



  
AGE LESS  
LIVE MORE

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



## CENIGENT HEALTH ENHANCEMENT MEDICAL INSTITUTE

### FREQUENTLY ASKED QUESTIONS

#### HOW IS CENIGENT DIFFERENT THAN OTHER MEDICAL CARE ORGANIZATIONS?

##### *Approach*

**CENIGENT's** main difference is its systems- and genetic-based approach to medicine. **CENIGENT** identifies eight core sub-systems in the body that are at the heart of age-associated chronic diseases and aging. When these core systems are optimized, an individual enjoys peak health and vitality at any age; otherwise, disease ensues. **CENIGENT** uses advanced testing, extensive research and cutting-edge therapies to thoroughly assess each of these systems and their relationship with one another while promoting optimal functioning of the body's eight core sub-systems:

- Cellular System (metabolic function, mitochondria)
- Endocrine System (hormones)
- Nervous System
- Immune System
- Genetic System
- Epigenetic System (gene expression)
- Nutrigenomics (genetics + nutrition + environment)
- Thought System (giving rise to chronic stress)

##### *Goal*

Rather than treating a single cause or end-symptom of disease or aging, **CENIGENT's** approach predicts future diseases and health risks while creating plans to optimize a patient's health in order to prevent future disease and minimize the effects of aging. **CENIGENT** also treats age-related chronic diseases more



effectively by identifying problems in each of these core sub-systems that can lead to chronic diseases. **CENIGENT's** goal is to predict, prevent, treat and restore the core systems for peak and vibrant health.

### *Testing and research*

**CENIGENT** has gathered the most extensive and advanced testing menu that identifies risks of future diseases, discovers the health of each of sub-system and the earliest signs of disease and health risks.

**CENIGENT** performs extensive research on each patient's test results. The process involves looking at each patient's genetic SNPs (including the many biochemical and metabolic pathways they impact), early signs of disease obtained from the cellular biomarker testing and the impact of each on disease and disease risks.

**CENIGENT** will recommend personalized therapies for diseases and disease risk management based on analyzing these genetic SNPs with its proprietary genetic software along with the latest biomedical research.

### *Time with patient and concierge amenities*

Because this is a comprehensive and research intensive process, **CENIGENT** works with a select few patients annually. In addition to the medical advantage of this approach, its advanced testing, research and personalized therapies, **CENIGENT** offers on-going physician monitoring, coaching, ample physician-patient time of several hours and many luxury concierge amenities for patients. Amenities include private office visits with flexible hours, access to the physician's cell phone, escort to testing sites and much more.

## **WHAT ARE THE TYPES OF TESTS YOU WOULD PERFORM ON A TYPICAL PATIENT?**

CENIGENT offers the most comprehensive and exclusive testing menus and technologies currently available. **CENIGENT's** testing is a three-tiered process



offering wide-ranging predictive tests for the most comprehensive look at a patient's body. In addition to the typical executive physical examination (with gynecological exam for women and prostate exam for men) performed in-office by a **CENIGENT** physician, **CENIGENT** testing includes:

- Up to 750 cellular and metabolic biomarkers of health and disease. This shows the patient's current state of health, problems in the core system and specific deficiencies that would pose as a risk based on each individual's unique genetics.
- Up to four genetic testing panels that look at several hundred SNPs to reveal potential future health, disease risks and unique functional changes in biochemical and metabolic pathways impacted by genetic variations.
- Extensive state-of-the-art predictive imaging tests using MRI, CT, ultrasound and other technologies developed by UCLA exclusively for **CENIGENT**. Several of these tests are MRI-based and have zero radiation exposure. These tests include advanced cardiovascular imaging, combining CT and MRI technology to look at the coronary arteries (including deficits from coronary blockage), endothelial dysfunction, plaque stability and the mechanics of the heart. These tests also include a complete look at the body's veins and arteries, full-body MRI tumor imaging, MRI colonography and others. These tests can help with early detection of the most fatal disease risks such as cardiovascular disease, neurodegenerative disease, cancers and others.

## WHERE DO PATIENTS GO FOR THIS EXTENSIVE TESTING?

The cellular biomarker testing is performed both at the patient's home (including a kit that is mailed back to the lab) and at **CENIGENT** by its team of phlebotomists and lab technicians. The patient may also visit a lab for blood and specimen collection. Depending on the program level, a patient may request a phlebotomist and lab technician to meet them at their home or workplace to draw blood and collect specimen samples for testing.





The genetic testing can be performed at **CENIGENT's** office or a location of the patient's choosing. The tests involved are via blood, saliva and inner cheek swabs that are sent to a lab for analysis.

**CENIGENT's** exclusive imaging tests are performed at UCLA Medical Center in Los Angeles and Santa Monica. Patients are escorted by their medical concierge or physician to the testing center and attended to during the process, which is typically one to three hours in length. Other imaging tests are performed at Parkview Imaging, located near **CENIGENT's** office in Santa Monica.

## HOW MUCH RESEARCH IS PERFORMED ON EACH PATIENT'S CONDITION OR POTENTIAL DISEASE RISK?

The three *Peak Health & Vitality Program* levels all have a minimum number of research hours included in the package. The Platinum level includes at least 200 hours of research into the patient's genetics and health/disease risks. The Select level includes at least 140 hours, and the Core level includes at least 100 hours. The time spent on one specific risk will vary depending on the individual's genetics and cellular biomarker testing results, how rare that risk is, how each of the core **CENIGENT** sub-systems can contribute to the disease risk, how likely the patient is to develop the disease and the relationship between the core systems and disease risks.

