Disclaimer
Cenegenics® Medical Institute practices age-management medicine, based on science and comprehensive evaluation. Cenegenics does not associate its medical work with the “anti-aging” field, since we consider it unscientific and misleading. As such, Cenegenics only prescribes hGH if a comprehensive evaluation reveals an adult onset growth hormone deficiency. Our prescribing protocols and analyses are based on multiple controlled studies in peer-reviewed journals, in adherence with FDA regulations. Cenegenics uses bioidentical hormone modulation to help patients regain and maintain metabolic and endocrine functions at the upper end of their normal range—for their age—creating the best opportunity for a healthier and more vigorous life.

CBS NEWS

Excerpts from an article, which appeared on the website for CBS News after 60 Minutes aired a piece with correspondent Steve Kroft on April 23, 2006. Cenegenics Medical Institute inserted the bracketed comments for content clarification.

Aging in The 21st Century
April 23, 2006

(CBS) Jack Benny, the late, great comedian who perpetually gave his age as 39, once said that growing old is a case of mind over matter. "If you don't mind, it doesn't matter," he said.

The problem is, most of us do mind — and the graying of 78 million baby boomers is creating a vast marketing opportunity for doctors and pharmacists who claim they can slow down that process.

This new field is called anti-aging medicine, or age management medicine [unlike the anti-aging movement, age management medicine focuses on a comprehensive approach, sound science and evidenced-based therapies]. . .

The “temple” [of age management medicine] . . . is the Cenegenics Medical Institute in Las Vegas. It was founded . . . [in 1997] by . . . Dr. Alan Mintz, who claims to have 12,000 patients around the world, offering hope to anyone who is feeling tired, getting flabby and losing interest in sex.

“People are looking to feel better,” says Dr. Mintz. “They're tired of the answers. ‘Go home. We can't do anything for you. You're really OK.’ They're tired of hearing, ‘I'm gettin' old. There's nothing you can do. Just live with it.’”

Mintz, 67, says age management medicine is not about chasing the fountain of youth.

“This is not about staying forever young,” he says. “It's about staying in charge of my life and being productive [emphasis ours].”

Mintz is a long-time bodybuilder and fitness freak, who prescribes a regimen of regular exercise, good nutrition, along with vitamins and supplements to manage the effects of aging.
Here comes the controversial part . . . Mintz says he has been on human growth hormone [for a proven adult onset growth hormone deficiency (GHD)] for about 10 or 11 years, but maintains that he has not experienced any adverse effects because he takes “very small doses.”

What benefits has he felt?

“Well, energy. More energy,” he says. “Better body composition. My brain is working, my brain function, we test it, is actually quicker than it was five to six years ago.”

Mintz says substances such as testosterone and human growth hormone are produced and stored by the human body, but as we get older, these natural levels taper off, creating what he claims are hormone deficiencies that may be responsible for some of the symptoms attributed to old age [emphasis ours].

“We start to lose a lot of different hormones starting at 30,” Mintz explains. “Two to three percent a year. By the time you're 40, you begin to recognize some changes. And we take it as we're just getting older.”

Mintz says he's trying to replenish those lost hormones [for a proven deficiency]. “But always within the limit of what's considered normal [for my age],” he says.

Mintz says that testosterone and human growth hormone [when used for GHD] help build muscle mass, reduce body fat, and strengthen bones against osteoporosis. His patients [of the 12,000 Cenegenics patients, only 7% demonstrate a proven GHD after comprehensive testing and require hGH therapy] say they can feel the difference.

60 Minutes talked to a group of six of them, ranging in age from 34 to 74 — a businessman, a cocktail waitress, a retired schoolteacher, a car dealership manager, a real estate broker, and a human resources consultant. They're all injecting themselves with human growth hormone [for a proven GHD]. Some also take testosterone, DHEA and estrogen [when a comprehensive evaluation demonstrates the need].

“The real benefit of it more than anything else is the energy level. I mean, there's a difference between being 25 and 45. And I feel like I'm 25 again,” one of the men told Kroft.

Asked if he feels younger, an older male patient said, “Well, I'm 74, and I worked out two hours last night. And I recovered. I can stay up till midnight. And I have the energy and vitality.”

“Big-time libido,” another man remarked. “Yeah, like when you are a kid again.”

One of the female patients said the hormone treatments improved her sex life.

All of them said they were exercising more and eating better.

“It is a whole way of life,” one of the male patients said. “But the hormones and stuff is like cheating. It makes it so much easier to do it, and it gives you the results so much quicker . . . ”
Cenegenics has a network of more than 100 affiliated doctors in the United States and joint ventures in Tokyo, Seoul and Hong Kong.

Mintz says his roster of patients includes movie stars, Las Vegas entertainers, CEOs, and the president of a foreign country, some of whom pay as much as $1,000 a month for the treatment.

