

# Africa's First Board-certified Anti-aging Physician

by Peter Wagenaar Medical Chronicle

**Dr Craigie Golding**  
MChB (Cum Laude) FCP(SA)  
Specialist Physician  
ABAARM: American academy board  
certified anti-aging physician  
FAAFM: Fellowship in anti-aging &  
functional medicine  
Solal Technologies Medical Director



**Dr Craigie Golding**, a specialist physician in anti-aging medicine and medical director of Solal Technologies the leading preventative medicine company in SA. He admits that the term 'anti-aging medicine' is perhaps not the best description of his field of interest. "It tends to suggest a focus on the exterior, giving the impression that it's all about wrinkles and Botox treatments. But the focus is much broader than that. Anti-aging medicine is really about the prevention, early detection and reversal of the chronic diseases that become more common with age, and which constitute nearly 90% of the illnesses doctors treat on an ongoing basis. It truly is the medicine of the new millennium, advocating that people actively take control of their health rather than simply waiting for diseases to develop. People want to spend a longer time living healthily and a shorter time dying."

## Anti-aging medicine is preventative medicine

Golding qualified as a specialist physician in 1999 and quickly found that much of the time he was treating the symptoms of conditions like diabetes, cancer, dementia, heart disease, osteoarthritis and osteoporosis, rather than addressing the causes. "And yet many of these degenerative diseases of aging are largely preventable or reversible, if one can intervene early enough using anti-aging nutraceuticals which include, vitamins, minerals, amino acids, essential fats, herbal extracts, bio-identical hormones, chelation therapies, intravenous nutrients and other intravenous treatments such as glutathione, hydrogen peroxide, phospholipid exchange, and measures like lifestyle modification. Hormone balancing and neurotransmitter assessment and normalisation are also offered in anti-aging medicine. However, conventional practice didn't give me the tools to practice this kind of preventive medicine. Anti-aging medicine addresses the cause of the underlying problem, rather than merely treating the symptoms."

### Board Certification



And then Golding heard of A4M, the American Academy of Anti-Aging Medicine. It offers two board-certified courses in anti-aging medicine, requiring, inter alia, the completion of a number of modules (courses offered in the United States), oral and written examinations, participation in interactive webcasts, and case studies. Completing these courses required five trips to the USA. Golding is now the only person in Africa to hold these qualifications. The qualifications are: ABAARM (American Board Certification in Anti-aging and Regenerative Medicine) and FAAFM (Fellow in Anti-Aging and Functional Medicine.)

"The primary aim of anti-aging medicine is to prevent disease," he says. "We've seen a huge explosion in 'convenience living', with a lot of bad nutrition as a result of high intake of fast foods. In addition we're exposed to a high level of pollutants. In fact, just living increases one's risk for disease, since we are living in an increasingly toxic environment and exposed to poor diets and excessive stress. But by paying attention to one's health, detoxifying and implementing lifestyle changes such as sound nutrition, exercise, stress management and anti-aging medicine, sickness can largely be prevented."

"We also look at the role of hormones in disease processes. The hormonal decline associated with aging predisposes people to disease, thus increasing risk. Replenishment with bio-identical/compounded hormones, which have the same structure as hormones naturally occurring in the human body, can be highly beneficial to one's health."

### Integrative Medical Centre in South Africa

Golding is looking to establish several integrative medicine centres throughout South Africa. The first of these, the Integrative Medical Centre in Bryanston, Johannesburg, established in conjunction with Solal Technologies, is already up and running, and offers bio-identical hormone therapy, chelation therapies, intravenous nutrient treatments and integrative approaches to cancer including, for example, high-dose Vitamin C therapy. This centre also offers anti-aging skin treatments, specialist anti-aging consultations and bio-identical compounded hormone replacement therapies.



