



### In This Issue

"Clinician Chat" with  
Steven Garces,  
ARNP, MSN

## Ageless & Wellness News

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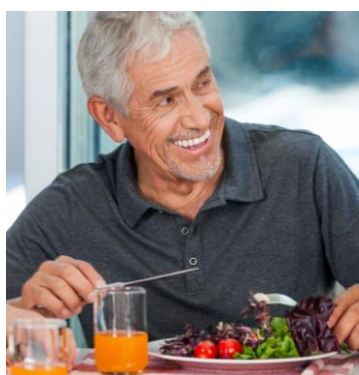
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Our Newsletter  
Readers



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**"He who enjoys good health is  
rich, though he knows it not."  
-- Italian Proverb**

A healthy body helps you do  
everything you love in life! This  
month we take a look at how to  
improve and maintain lifelong  
health for men. Check out our  
"Clinician Chat" with Steven  
Garces, ARNP, MSN.

**For the month of June, Dr. Randolph's [Wellness Store](#)  
offers a special "Men's Health" package price. And you  
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### Clinician Chat: Steven Garces, ARNP, MSN

**AWN:** Your degree as a  
Nurse Practitioner  
includes a specialization in  
Family Medicine and  
Emergency Medicine. Has  
that experience helped

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***Sexual Health is  
Important for  
Quality of Life!***

you in your practice at the  
Ageless & Wellness  
Medical Center (AWMC)?

**SG:** Yes, both  
specializations teach you  
strong diagnostic skills.  
You have to know how to  
assess a situation quickly,  
so you focus on the big  
picture first, then get to  
the fine details. I learned  
how to listen. I prefer to  
partner with my patients  
to work out a health solution that is tailored to their needs.



**AWN:** This month we are focusing on Men's Health. Nearly  
half of your patients are men, and that number is growing.  
Do you think men are becoming increasingly aware of health  
and hormone issues?

**SG:** Hormone issues have traditionally been seen as  
something that only women deal with, but as we know that's  
not true at all -- men struggle with hormone issues as well,  
and always have. Andropause (the "male menopause") was  
first identified in the 1940s, but only in the past 10 years has  
it become less taboo for men to discuss the impacts of their  
own hormone changes and age-related health concerns.

**AWN:** What makes the AWMC a good choice for men's  
health, and what approach do you offer your patients?

**SG:** Our practice truly understands the impacts of hormone  
problems in men. Most physicians will just write you a  
prescription for anti-depressants and Viagra® and send you  
on your way. That's not what we do! We offer a whole-  
person approach to health and longevity that addresses  
hormone issues with safe, highly-effective bioidentical  
hormone treatments and pharmaceutical-grade vitamins and  
supplements. Often these treatments are all a man needs to  
feel energetic again. For those who want additional benefits,  
we also offer drug-free sexual health treatments, such as the  
Priapus Shot®, an innovative new approach for erectile  
dysfunction.

**AWN:** What are men's top health concerns when they come  
to see you? Are there health issues that men tend to  
overlook?

**SG:** Men typically come to see me with three top concerns:  
(1) lack of energy, (2) low libido, and (3) weight gain. All of  
these concerns are symptoms of hormone imbalance, and  
can easily be treated with bioidentical hormone therapy. Men  
tend to overlook the other underlying issues, like heart  
health and stress. We can help steer them in the right  
direction. Hormone balance is the foundation of what we do,  
and it makes an enormous difference in people's lives. But



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In Our Next  
Issue...



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patients who make diet and lifestyle changes too are the ones who see the long-term benefits.

**AWN:** You mentioned a new sexual vitality treatment that you offer, the Priapus Shot®. What kind of feedback are you getting from men who have tried it?

**SG:** Patients who have experienced the Priapus Shot® are definitely pleased with the results. And they love the fact that it uses your own platelet-rich-plasma (derived from a blood draw). No drugs, no pills -- this treatment literally regrows tissue and creates new blood vessels. There's nothing else like it!

~

*"Clinician Chat" is a regular feature in which the Ageless & Wellness News (AWN) sits down for a chat with one of our medical professionals to discuss an area of expertise. Suggestions for future topics, or questions? Email us at [newsletter@cwrandolph.com](mailto:newsletter@cwrandolph.com).*

**Steven Garces, ARNP, MSN, offers the following services:**

- Hormone consultations for men, women, and transgender patients
- Sexual vitality treatments, including the Priapus Shot® for men
- A whole-person approach to health and longevity

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