How much has his business grown?

“Well, start with zero nine years ago and it'll do $20 million this year,” Mintz says. “It's a very good practice.”

Mintz doesn't have to deal with insurance or programs like Medicare and Medicaid.

“We don't ever want to talk to Medicare and Medicaid,” he says, laughing.

“This is like the good old days?” Kroft asked.

“Like the good old days,” Mintz replied.

It's a fact not lost on many doctors, most of whom are less forthcoming than Mintz.

The American Academy of Anti-Aging Medicine, which Mintz has disassociated himself from [emphasis ours], recently held a convention. When it held its first gathering back in 1993, 30 physicians were in attendance; today it boasts 17,000 members in 85 countries and claims the numbers are doubling every two years. Some estimate the market for anti-aging products at $30 billion to $50 billion a year . . .

According to the Food and Drug Administration, there are very few approved uses for human growth hormone and they are listed on each product's label. The most common is “growth hormone deficiency,” which is caused by disease or damage to the pituitary gland, and is thought to afflict only three out of every 10,000 adults.

If that's true, a lot of them seemed to be at the anti-aging convention.

All of this is particularly alarming to Dr. Shlomo Melmed, who literally wrote the book on human growth hormone. He says there are all sorts of reasons why its use is supposed to be carefully controlled . . .

Melmed, director of the Burns and Allen Research Institute at Cedars-Sinai Medical Center in Los Angeles, is one of the world’s leading researchers on human growth hormone, and president of the International Society of Endocrinology, which is the study of hormones.

“There's no study published which shows that growth hormone administration will prolong life in a controlled fashion . . .”, says Melmed.

He says the benefits of taking testosterone and human growth hormone are often temporary and largely cosmetic, while the potential side effects, which include “joint pain,” “carpal tunnel syndrome,” “diabetes,” “high blood pressure” and “heart failure,” are very real . . .

But Mintz is undeterred. He says his staff physicians monitor patients carefully and look out for signs of cancer. He also says he is giving human growth hormone to only seven percent of his patients, all of whom have natural levels that are below normal and symptoms that lead him to believe they are growth hormone-deficient [emphasis ours].
Mintz told *60 Minutes* he *avoids using the term “anti-aging” these days because he considers it misleading and unscientific* [emphasis ours]. He provided *60 Minutes* with stacks of studies supporting the promise of growth hormone and testosterone supplements but acknowledged that there were no long-term blind studies, showing that they were safe or effective in age management.

“We don't really know scientifically,” Kroft asked.

“Galileo didn't have double blind studies, but observation's wonderful. We've never done a double blind study on the sun, but you know and I know, even on a cloudy day it's comin' up every morning,” Mintz replied.

“Are you an endocrinologist?” Kroft asked.

“I'm not. I'm a radiologist,” Mintz replied. He told Kroft while he had no endocrinologists on his staff, the institute has two on its board.

“But if it's all about hormonal balance, you would think that you would have a building full of endocrinologists,” Kroft said.

“Most endocrinologists deal with thyroid disease and diabetes,” Mintz replied. “If you ask them, that's what they talk about. We have a disease-based system. They're rewarded for disease. It's a major paradigm. Doctors can't get paid for health . . . They're [endocrinologists] not ready to get there yet,” Dr. Mintz answered.

Mintz considers himself a pioneer in this gray area of law and science — and there are plenty of patients, eager to follow the trail he is blazing. The ones *60 Minutes* talked to in Las Vegas, all eager to remain young and vital, consider this a lifestyle choice — and they are prepared to roll the dice.

“You aren't concerned that five years from now somebody might do a study and find out that this regimen accelerates the growth of cancer cells, or causes diabetes?” Kroft asked.

“Well, that's happened with prescriptive drugs. I mean, has it not?” the 74-year-old patient replied. “In any field, you're doing this. They've taken drugs off the market because of this.”

“So you'd rather feel better now, while you're living your life, than worry about the possible downside 10 or 15 years from now?” Kroft asked.

“You could get killed on the interstate tomorrow,” a female patient remarked. “You have to weigh risks and rewards. You do that every day in life. You do it when you get up in the morning.”

“Are you sure? Are you absolutely positive, absent any scientific studies, that the treatments that you're giving now won't prove to be detrimental to someone's health five, 10, 15 years from now when all of the evidence is in?” Kroft asked Mintz.

“If you talk about five, 10, 15 years, I'm pretty comfortable,” he replied. “No, I'm not absolutely sure. Only a fool is absolutely sure. Am I confident? Do I sleep well at night? Yes.”

**Personal Note from Alan Mintz MD**

“Good health is not an accident. It requires your active participation. We do have the power to control the future of your health. Even geneticists agree that over 60% of what happens to us is within our own control.”