

# *The Pink Panther Returns to*

# BOCA



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### Attitude really is everything

Yale University looked at survival of 660 people ages 50 to 94 years old during a 22-year study. They found that people with positive attitudes about aging lived more than seven years longer than those with negative attitudes. In fact, individual's perceptions of how they'd age affected survival years more than lowered blood pressure or smoking, among other things. —American Psychological Association.



## Anti-aging fallacies

Written by **LISETTE HILTON**

**P**opping a supplement, getting a hormone shot, or undergoing cosmetic therapy might change the way you look and feel. But these measures won't slow, stop or reverse human aging.

According to Boca Raton-based internist **Dr. Richard A. Levine**, there are several ways to make the inevitable aging process smoother. We have the power, he says, to improve our well-being and even live longer.

For example, low hormone levels are usually a clue that something else is going on. One common cause for low hormones is aging, but other causes include stress, according

to Levine. If you don't address stress, it can lead to other pro-aging situations, such as more drinking, smoking and lack of sleep.

Another cause of low hormones is opioid use. Even supplements can do more harm than good. CoQ10 (a frequently used dietary supplement) might help

some people, but for those with liver problems, it can be harmful, according to Dr. Levine. The need for testosterone or another hormone won't fix the things that are accelerating your aging process.

So, what can you do? Levine says you can try the pills, shots and procedures, but first learn more about your health. Have a health history and physical by a trusted provider. Take a more comprehensive approach rather than taking a shortcut to address aging concerns.

Levine's tips for better aging are simple:

1. Live in a healthy fashion (That means different things to different people. Live according to what you truly think is right for your health.)
2. Do something for someone... anybody.
3. Hydrate. Hydrate. Hydrate.
4. Take a walk.
5. Have a good relationship with your doctor. "Relationship" is the key word.
6. Attitude is everything.

Levine says, "The hope is to not battle nature, but to work within it..."



### More turning to cosmetic surgery

The demand for cosmetic procedures, including liposuction and fillers, rose by 2 percent between 2014 and 2015 among 40- to 54-year-olds. Spending on cosmetic surgery procedures in the U.S. went up \$13.3 billion in all age groups.

Source: 2015 statistics by the American Society of Plastic Surgeons

### Testosterone use among men triples

The number of older and middle-aged men prescribed testosterone has tripled since 2001, according to a study of nearly 11 million men.

Source: June 3, 2013 New York Times well.blogs.nytimes.com/2013/06/03/mens-use-of-hormone-on-the-rise/?\_r=0



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Dr. Richard A. Levine

