



The Transformation of **HEALTH CARE** INTO THE FUTURE

by Dr. Dalal Akoury

This past December, I was privileged to attend the 18th Annual World Congress on Anti-Aging Medicine and Regenerative Biomedical Technologies in Las Vegas, NV, held by the American Academy of Anti-Aging Medicine. Along with more than 5,700 physicians from all over the world who attended this summit, I am participating in this phenomenal shift in how medicine is practiced. The current medical methods have reached their limits. Medical researchers believe we cannot improve quality of life by using the present-day methods of “curative” medicine.

Patients as Individuals, Treating Causes Instead of Symptoms

Functional, Integrative, Regenerative and Anti-Aging Medicine is one of the fastest growing medical specialties. While it may have several different titles, the basic concepts are the same. Some disagree with the title Anti-Aging and prefer Age Management. Regardless of the nomenclature, this innovative, customized patient-centered health-care model focuses on primary prevention and considers underly-

ing causes instead of symptoms when dealing with any disease.

Disease Care or Patient Care?

Today’s mainstream allopathic medical model is a failing paradigm, because its principles are based on “disease care,” rather than “patient care.” By patching up and masking symptoms while ignoring biochemical individuality—the dynamic balance of internal and external environments—the current medical empire is losing ground to the biggest revolution of the 21st century in the science and practice of medicine.

Health as a Lifestyle

Over the last 20 years, a shift in the practice of medicine has been underway due to the pivotal and critical realization that our health and wellness are directly related to lifestyle choices. Scientific research indicates that our toxic external and internal environments influence our genetic blueprints, and that the food we consume directly affects our genetics. Our future health and our personal life expectancy are potentially under our control to a far

larger level than is usually realized. Age Management and Functional Medicine is a holistic model that integrates multiple-knowledge bases within a practical scientific matrix and focuses on early detection, prevention and treatment of aging-related disease, rather than a single treatment for a single diagnosis. Functional medicine uses the patient’s story as a key tool for integrating diagnosis, signs and symptoms, and evidence of clinical imbalances into a comprehensive approach to improve both the patient’s environmental input and his or her physiological functioning. It is a clinical discipline that emphasizes the need to transform the practice of health care.

Wellness Lifestyle Transformations

Preventive medicine is the only viable model for our current health-care and wellness crisis. The methods most likely to increase health and life expectancy are those that increase awareness and emphasize lifestyle transformations. The remarkable scientific and medical breakthroughs of the past decade emphasize that only the integrative and functional medi-

cal approaches to achieving internal harmony and balance will give our generation and future ones the ability to achieve optimal health and longevity to an extent never before possible.

A New Medical Technology Begins Now

Anti-Aging, Functional and Integrative Medicine is raising awareness among consumers and improving the management of complex, chronic disease by intervening at multiple levels, addressing core clinical imbalances and restoring each patient's functionality and health. Anti-aging, regenerative medicine embraces cutting-edge biomedical technologies aimed at achieving benefits for both the quality and quantity of the human lifespan. Some of the most promising aspects of regenerative medicine include:

- Stem cell therapeutics—technologies aiming to beneficially alter the very basic cellular sources of dysfunctions, disorders, disabilities and diseases.
- Therapeutic cloning—technologies to develop ample sources of human cells, tissues and organs for use in acute emergency care as well as the treatment of chronic, debilitating diseases.
- Genetic engineering and genomics—advancements that permit the identification and alteration of genetics to ameliorate dysfunctions, disorders, disabilities and diseases.
- Nanotechnology—deploys micro- and molecular-sized tools to manipulate human tissue biology for microsurgical repair on a gross level, as well as microscopic nanobiology for repair at the most basic cellular level.

Taken collectively, the advancements offered by anti-aging and regenerative medicine to improve the quality of and/or extend the length of the human lifespan are the most potent emerging biomedical technologies today.

Dr. Dalal Akoury is the founder of Awaremed in North Myrtle Beach. See ad page 2.

SUNDAY, JANUARY 30, 2011

MUSIC FOR THE SOUL: A CELEBRATION OF SPIRITUALS, GOSPEL AND THE ORCHESTRA

Featuring New Arts Six

A program of jubilant music illustrating the common connection between the American gospel/spiritual heritage and the orchestra, featuring music by African-American composers William Grant Still and Duke Ellington, spiritual-inspired orchestral works by Copland and Gershwin, and symphonic arrangements of spirituals and gospel tunes, presented by a variety of outstanding vocal performers.

12th Night Renaissance Celebration

January 15th, 2011 from 6 to 9 pm
at Angelo's Steak and pasta
2011 S. Kings Hwy.

Tickets are \$30.



CALL 843.448.8379 OR VISIT WWW.LONGBAYSYPHONY.COM



When you dance, your purpose is not to get to a certain place on the floor. It's to enjoy each step along the way.

~ Wayne Dyer

Start Your Second Life with Heart Healthy Mediterranean Cuisine

Lunch ~ Tapas ~ Organic Wine ~ Beer

Renaissance Bistro

203 Chartwell Ct, Myrtle Beach
(off of 544 W behind BB&T)
(843) 997-0177

Monday-Friday 11-5
&
Private Dinner Parties