### Diagnostic testing

Other future plans include the establishment of an age-diagnostic lab in South Africa. Says Golding, "In so many cases, 'normal' and 'optimal' hormone levels are not the same thing. We have aggressive reference ranges when it comes to issues like testosterone levels in men, for example. Conventional guidelines have a one-size-fits-all approach, even though one would think it obvious that what is normal or optimal in an 18-year-old would not be so in an 80-year-old. Low testosterone increases one's risk for conditions like prostate cancer, loss of muscle mass, heart disease, vascular disease and osteoporosis. Restoring declining testosterone levels in an older man to the physiologically normal levels of a younger person can prevent a wide array of diseases."

Golding is also planning to do a number of seminars on anti-aging medicine, starting February 2008. The topics covered will include all areas of anti-aging medicine; to give some examples:

1. bio-identical hormone replenishment
2. neurotransmitters
3. sleep
4. thyroid health
5. adrenal fatigue
6. brain health
7. prevention of cancers, such as breast cancer
8. integrative approach to cancer treatments
9. chelation therapies
10. attention deficit disorder and autism spectrum
11. metabolic syndrome
12. weight loss
13. detoxification

### Resources:

Academy of Anti-aging Medicine: [www.worldhealth.net](http://www.worldhealth.net)  
Anti-aging and disease prevention protocols: <http://www.lef.org/protocols>  
Bioidentical hormones: [www.solaltech.com/bioidentical](http://www.solaltech.com/bioidentical)

### Areas of promise

1 Metabolic syndrome is now a major problem worldwide. "If we can prevent it from developing - or even just retard the process of decline - we can make a huge difference to an individual's quality of life," says Golding. "For example, chromium and other nutraceuticals such as alpha lipoic acid and EGCG can reverse or even prevent diabetes - and our goal is to ensure a healthy life without the burden of the chronic diseases of aging."

2 Chelation therapy is showing promise for the treatment of heavy metal toxicity - and treatment of this is unique to anti-aging medicine. Heavy metal toxicity can be tested for quite easily through urine tests, MELISA blood testing or hair sampling. We are all exposed to heavy metal toxicity and the consequences can be dire if not dealt with, contributing to conditions like heart disease, vascular disease, dementia and cancer.

3 Golding is also very enthusiastic about the nutritional treatment of cancer by means of intravenous nutrients. In 2007, Dr Shari Lieberman presented her successful case studies to the Fellowship in Anti-aging. She has seen very positive results using nutraceuticals and high doses of intravenous vitamin C. Golding hopes to introduce this to South Africa in the course of 2008.

4 Anti-aging medicine also extends to psychological wellness, and neurotransmitter testing. (South Africa still does not have the necessary facilities for this, however, and the evaluations have to be done overseas.) Rather than just prescribing antidepressants for depression and anxiety, amino acids, nutrients, cofactors, vitamins and minerals can be used in a more sustainable manner to restore neurotransmitter levels in the brain. Neurotransmitters are essentially molecules of behaviour within the brain and many disorders ranging from depression to anxiety to attention deficit disorder to psychosis and other mental disorders can be addressed by optimisation of neurotransmitters.

5 Golding is very conscious of the mind-body link. "Conventional medicine underestimates the importance of happiness. People want to feel good and be conscious of it. That's why anti-aging medicine puts great emphasis on a holistic approach, viewing the patient/client as a complete entity, rather than only focusing on the one area where overt disease may be present."

### The wellness revolution

Golding feels that the world is undergoing a wellness revolution, and that anti-aging medicine will have an ever-greater role to play in the future. "More and more people are embracing the wellness model, realising that lifestyle plays a key role in the development of disease - and that because lifestyle is modifiable, disease is reversible. People want to feel well and be healthy, and the fact that many anti-aging practices are constantly booked up - often months in advance - attests to this changing mindset."

Golding became Solal Technologies Medical Director because he was very impressed with the company's range which provided the tools for an anti-aging physician who wanted to incorporate anti-aging medicine into his practice. The range comprises more than 200 types of nutraceuticals, all formulated with scientifically supported optimal doses. "It's a very impressive range, maybe the best of its kind in the world and superior even to those available in the USA," he says. "In addition, Solal also has ranges of cosmaceuticals and dermaceuticals, which hold a lot of promise for retarding aging of the skin."

