Signature Wellness

DR. ARNOLD'S OFFICE

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THE SIGNATURE WELLNESS WEEKLY

Evidence. Experience. *Empowerment.*

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Every week, we review the latest research, evaluate the quality of the evidence, and translate complex medical information into practical guidance you can trust.

> "*Our goal isn't to chase every new trend. Our goal isn't to dismiss innovation. Our goal is to help you understand what is supported by evidence, what remains uncertain, and what is most likely to improve your health.*"

Because better health begins with better understanding.

SIGNATURE WELLNESS · POWERED BY NATURAL INTELLIGENCE

FROM THE PRACTICE

Building Strength for Life: Why Nutrition and Fitness Make Weight Optimization More Successful

One of the most common things I hear from patients is:

> "*I've tried everything. What used to work just doesn't work anymore.*"

For many people, that frustration is very real. As we age, hormonal changes, reduced muscle mass, slower metabolism, poor sleep, medications, and changing lifestyles can all make losing weight significantly more difficult than it was years ago.

Weight optimization medications are sometimes viewed as "taking the easy way out." I see them very differently.

Many of our patients already understand that hormones such as estrogen, progesterone, and testosterone naturally decline with age. When those declines produce symptoms that affect health and quality of life, replacing those hormones to restore more youthful physiologic levels can help patients feel and function at their best.

The same principle applies to weight regulation. Our bodies rely on a complex network of hormones that regulate hunger, fullness, metabolism, blood sugar, and energy balance. As we age, these systems often become less effective. That internal change helps explain why the strategies that worked in our thirties and forties often don't work nearly as well in our fifties, sixties, and beyond.

You can't control those internal hormonal changes. Medication can.

What you *can* control is how you nourish your body and how you move it. That is where nutrition and fitness become essential.

- **Weight Optimization Program**
  Designed to address the internal physiological changes that make weight loss more difficult with age.

- **Fitness and Nutrition Program**
  Focuses on the lifestyle choices that remain within your control — helping you build strength, preserve muscle, improve mobility, optimize nutrition, and develop habits that support lifelong health.

Together, they become the optimal approach to weight optimization.

One concern frequently discussed is muscle loss while using GLP-1 and newer weight optimization medications. While some loss of lean body mass can occur during any significant weight loss, my clinical experience has been reassuring. Patients who are already participating in an appropriate strength-training program before beginning treatment and who continue training throughout their weight-loss journey generally preserve muscle remarkably well. Many actually improve their overall strength, function, and body composition.

That is precisely why we introduced our Fitness and Nutrition Program, led by Chris Yap Young.

Just as our hormone optimization and weight optimization programs are individualized, your fitness and nutrition plan should be individualized as well. There is no single diet or exercise program that works for everyone.

Our goal is not simply to help you lose weight. Our goal is to help you lose fat, preserve muscle, improve function, and build a healthier body that serves you for decades to come.

Because successful weight optimization isn't measured only by what you lose. It's also measured by what you keep.

THIS WEEK'S FEATURE

EVIDENCE REVIEW

Testosterone: More Than a *"Male Hormone"*

What the latest research means for both men and women

Few hormones are as misunderstood as testosterone. For decades it has been viewed almost exclusively as a hormone for men. In reality, testosterone is an essential hormone for both men and women, influencing energy, muscle health, bone density, cognition, mood, sexual function, and overall quality of life.

Recently, testosterone has attracted renewed public attention from two very different directions.

The first was a large new study examining testosterone therapy in men with age-related testosterone deficiency. The findings add to the growing body of evidence suggesting that appropriately selected men can experience meaningful improvements in symptoms such as sexual function, energy, body composition, and quality of life when testosterone deficiency is properly diagnosed and treated.

The second came from recent headlines indicating that U.S. Secretary of Defense Pete Hegseth has expressed interest in evaluating testosterone levels among male service members as part of broader efforts to optimize military readiness and performance. Whether one agrees or disagrees with the proposal, it highlights an important principle.

"*Optimizing health is not the same as enhancing performance beyond normal physiology. Medicine is about restoring normal function — not creating superhuman performance.*"

For Men

As men age, testosterone levels naturally decline. Some men remain symptom-free despite lower levels, while others experience fatigue, loss of muscle mass, reduced motivation, decreased libido, slower recovery, increased body fat, and diminished overall well-being.

The decision to consider testosterone therapy should never be based on a laboratory number alone. Symptoms matter. Overall health matters. Medical history matters. And the potential benefits must always be weighed against possible risks and the need for ongoing monitoring.

For Women

Women are often surprised to learn that testosterone plays an equally important role in their health. In fact, testosterone is the most abundant biologically active sex hormone produced in women throughout much of adult life. Although circulating levels are much lower than in men, testosterone contributes to muscle strength, bone health, energy, cognitive function, mood, motivation, and sexual desire.

Like estrogen and progesterone, testosterone gradually declines with age. For some women, carefully selected testosterone therapy may become an appropriate part of a comprehensive hormone optimization program after a thorough assessment and discussion of the current evidence.

> "*The goal is never to create unnaturally high hormone levels. The goal is to restore hormone levels to an appropriate physiological range so that patients can feel and function at their best.*"

Hormone optimization should always be individualized. It should never be driven by headlines, social media, or the latest trend.

WHY THIS MATTERS

One of the greatest misconceptions in medicine is that hormones belong to one sex or the other. Human biology isn't nearly that simple. Men need estrogen. Women need testosterone. Every hormone works as part of an interconnected system, with each influencing the others.

At Signature Wellness, we don't treat laboratory values — we treat people. That means listening carefully to your symptoms, understanding your medical history, performing an appropriate clinical evaluation, and using laboratory testing as one piece of a much larger picture.

Science gives us the evidence. Clinical experience provides perspective. Your goals, symptoms, and medical history determine the best path forward.

"*What is the right treatment for this individual patient?*"

Because personalized medicine has never been about chasing numbers. It's about helping people feel stronger, healthier, and more capable of living the life they want.

KEY TAKEAWAYS

What to Remember

- Weight optimization medications address internal hormonal changes that often make weight loss more difficult with age.

- Nutrition and exercise focus on the lifestyle choices you can control, while medication helps correct the biological changes you cannot.
- Combining personalized medical treatment with individualized nutrition and strength training provides the best opportunity for long-term success.
- Preserving muscle is just as important as losing excess body fat during weight optimization.
- Patients who participate in regular resistance training often maintain muscle remarkably well throughout their weight-loss journey.
- Testosterone is an essential hormone for both men and women, supporting muscle, bone, metabolism, cognition, mood, energy, and sexual health.
- Hormone optimization aims to restore normal physiology — not enhance performance beyond it.
- The best treatment decisions are based on symptoms, evidence, experience, and individualized medical care — not headlines or trends.

CONTINUE THE CONVERSATION

Know Someone Who Might Benefit?

At Signature Wellness, we believe good health isn't built by keeping knowledge to ourselves. It grows when informed people share trustworthy information with those they care about.

If this newsletter helped you better understand your health, please consider forwarding it to a friend, family member, or colleague. You may help someone ask a better question, make a more informed decision, or seek care they didn't realize was available.

Together, we can replace confusion with clarity — one conversation at a time.

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