Signature Wellness

DR. ARNOLD'S OFFICE

ISSUE #4

SEPTEMBER 9, 2026

THE SIGNATURE WELLNESS WEEKLY

Science. Experience. *Compassion.*

George M. Arnold, MD, FRCSC, FSOGC, ABAARM, FAARM · Founder & Medical Director

Your care should be as individual as you are.

> *"At Signature Wellness, our goal has never been simply to treat a laboratory result or prescribe a medication. We believe the best health care begins by listening to your symptoms, your goals, your concerns, and your experience and then using the best available science to understand what may have changed and what we can do about it."*

There is no single definition of optimal health that applies to everyone.

SIGNATURE WELLNESS · POWERED BY NATURAL INTELLIGENCE

FROM THE PRACTICE

Why Do I Feel Different When Nothing Has Changed?

It's a question I hear surprisingly often.

> *"Nothing in my life has really changed. So why don't I feel like myself anymore?"*

Perhaps you're more tired. You're not sleeping the way you used to. Your mood has changed. You're more anxious, irritable, or simply don't feel quite like yourself.

You're gaining weight despite eating and exercising much the same way you always have. Or a medication or routine that worked beautifully for years suddenly doesn't seem to work as well anymore.

Naturally, we look for something that changed. Is work more stressful? Am I eating differently? Am I exercising less? Is something wrong with my relationship?

Sometimes the answer is yes. But sometimes there is another possibility:

The thing that changed is you.

Our biology isn't static. Hormones change throughout our lives. So do metabolism, muscle mass, body composition, sleep, insulin sensitivity, and many of the biological systems that influence how our brains and bodies function.

That means the same person can respond differently to the same circumstances at different stages of life.

The diet that kept your weight stable at 35 may not work the same way at 50. The amount of sleep you once tolerated may no longer be enough. A medication that controlled a symptom for years may suddenly seem less effective.

And hormonal changes during perimenopause, menopause, and andropause can affect much more than hot flashes or sexual function. They can influence sleep, energy, mood, cognition, muscle, metabolism, and our overall sense of well-being.

This is one reason I believe medicine sometimes asks the wrong question. When someone develops a new symptom, we naturally ask: "What is it?" What is the diagnosis? What medication treats it? What does the blood test show?

Those are important questions. But there is another question that can be just as important:

Why now?

Why did this symptom appear now? Why did something that worked before stop working? Why does one person experience significant symptoms from a biological change while another person barely notices it? And why might the same person respond differently at 50 than they did at 30?

A fascinating new study published this week examines structural brain changes across three major hormonal transitions in a woman's life: puberty, pregnancy, and menopause. Researchers found both shared and stage-specific changes. The same major hormone systems can be associated with different brain responses at different stages of life.

Hormonal change combined with stage of life produces a different biological response. It is a striking reminder that our biology is not simply getting older; it is adapting throughout our lives.

Understanding health requires understanding not only what someone is experiencing, but also who is experiencing it and at what stage of life.

> ***"You are not biologically identical to everyone else and you are not biologically identical to the person you were ten years ago."***

That is why individualized medicine matters. And it is one of the principles at the heart of what we do at Signature Wellness.

A SPECIAL ANNOUNCEMENT

KEYNOTE SPEAKER

Mental Health Through *Every Age and Every Stage*

Many of you have heard me say something that seems obvious but is surprisingly easy to forget in medicine:

The brain is part of the body.

Changes in how we feel, think, sleep, cope, and function don't happen in isolation. They happen in a person, in a body, at a particular stage of life.

I'm delighted to share that I've been invited to be the keynote speaker at the 18th Annual Mental Health Education and Connection Day, presented by the Markham Stouffville Hospital Mental Health Program and collaborating partners.

On October 23, I'll be exploring these ideas in a presentation about mental health through the lifespan: every age and every stage. The event is open to clients, families, health-care professionals, and members of the community, and admission is free.

