




AGE LESS
LIVE MORE

CENIGENT™ 
Health Enhancement
Medical Institute, Inc.
Age less. Live more.™



CENIGENT HEALTH ENHANCEMENT MEDICAL INSTITUTE

FACT SHEET

The **CENIGENT** Health Enhancement Medical Institute, a personalized genomic-based concierge medical organization, is practicing the future of medicine now. It is the first medical practice in the world to offer a systems- and genetic-based medical approach to proactively predict, prevent and treat age-related health decline and restore optimal health. Based on its systems approach, **CENIGENT** has carefully selected a comprehensive three-tiered testing menu to thoroughly evaluate each patient's entire state of health, the state of the body's eight core systems and the probabilities of future disease risks. **CENIGENT's** physicians and healthcare team conduct several hundred hours of research for each patient, especially on the patient's genetics, to create year-long recommendations and therapies that aim to prevent and treat diseases and restore health.

CENIGENT's three-tiered testing program includes 750 advanced predictive biomarkers of health and disease, several hundred genetic SNP tests and cutting-edge, exclusive and predictive imaging tests developed by UCLA for **CENIGENT**. **CENIGENT's** detailed medical assessment and personalized therapies predict many future disease risks, diagnose early signs of disease and treat overall health decline and a variety of chronic diseases.

TM **CENIGENT'S PIONEERING APPROACH**

CENIGENT's systems approach is based on the new field of systems biology and the latest biomedical and genetic research. It identifies eight core informational sub-systems in the body and classifies diseases based on the contribution of each of these sub-systems to the disease. The sub-systems are:



- C** – Cellular System (metabolic function, cell signaling, mitochondria)
- E** – Endocrine System (hormones)
- N** – Nervous System
- I** – Immune System
- G** – Genetic System
- E** – Epigenetic System (gene expression)
- N** – Nutrigenomics (genetics + nutrition + environment)
- T** – Thought System (giving rise to chronic stress)

Malfunction within these systems can lead to chronic diseases including cardiovascular, autoimmune and neurodegenerative diseases, diabetes, diabetic neuropathy, arthritis, fibromyalgia, osteoporosis, metabolic syndrome, obesity, cancer and others. For peak health, all eight **CENIGENT** systems must be in optimal condition.

By carefully evaluating these sub-systems with its predictive, three-tiered diagnostic testing and by conducting personalized research for each patient, **CENIGENT** unravels the relationships and roles of these core systems towards disease emergence with appropriate multi-tiered therapies.

The **CENIGENT** medical approach can:

- Identify early signs of disease(s)
- Determine probabilities of potential future disease risks via individual genetic testing
- Expose adverse environmental factors that would pose as a risk with respect to the person's genetics
- Identify the contribution of each of these systems to existing diseases
- Provide effective therapies and recommendations to prevent and treat diseases, as well as restore health
- Recommend therapies that are individualized to each patient's unique genetics.





CENIGENT'S GENETIC TESTING AND PERSONALIZED THERAPIES

CENIGENT checks for a number of single nucleotide polymorphisms (SNPs) in a patient's DNA. The physician will make personalized treatment recommendations based on individualized genetic research and analysis of **CENIGENT's** proprietary genetic software.

CENIGENT's use of personalized genetic testing information goes well beyond merely reporting the risk that is assigned to specific diseases. **CENIGENT** researches the many biochemical pathways in which these genetic variations are involved and determines how they impact the core systems and contribute to disease. The medical team then recommends treatments that can include pharmacogenomics (pharmaceutical drugs including bio-identical hormones based on individual genetics), nutrigenomics (nutritional recommendations based on individual genetics) and other personalized therapies.

THE CENIGENT MISSION

CENIGENT's goal is to offer patients effective disease prediction, prevention and treatment plans that incorporate the latest biomedical and genetic understanding. The institute treats the many core causes of diseases with personalized therapies based on each patient's unique genetics to minimize side effects and enhance positive results. It also seeks to eliminate the many existing impediments in our healthcare system, such as short physician visits, minimal physician coaching to facilitate change in adverse lifestyle choices, limited access to a physician and long waiting room wait time.

CENIGENT's long-term goal is to make this systems medical model cost-effective, covered by health insurance and available to all individuals.



THE CENIGENT TEAM

CENIGENT was founded by Medical Director Lida Ghaderi, M.D., an esteemed internal medicine specialist trained at the prestigious University of California, San Diego School of Medicine. She has expertise in the use of personalized genetic testing in medicine. **CENIGENT** has partnered with UCLA's renowned radiology team to offer exclusive, advanced predictive imaging tests. **CENIGENT** also utilizes several CLIA (Clinical Laboratory Improvement Amendments) certified laboratories for its testing, including personalized genomic testing, performed nationally and internationally. **CENIGENT** has access to the country's best specialists who work with Dr. Ghaderi on each patient's specialized medical needs.

CENIGENT has also partnered with select high-end luxury concierge services to offer its patients the best services and attention.

HOW TO BECOME A CENIGENT PATIENT

Because of the comprehensive research and customization of care in this groundbreaking way to practice medicine, **CENIGENT** currently accepts 40 to 70 patients annually. Each patient receives extensive one-on-one time with a physician, follow up testing, ongoing monitoring and personalized therapies for an entire year.

CENIGENT offers a customized 52-week *Peak Health & Vitality Program* - the most comprehensive preventive assessment program and the safest bio-identical hormone replacement therapy.

LOCATION

The **CENIGENT** Health Enhancement Medical Institute is located in Santa Monica, Calif.