

A 21ST CENTURY PHYSICIAN MODEL FOR CARING FOR AGING PATIENTS

We have been hearing a lot about HRT as if it's controversial. It really need not be. HRT is safe for both men and women and we take an enormous effort to prove that in our new textbook Age Management Medicine. More compelling, is that the 'controversy' surrounding HRT is really a controversy about how we approach healthcare in general. Waiting until patients are symptomatic is waiting until it is either too late or too costly, or both, to address the problem.

We take the reader step by step through HRT for women and men. We show why we believe both are safe when patients fall within the Leake-Greenberg Window of Opportunity. We show how efficacious both can be in reducing mortality, reducing cardiovascular disease, improving sexual satisfaction and reducing frailty. In short, we show how HRT is a complement to the diligent effort put forward by patients in reducing their body fat, improving their cardiovascular health by adhering to sound nutrition and exercise prescriptions. Hormone replacement therapy for both men and women makes those efforts even more effective.

We invite the reader to dive in so that they may support their patients in living the Good Life— BeneVita!



JEFFREY PARK LEAKE, M.D.

Jeffrey Park Leake, M.D., is a partner physician in clinical practice at Cenegenics Elite Health in Las Vegas, Nevada. Dr. Leake specializes in age management medicine and he also serves as Director of Education and Course Director for Physician Training and Certification in Age Management Medicine for the Cenegenics Education & Research Foundation. Dr. Leake has trained over 600 physicians worldwide in Age Management Medicine. He completed his

undergraduate degree at Ohio State University with a major in molecular genetics, and went on to research oxalate metabolism at the Department of Physiological Chemistry at OSU and teach biochemistry to first-year medical students at the Ohio State University College of Medicine. Dr. Leake received his Doctor of Medicine at OSU, after which he entered an anesthesiology residency at the Ohio State University Hospitals, becoming chief resident and later accepting a faculty appointment as a clinical instructor in anesthesiology.

After completing his board certification in anesthesiology, Dr. Leake spent 27 years as a practicing anesthesiologist at Harrison Medical Center in Washington, becoming the first Director of Surgical Services there. In 2009, Dr. Leake transitioned from a career in anesthesiology to join Cenegenics as a clinical physician in age management. His interest in exercise and fitness developed naturally from his athletic career while at OSU, and he is certified by the International Sports Sciences Association as a personal trainer. Dr. Leake's personal fitness regime includes weight training, plyometrics, yoga, sprint interval training, equestrian sports and Krav Maga. He is a member of the Endocrine Society, European Society of Endocrinologists, American Society for Nutrition, American College of Sports Medicine, National Strength and Conditioning Association, International Menopause Society and the North American Menopause Society.

Dr. Leake was born and raised in Columbus Ohio. He currently lives in Las Vegas with his wife Amy. He has two daughters, Justine and Kasey.



TODD DAVID GREENBERG, M.D.

Todd Greenberg M.D. is the founding physician partner of Benevita Health, a clinical practice in Boulder, Colorado focused on aging well through nutrition, exercise and hormone optimization. Dr. Greenberg's training also includes interventional procedures for musculoskeletal injuries, a nationally certified Olympic lift coach and strength and conditioning certification with distinction (CSCS *D) through NSCA. Dr. Greenberg is a clinical assistant professor at Kansas City University of Medicine and Biosciences.

Dr. Greenberg's training also includes interventional procedures for musculoskeletal injuries, coaching Olympic lifts, as well as strength and conditioning certification.

Dr. Greenberg completed his undergraduate degree at Miami University in Oxford Ohio and then medical school at Case Western Reserve University in Cleveland, Ohio. His obstetrical internship was in New Orleans at Charity Hospital, followed by a radiology residency at Indiana University in Indianapolis, Indiana. Dr. Greenberg followed his passion for athletics by completing a one year MRI fellowship with the world renowned Dr. Pomeranz at Proscan in Cincinnati. Dr. Greenberg spent over a decade teaching as an instructor at the same fellowship. He applies his expertise to research percutaneous solutions for athletic injuries. Dr. Greenberg also heads several research projects for FDA approved clinical trials, studying the safety and efficacy of biologic therapies as alternatives to more invasive procedures.

He is a member of American College of Radiology, American Orthopaedic Society for Sports Medicine, American Association of Orthopaedic Medicine and The National Strength and Conditioning Association.

Dr. Greenberg is a native of Ohio, born into a family of four children. He is the proud father of Noah. His personal athletic interests include freediving, resistance training, sprints (cycling and track) and more recently alpine touring.

TEXTBOOK OF AGE MANAGEMENT MEDICINE

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MASTERING HEALTHY AGING
NUTRITION, EXERCISE *and*
HORMONE REPLACEMENT THERAPY

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