REVERSING CELLULAR AGEING

City docs promise to slow down ageing

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May 3: A panel of doctors in the city is doing brisk business trying to slow down the process of ageing. Prescribing a combo of dietary practices, lifestyle changes, weight loss programmes and other complex therapies targeted at reversing cellular ageing, these doctors use 'regenerative medicine' to help patients feel and perform the best they can at any particular age.

"Ageing is not a disease; it does not have to be 'treated'. However, many people approach us, complaining that they feel and look much older than their actual age," explains Dr Sunitha Ravi, a dental surgeon and expert in age management medicine.

The visible symptoms of ageing, like weight gain, wrinkles and hair loss, as well as the more silent signs like fatigue, insomnia, memory loss and raised risk of infections appear much earlier than they used to, due to 'oxidative stress' faced by the body, Dr Sunitha points out.

"There is no single hormone or food material that we can say helps in slowing down the ageing process, as each person's body has different requirements. The first step is to evaluate the client, and treat him for nutritional deficiencies and hormonal imbalances with diets tailor made for each person," she says.

People who complain of tiredness and feel de-motivated as they are not able to perform to their best are given 'stress protocols' that help them respond to their mental and physical stress more positively. The panel comprises diabetologists, cardiologists, orthopedicians, experts in internal medicine and even cosmetic surgeons to aesthetically reduce the signs of ageing. "We are not out to convince anybody that they need anti-ageing. We are merely bringing in years of our molecular and cellular research on ageing into the clinic, so people can use it," explains Dr Deepal Chaturvedi, internal medicine specialist from Mumbai, who will be the clinic' anti-ageing, obesity and hormone consultant.