

# Healthy Aging

Regardless of what you've seen and heard in the news, there is no wonder drug or magic pill that will help you live a longer, healthier, more fulfilling life.

But there is something you can do, and I am one of many physicians around the country who are sharing the practice of Age Management Medicine with their patients, in a battle against the degenerative process and chronic diseases for which aging can be known.

Age management medicine isn't turning the clock back. I believe it's promoting healthy aging through exercise, nutrition and individual metabolic and genetic considerations that may affect the propensity for chronic diseases.

Age Management Medicine is a proactive, preventative approach to healthcare for an aging population, with a main focus on preserving optimal human function and quality of life prior to the onset of degenerative aging. A patient's medical history is evaluated, followed by lifestyle assessments, physical examinations and laboratory evaluations, to establish a fully personalized proactive treatment plan consisting of proper diet, exercise, stress management and appropriate medical interventions.

The earlier you start focusing on a healthy lifestyle, including sound nutrition, the better, as I have seen bone and mineral loss and osteoporosis in men in their mid 30's to mid 40's, even though that is thought to be found primarily in post-menopausal women.

My approach is to treat every patient on an individual basis, starting with determining your appropriate metabolism and hormone levels. Hormone levels also can be altered by nutrition, exercise and poor lifestyle habits such as alcohol and quality of food choices.

Exercise and nutrition have been an area of interest most of my life, and I actively incorporate them into my professional practice. If you're interested in speaking with me about developing a plan for a healthier lifestyle, please call for an appointment at 520-366-0300.



*Brian Miles, MD is a Board Certified Family Medicine physician and also is certified in Age Management Medicine. He has an interest in the role of nutrition in the overall health of his patients. Miles relocated to Arizona from Bloomington, Indiana where he was an urgent*

*care physician and medical director at Premier Healthcare Walk-In Clinic. He received his medical degree from Indiana University School of Medicine in Indianapolis, and completed his internship and residency at St. Francis Family Medicine Residency Program in Beech Grove, Indiana. Miles has served as an instructor in pediatric and adult medicine at St. Francis, and served in the United States National Guard and Indiana Army National Guard in the Medical Service Corps.*



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