Golding reveals that the A4M intends bringing the qualifications in anti-aging medicine to South Africa. He says, "GPs, for example, would be able to do these courses without giving up their practices." Golding also foresees a time in the USA in the not-too-distant future when anti-aging medicine will become a recognised sub-specialty, requiring a four-year degree course. And given that South Africa tends to track trends in the USA, this will almost certainly become the case here too. "However, those of us who already hold the current qualifications will probably be 'grandfathered in'," he says.

### Integrating conventional and anti-aging medicine

Though passionate about anti-aging medicine, wellness and the prevention of illness, Golding underscores that he is not negating the importance and value of conventional medicine, which also has its place. "After all, if you've actually had a myocardial infarction, you need treatment in an ICU, not a dose of vitamin C. My point is simply that for so long we've been over-focused on just managing diseases. But prevention, early detection and reversal of the disease process are better options. Take the analogy of a car. What makes more sense? To have the car serviced regularly or to wait for it to break down?"

"We already have the diagnostic capabilities to pick up markers of disease before it becomes clinically evident. Developments in DNA/RNA measurement and genetic testing will continue to advance this - already, genetic studies can even pick up abnormalities before these are evident on PET scanning. Genetic modification *in utero* will be the next big, exciting development. Stem cell therapy is also showing great promise and is already being used in anti-aging medicine for the treatment of conditions like osteo-arthritis and macular degeneration, as well as myocardial infarction and stroke. Exciting times await us with an increased life expectancy and better health."

UPCOMING SEMINARS



# "Prevention is the medicine of the millennium"

**SOLAL**  
TECHNOLOGIES  
ANTI-AGING SPECIALISTS™

Dr Ronald Klatz  
President of the American  
Academy of Anti-Aging Medicine Inc.

South African Pharmacy Council reg nr Y52793

"All diseases fall into four categories: the first three, inherited genetic disease, infectious disease and trauma, account for only 10% of cases, and normally require intervention with pharmaceutical medicines after disease manifestation. However, the fourth category: the degenerative diseases of aging, accounts for 90% of all disease, and best outcomes are achieved using bio-identical hormones and nutraceuticals to intervene before disease manifestation, rather than intervention with medicines after the fact. Degenerative diseases of aging not only result in a shortened lifespan, but also reduce quality of life."

Dr Craigie Golding



## What is Anti-Aging Medicine?

Anti-aging medicine is the very early detection, prevention and reversal of age related diseases, such as heart disease, stroke, diabetes, arthritis, cancer, osteoporosis, cognitive decline, depression, anxiety, hormonal imbalances, insulin resistance, mood and sleep disorders. 90% of all adult illness is due to the degenerative processes of aging. With early detection and intervention, most of these diseases can be prevented, cured or have their downward course reversed.



Anti-aging medicine continually examines the scientific research for combating the causes of illness, aging and declining physical and mental function, by using optimal doses of vitamins, minerals, essential fatty acids, sophisticated anti-oxidants, amino acids, bio-identical hormones, smart drugs and other nutraceuticals (such as Spin Traps, Ubiquinol, Resveratrol, Carnosine, Melatonin, Human Growth Hormone precursors and more). The primary goal of anti-aging medicine is to improve health and well-being with the increase of age.

Solal Technologies offer anti-aging protocols and products to help treat and prevent the diseases of aging. **Download a copy of Solal's Comprehensive Health Guide or Pharmaceutical Induced Nutrient Deficiency Chart from our website.**

### Benefits of Anti-Aging Medicine

- ✓ Improves health span (healthy disease-free years of life).
- ✓ Prevents disease, rather than treating the consequences thereof.
- ✓ Maintains the highest physical and mental health possible.

