

## **Argus Orthopaedic Zone**

### **The Elusive Fountain of Youth**

By Thomas J. Haverbush, M.D.  
Orthopaedic Surgeon

#### ***Transforming patient information into patient understanding.***

The Spanish explorers never found the Fountain of Youth in Florida in the 1500s. That doesn't mean people have given up trying. The search has taken many forms over the years. This isn't meant to be a history lesson, so I won't try to go into all the forms.

At the present time the search has become chemical. The buzz words are "anti-aging" drugs and "performance enhancing" drugs. I am giving you the Orthopaedic Surgeons take on this.

#### **Testosterone**

It has been around since it was first synthesized in 1935. It has been used to treat many medical conditions since that time. But in the last 10 years there as been a 500% increase in its prescription use.

Testosterone levels decrease with age in males gradually and progressively. This results in decrease sexual desire, muscle weakness and lower bone mass.

Supplementation can have a positive effect on muscle strength, bone density, sexual function and depression. Some feel it decreases risk of falling.

There are very few side effects associated with its use in an aging population.

**The problem is there are terrible side effects in abuse cases usually in younger patients.**

#### **Human Growth Hormone**

A study was published in 1990 that reported hGH therapy could reverse age related changes in body composition in otherwise healthy elderly men. Its use has increased tremendously over the last 20 years. Abuse of it is present in celebrities, professional athletes and even ordinary people. Endocrinologists are against its use as an anti-aging drug and in fact its distribution and use for that purpose is illegal in the U.S.

Other studies have shown modest increase in muscle volume, but no increase in strength. It seems to be worthless as a performance enhancer.

It does have numerous bad side effects.

### **Resveratrol**

It is a supplement found in plant derived products and red wine. It may hold some promise to decrease age related decline. But there is a lot of proof we don't have yet to back up claims made for it. Time will tell.

### **Antioxidants**

Antioxidants can decrease cell damage and it is thought, decrease oxidative stress in Alzheimers, diabetes, RA and heart disease. But there is so much we don't understand about how antioxidants affect some of these complex disease processes. High doses are known to be harmful so be careful and be moderate.

### **Key Point**

The marketing of "Fountain of Youth" products has drastically outpaced the science of these products. It's good to be open minded, but skeptical until the science catches up with the marketing.

### **Argus Orthopaedic Zone Archive and Office Website**

Please remember you can access all the Orthopaedic information you need on the office website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com). In addition every article I have written for you in the Argus Orthopaedic Zone has been archived and can be located on the website. Check it out.

Our goal is simple - To help people return to more pain free, functional lives. I specialize in you.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush