

St. Louis Center for Preventive & Longevity Medicine, LLC

Dr. Richard A. Bligh, M.D., M.B.A. and Dr. Christie A. Robins, M.D.

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St. Louis Center for Preventive & Longevity Medicine is on the cutting edge of preventive and age management medicine. Through the use of advanced testing and state of the art technology we are able to identify hidden health risks before they become major health problems.

This proactive approach to healthcare addresses lifestyle, nutrition, hormonal imbalance and genetics in a boutique practice setting.

Our state of the art technology such as “Athero-Age Heart attach early warning system” uses high frequency sound waves to measure the thickness of the inner two layers of the carotid artery and determine your level of atherosclerotic plaque accumulation. The FDA approved software determines your Athero-Age versus your real age.

A trailblazer in anti-aging medicine, Dr. Bligh spends his days helping baby

boomers regain the youthful glow they desire from the inside out. He is Board Certified in both Internal Medicine and Anti-Aging Medicine.

New to the practice is Dr. Robins, who is Board Certified in Family Medicine along with Dr. Bligh she focuses on preventive medicine. Dr. Robbins has a high interest in women’s healthcare and is the director for our weight management program, which fits well with our philosophy on lifestyle and nutrition.

Newer lab procedure offered is the Functional Intracellular Analysis measuring levels of selected vitamins, minerals, antioxidants and other essential micronutrients. Deficiencies are associated with disease processes and can give us a clearer picture of your overall health.