiss I am in the running again."

- W.B.

My hot flashes were the least of my problems since I had been a victim of breast cancer several years before. The treatment appeared almost as bad as the disease itself! Although I am grateful and living because of my specialists, I am ALIVE because of Dr. Bartiss."

- T.S.

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Mark James Bartiss, MD

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24 Nautilus Drive, Suite 5 • Manahawkin, NJ 08050 • 609-978-9002
504 Hamburg Tpk, Suite 205 • Wayne, NJ 07470 • 973-790-6363

www.icambartissmd.com

Dr. Bartiss has often been referred to as a "doctor's doctor", and is frequently called upon for his diagnostic skills. He is founder and Medical Director of ICAM, and a member of the American College for the Advancement of Medicine, American Academy of Anti-Aging Medicine, and American Academy of Family Physicians. Dr. Bartiss is a medical writer, lecturer and author and has recently been selected as a top ten specialist in the field of Bio-Identical Hormone Replacement Therapy (BHRT).

For those interested in inquiring about lectures for your group/ organization, or for information about ICAM and Dr. Bartiss, contact our office, or visit our website: www.icambartissmd.com