### Solal Technologies provides

#### Antiaging nutraceuticals:

*prescribed by doctors, recommended by pharmacists*

Solal Technologies has an extensive range of over 200 nutraceuticals to address to help combat and prevent the chronic degenerative diseases of aging, and declining physical & mental function. Solal products are formulated using evidence-based medicine and contain optimal doses of vitamins, minerals, essential fatty acids, sophisticated anti-oxidants, amino acids, smart drugs and other nutraceuticals (such as spin traps, ubiquinol, resveratrol, carnosine, melatonin, human growth hormone precursors and more). Solal's nutraceuticals are researched and developed by our team of pharmacists and doctors, headed by Brent Murphy –B.Pharm (Rhodes), MPS (pharmacist) and our Medical Director, Dr Craigie Golding –MBCbB (Cum Laude), FCP (SA) (Specialist Physician). We use optimal dosages (not token RDA's food-based amounts) and the best forms of ingredients. Additionally, we use concentrated herbal extracts (not ineffective herb powders). Our vitamin products contain natural forms of vitamins and amino acid chelated minerals, which are the safest, best absorbed and most effective forms possible.



#### Functional foods:

"Let food be thy medicine and medicine be thy food" -Hippocrates, father of Medicine  
Functional Foods are foods or dietary components that provide a health benefit beyond basic nutrition. Solal's Functional Food range includes undenatured Pure Whey™ protein (with added probiotics and omega 3 fats), Invisible Fibre™ (which tastelessly increases the fibre content of food and lowers its glycemic index, useful in the management of metabolic syndrome, insulin resistance and diabetes), and Omega 3 Flaxseed Sprinkle Fibre™ (for cardiovascular and brain health).



#### Protocols:

*protocols for any health problem*

Solal has protocols and scientific-based information for any health need. We have access to the latest research and offer an information advisory line by phone or email –Our team of pharmacists, doctors and health professionals will advise you on which products to use for your particular health need or medical condition.

#### Bioidentical Hormones:

*our hormones don't decline because we age - we age because our hormones decline*

Restoring hormones to youthful levels is an important part of any anti-aging program for both men and women. They are important, not only for preventing menopause in women, and andropause in men, must also for improving libido & energy levels, helping to prevent weight gain, alleviating depression, preventing immune problems and for protecting the cardiovascular system and brain. These bioidentical hormones include DHEA, Testosterone, Estrogen, Pregnenolone and Progesterone. Unlike most hormonal products, we recommend only bio-identical hormones (natural hormones), as they are the safest and most effective alternative to conventional synthetic hormone replacement therapy. These bioidentical hormones are available from Solal's first Compounding Pharmacy of South Africa.



## The Compounding Pharmacy of SA

BIO-IDENTICAL HORMONES & PATIENT INDIVIDUALISED MEDICINES

### Bio-Identical Hormones

for men & women

- ✓ a safer<sup>1-5</sup> HRT option for the management of menopause, andropause, PCOS, adrenal and immune disorders, reduced libido, and osteoporosis
- ✓ occur naturally in the human body and have low cancer risk<sup>2-5</sup>, unlike non-naturally occurring (non bio-identical) hormones<sup>6-8</sup>
- ✓ no one-size fits all: patient individualised doses & hormone-combinations are compounded by our pharmacy, based on symptoms and blood results
- ✓ full-spectrum total HRT: any combination and concentration of estriol, estradiol, estrone, DHEA, pregnenolone, progesterone & testosterone
- ✓ effectively delivered in a highly bio-available<sup>9,10</sup> transdermal liposomal gel
- ✓ avoids first pass metabolism, minimising blood clotting risk<sup>11,12</sup>

