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- Dr. Richard Bligh

ST. LOUIS CENTER FOR PREVENTIVE & LONGEVITY MEDICINE

DR. RICHARD BLIGH, MD, MBA

Dr. Richard Bligh has a refreshing perspective when it comes to medicine. Instead of merely reacting to patient’s ailments, he works with his patients to proactively prevent disease and improve overall quality of life. Dr. Bligh, board-certified in both anti-aging and internal medicine, implemented his over 14 years of experience when he founded the St. Louis Center for Preventive & Longevity Medicine in 2003. The practice provides three specialized components—Concierge Medicine, Age Management and Cosmetic Services—that work synergistically to help patients look and feel better as they age.

AGE MANAGEMENT

His own personal journey with age-related illness inspired Dr. Bligh to explore new innovative ways to treat and prevent chronic diseases, and paved the way for Dr. Bligh to create his thriving Age Management practice. Dr. Bligh’s research introduced him to the benefits of bioidentical hormone replacement therapy. Unlike synthetics, “bioidentical hormones are chemically similar to the hormones found in your body,” Dr. Bligh explains, and are therefore believed to be safer than synthetics when administered properly by a physician.

As we age, hormone levels drop, often resulting in a marked decrease in energy, difficulty sleeping, increased body fat retention, decreased muscle mass and lowered libido, among other



complaints, Dr. Bligh explains. When one of Dr. Bligh’s patients comes in with such issues, a full screening questionnaire and diagnostic labs are administered to discover what hormone deficiencies the patient may have.

“Most physicians don’t test these deficiencies aggressively,” Dr. Bligh says. Testosterone for example, a hormone that plays a key role in sexual functioning and an overall sense of well-being, drops about 1 per cent a year after age 30 Dr. Bligh notes. “We know that supplementing testosterone to a more youthful range can decrease the risk of heart disease, hypertension and diabetes and can lower the accumulation of abdominal fat and loss of muscle mass,” Dr. Bligh says.

Decreased estrogen is another common hormone deficiency patients face as they age, which for women can cause hot flashes; vaginal, skin and eye dryness; short-term memory failure and an overall foggy thought process. Progesterone deficiencies can cause sleep problems, periods that are heavier than usual and severe PMS. Human Growth Hormone, despite having caught flack in the press for allegedly being abused by athletes to get an edge on the competition, is used safely and responsibly in Dr. Bligh’s practice. HGH is used to help treat patients who are deficient in the hormone, which is responsible for helping the body recover faster after injury or workout.

“There is no magic pill,” Dr. Bligh warns those who expect hor-

ALIVE SPECIAL PROMOTION

mone replacement therapy to be a cure-all. "There is a lot hormones can do, but 99 per cent of it is lifestyle, and we spend a lot of time with our patients giving them the information they need to not only get better but to stay better."

CONCIERGE MEDICINE

Dr. Bligh believes you don't have to be at the mercy of band-aid medicine, which seems to quickly diagnose ailments and offers a one-size-fits-all treatment without investigating the root cause of illness and forgoes the exploration needed for the prevention of age-related disease.

Capping the total of his Concierge practice at 500 patients, Dr. Bligh is able to offer a highly valued commodity in healthcare: time. Time for patients to ask questions, time for the doctor to properly screen patients for better disease prevention and time for the doctor to go in-depth with patients about how a particular treatment works and why it is being recommended. All of this in a relaxed, comfortable setting.

"In traditional practices, the average internist spends about 6 minutes with each patient," Dr. Bligh says. "Now you've got a physician with a limited number of patients that can spend the time to talk about your concerns, answer questions and dispense information on lifestyle," Dr. Bligh says of his Concierge practice. "It builds a great relationship between the patient and the physician."



COSMETIC SERVICES

After all the one-on-one attention and high level of continued care you get with Dr. Bligh and the St. Louis Center for Preventive & Longevity Medicine, you will be happy to know that you can look as youthful as you feel!

In conjunction with Advanced Laser Clinic, the St. Louis Center for Preventive & Longevity Medicine offers non-invasive cosmetic procedures that can help reduce the appearance of wrinkles, treat acne and remove unwanted facial and body hair, among other treatments. Dr. Bligh is one of St. Louis' most respected administrators of Botox and has trained extensively on the use of dermal fillers like the popular Perlane, Restylane, Juva-derm and Radiesse.

Don't let another month of feeling and looking older than you want pass you by! Call Dr. Bligh at the St. Louis Center for Preventive & Longevity Medicine today.

DR. BLIGH'S TOP 5 REASONS TO CONSIDER BIOIDENTICAL HORMONE REPLACEMENT THERAPY

1. LACK OF ENERGY

As we age, hormone levels begin to decline, resulting in feelings of increased fatigue. Daily activities that were once enjoyable may feel more laborious. While testing is required to identify which hormones a patient is lacking, decreased energy can often be remedied with BHRT.

2. DECLINING SEX DRIVE

After 40, 35 per cent of men's testosterone levels are low. Women's testosterone levels also drop and they too may notice a decreased interest in sex. Dr. Bligh can test for decreased testosterone, the hormone that plays a key role in a healthy libido.

3. DECREASE IN MUSCLE MASS

"Even those who are working out and doing the good things they should, they may notice an accumulation of body fat in spite of it," Dr. Bligh says. Hormones such as testosterone can help people retain muscle mass as they age.

4. DEPRESSION OR FOGGY COGNITIVE FUNCTION

"Hormone deficiencies can cause a new onset of depression in men, and women who used to be able to multi-task with no problem now may find their thought process is foggy," Dr. Bligh says. Bioidentical hormone replacement therapy can help.

5. TO FINALLY TAKE CONTROL OF YOUR OWN HEALTH

Most doctors don't screen aggressively for hormone deficiencies as they relate to age management. "Patients are realizing the current system isn't living up to their expectations," Dr. Bligh says. "They want to take a proactive role in their health and quality of life."

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