18th ANNUAL

Mental Health Education and Connection Day

Presented by the Markham Stouffville Hospital Mental Health Program & collaborating partners

FEATURING KEYNOTE SPEAKER

Dr. George Arnold

Physician, educator, innovator, and expert in menopause, andropause, and holistic wellness

Science. Experience. Compassion. Every age, every stage.

DATE AND TIME

Friday, October 23, 2026
8:00 a.m. to 1:00 p.m.

LOCATION

Cornell Community Centre
Rehearsal Hall
3201 Bur Oak Ave, Markham, ON

Free Admission · Complimentary Parking · Light Refreshments · Community Booths

REGISTER NOW — DEADLINE OCTOBER 16, 2026

I would love to see some familiar Signature Wellness faces there.

SOMETHING NEW IS COMING

COMING OCTOBER 2026

Don't Let the Label Make the Decision.

Over the years, I've sat across from many women who have just heard words that instantly change the way they think about their future: Breast cancer. Estrogen receptor positive. Atypical ductal hyperplasia.

Often, fear arrives before understanding. And sometimes major decisions about surgery, medications, hormones, and quality of life begin being made while that fear is still at its highest.

Over the past several months, I've been working on something that has become very important to me: a new book for women facing breast cancer and breast-cancer-related decisions.

It is being written to help women understand what their particular diagnosis actually means, put their individual risk into perspective, understand the choices in front of them, and ask better questions before making decisions about their health.

Because two women can hear the same word and face very different risks, choices, and futures.

I'll be sharing much more about the book over the coming weeks.

> "*Breast cancer deserves your attention. It does not deserve more fear than your particular cancer justifies. Don't let the label make the decision.*"

COMING OCTOBER 2026

CLINIC SPOTLIGHT

Fitness & Nutrition: Built Around You

Over the past few weeks, several Signature Wellness clients have started working with Chris Yap through our Fitness & Nutrition Program. And we're already seeing something important:

Not everyone needs or wants the same thing. And that's exactly how it should be.

- One client may already be using a GLP-1 medication successfully and simply want expert nutritional guidance: What should I be eating? Am I getting enough protein? How do I support fat loss while protecting muscle? For that person, the focus can be a nutrition assessment and individualized plan.
- Someone else may want to improve strength, fitness, and body composition as well. Their program can combine a nutrition assessment with a fitness assessment and personalized exercise plan.
- Others know what they should be doing but recognize that accountability makes the difference. They may choose follow-up visits with Chris to review progress, make adjustments, and help keep them moving forward.
- And for clients who want more hands-on support, there is also the option of personal training.

There isn't one Signature Wellness Fitness & Nutrition Program that everyone has to fit into. Just as we individualize hormone and weight optimization, Chris's assessment and recommendations are built around what you need, where you're starting, and what you're trying to accomplish.

Nutrition Assessment and individualized plan	**Fitness** Strength and body composition
Accountability Progress reviews and adjustments	**Personal Training** Hands-on support

You may need one of them or all four. The goal isn't to give everyone the same program. It's to build the right program for you.

Speak with our team if you'd like to learn more about working with Chris.

ONE THOUGHT FOR THE WEEK

THE INDIVIDUAL MATTERS

There is a common thread running through almost everything we're talking about this week: from hormones and mental health to breast cancer decisions, nutrition, and fitness.

The same symptom doesn't always have the same cause. The same diagnosis doesn't always carry the same risk. The same treatment doesn't work the same way for everyone. And what worked for you ten years ago may not be what your body needs today.

This week's new research adds another dimension to that idea: the same person may respond differently to biological change at different stages of life. That is why sometimes asking "What is it?" isn't enough. We also need to ask: "Why now?"

Good medicine starts with evidence. Great care combines that evidence with the person sitting in front of us.

Dr. George Arnold

Signature Wellness

POWERED BY NATURAL INTELLIGENCE

Signature Wellness | Dr. Arnold's Office
204 - 9130 Leslie St, Richmond Hill, ON L4B 0B9
905-472-4553 · info@signaturewellness.ca

You're receiving this because you are a valued patient of our practice.
To unsubscribe, please contact our front desk.

POWERED BY NATURAL INTELLIGENCE