#### References:

1. Husin J.; *Cytological Evaluation of the effect of various estrogens given in post menopause.* Acta Cytologica; 1977; 21:225-228.
2. Campagnoli C.; *Pregnancy, progesterone and progestins in relation to breast cancer risk.* J Steroid Biochem Mol Biol. 2005 Dec;97(5):441-50.
3. Simoncini T, Mannella P, Fornari L, Caruso A, Willis MY, Garibaldi S, Baldacci C, Genazzani AR.; *Differential signal transduction of progesterone and medroxyprogesterone acetate in human endothelial cells.* Endocrinology. 2004 Dec;145(12):5745-56.
4. Bardin A, Boulle N, Lazennec G, Vignon F, Pujol P.; *Loss of ERbeta expression as a common step in estrogen-dependent tumor progression.* Endocr Relat Cancer. 2004 Sep;11(3):537-51.
5. Lemon HM.; *Pathophysiologic consideration in the treatment of menopausal patients with estrogens; the role of estriol in the prevention of mammary carcinoma.* Acta Endocrinol (Copenh); 1980; 223: S17-S27.
6. International Agency for Research on Cancer (IARC) - *Summaries & Evaluations -PROGESTINS (Group 2B) Supplement 7: (1987) [p. 289]* - [http://www.inchem.org/documents/iarc/suppl7/progestins.html]
7. J. E. Rossouw et al; *Risks and benefits of estrogen plus progestin in healthy postmenopausal women: principal results From the Women's Health Initiative randomized controlled trial.* Journal of the American Medical Association [JAMA] (2002) Volume 288, pages 321-333.
8. G. L. Anderson et al; *Effects of conjugated equine estrogen in postmenopausal women with hysterectomy: the Women's Health Initiative randomized controlled trial.* Journal of the American Medical Association [JAMA] (2004) Volume 291, pages 1701-1712.
9. Kumar R, Kataré OP.; *Lecithin organogels as a potential phospholipid-structured system for topical drug delivery: a review.* AAPS PharmSciTech. 2005 Oct 6;6(2):E298-310
10. Willmann HL, Luisi PL. *Lecithin organogels as matrix for the transdermal transport of drugs.* Biochem Biophys Res Commun. 1991 Jun 28; 177(3):897-900.
11. Scarabin PY, Oger E, Plu-Bureau G; *Estrogen and Thromboembolism Risk Study Group. Differential association of oral and transdermal oestrogen-replacement therapy with venous thromboembolism risk.* Lancet. 2003 Aug 9;362(9382):428-32
12. Marianne Canonico et al., *Hormone Therapy and Venous Thromboembolism Among Postmenopausal Women -Impact of the Route of Estrogen Administration and Progestogens: The ESTHER Study.* Circulation Feb 2007;115:840-845.

**www.compounding.co.za**

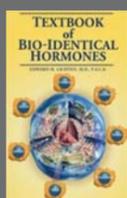
For more information on Solal products, prices, or on bio-identical hormones, contact Solal Technologies:

Tel: 011 783 3939 Fax: 011 783 3399 email: solal@solaltech.com

**www.solaltech.com**

## Textbook of Bio-Identical Hormones by Edward M. Lichten, MD, F.A.C.S.

Just released and available from Solal Technologies is the Textbook of Bio-identical Hormones, by Dr Edward M Lichten MD (Fellow American College of Surgeons and Fellow American College of Obstetricians and Gynaecologists) is a university trained board certified obstetrician/gynaecologist who has spent 30 years in private medical practice, treating, researching, inventing and rediscovering ways to use bio-identical and natural therapies to treat his patients diseases. His philosophy is that the body can most often heal itself if supplied with the proper building blocks of vitamins, minerals, fats and especially bio-identical hormones.



Forward is by Dr Frederick P Zuspan MD (Chairman Emeritus Department of Obstetrics and Gynaecology at the Ohio State University School of Medicine and Public Health). Dr Zuspan has produced 40 textbooks in obstetrics and gynaecology and he has read thousands of manuscripts as editor in chief of the American Journal of Obstetrics and Gynaecology, but none like the book by Dr Lichten, who was his chief resident more than 30 years ago. Dr Zuspan identifies Dr Lichten's book as the book of the future as it is not like the standard text book of today. This book will make doctors ask many questions about the present and future of healthcare.

To order this book, for R 350.00 incl VAT, contact Solal Technologies.