## IS CENIGENT AFFILIATED WITH ANY MEDICAL CENTERS?

**CENIGENT** has an exclusive partnership with the UCLA Radiology Department to offer the most advanced predictive imaging tests currently available to **CENIGENT** patients only. These tests include cardiovascular and full-body tumor predictive imaging as well as other predictive and diagnostic testing. Additionally, **CENIGENT** has partnerships with select other local physician specialists, including Parkview Imaging in Santa Monica.



## ARE YOU WORKING WITH CURRENT SYMPTOMS AS WELL AS SEEKING SOLUTIONS TO FUTURE HEALTH ISSUES?

Clinical symptoms are a guide to the disease process as well as a measure of the effectiveness of treatments. Many times the body will not provide symptoms in the early stages of a disease, but **CENIGENT** can identify early cellular changes via advanced and precise predictive testing.

The aim of the **CENIGENT** programs and medical approach is not to simply temporize or treat a symptom, but to address the core causes that lead to a particular disease and its respective symptoms.

The main goal of the *Peak Health & Vitality Program* is to optimize the body's core **CENIGENT** systems, resolve many existing symptoms of aging and disease, identify early signs of disease and future disease risks – all to minimize or avoid future symptoms of disease. By thoroughly testing the **CENIGENT** sub-systems and how they contribute to disease, a patient's health and disease risks can be identified. With exhaustive research and **CENIGENT's** proprietary genetic analysis software, Dr. Ghaderi will then recommend the best personalized therapies to minimize the risk of diseases. The task of managing existing complex chronic disease(s) is offered as an addition to the programs.

## DO YOU SPECIALIZE IN ANY PARTICULAR SYSTEM IN THE BODY MORE THAN OTHERS?

All eight of the **CENIGENT** sub-systems are intertwined, so it is crucial to have them functioning optimally in order to ensure the health of the patient's whole body. Even if only one of the systems is a weak link, the dysfunction of that system will cause problems in the other systems. Depending on the interaction of an individual's genetics, environment and the other **CENIGENT** sub-systems, each individual will be susceptible to developing any number of age-related chronic diseases (including cardiovascular, neurodegenerative, autoimmune, cancer, osteoporosis, osteoarthritis, obesity, diabetes and others). Improving all of a





patient's **CENIGENT** systems will treat and improve the symptoms of many chronic diseases.

## WHAT IS DR. GHADERI'S TRAINING AND EXPERTISE IN GENETICS?

Since the completion of the human genome project, Dr. Ghaderi has independently studied personalized genomics, nutrigenomics and epigenetics, particularly the role of genetic single nucleotide polymorphism variations (SNPs) in health and disease. She and her team of researchers have compiled a database and created analytic software that helps to identify specific interventions and personalized treatments to modify the negative outcome these genetic variations can cause.

Dr. Ghaderi is a member of the Epigenetic Society, American Society of Human Genetics and the American Association for the Advancement of Science. She consistently reviews the genetic-related journals including Nature Genetics, Nature Reviews Genetics, American Journal of Human Genetics, Science, Nature, Nature Medicine and others.

## HOW DOES GENETIC TESTING ALLOW YOU TO FIND FUTURE MEDICAL PROBLEMS?

**CENIGENT** examines specific variations in an individual's genetics called SNPs (single nucleotide polymorphisms). SNPs can affect the individual's cellular function, biochemical pathways and **CENIGENT** sub-systems while creating changes in how the body responds to:

- Pathogens
- Chemicals
- Pharmaceuticals
- Food
- Environmental factors
- How hormones are broken down
- How receptors bind to their chemical messengers
- Cell detoxification and signaling pathways
- Neurotransmitter production and breakdown





- Immune responses and other function that can lead to an increased risk of developing a certain disease.

**CENIGENT** *does not:*

- Search for genetic mutations (which cause genetic disorders - such as Huntington's chorea - that are deadly, not preventable or not treatable).
- Rely on a genetic testing company's analysis of test results, which may note a higher risk of a particular disease by checking only a few SNPs.

**CENIGENT** is the only medical practice that researches individual SNPs and identifies the multiple biochemical pathways SNPs can impact with personalized research. **CENIGENT's** proprietary genetic software can then be used to identify personalized treatments with the aim of changing the negative impact of SNPs.

By looking at a patient's SNPs, the physician can create personalized and effective therapies that are unique to that individual. These specific therapies can include a customized diet, targeted nutritional supplementation, pharmaceuticals, bio-identical hormones, enzymes, amino acids and others that ultimately help optimize the patient's **CENIGENT** systems and reduce the risk of potential diseases. Some SNPs are more straightforward: if someone has the SNP for hemochromatosis (a disorder that causes the body to absorb too much iron into the gastrointestinal tract), therapies would include reducing iron intake and performing phlebotomy or iron chelation therapy to remove excess iron from the body.

Other SNPs are more complex. If someone has a SNP that impacts an aspect of the cellular detoxification pathways, these individuals may be at a higher risk for select diseases like cancer. Depending on the detoxification pathway that is impacted by these SNPs, personalized therapies that would positively impact the negative functioning that the SNP has caused could include bio-identical hormones or specific nutritional supplementation.





## WHY AREN'T OTHER HEALTHCARE ORGANIZATIONS DOING GENETIC TESTING AS A PROTOCOL OF PREVENTATIVE HEALTHCARE?

Most physicians are not trained in personalized genomics. Because the conventional medical approach is reductionistic (assuming the body can be described by its parts, while ignoring the relationships between them and their organization), knowing this kind of genetic information will not necessarily change the treatments.

For example, if someone has a higher genetic risk for colon cancer, the conventional approach is to perform more frequent colonoscopies to catch the cancer in its early stages and to recommend a high-fiber, low-fat diet. The doctor and patient wait until the disease occurs and then select treatment (such as polyp or tumor removal, chemotherapy or radiation therapy) is rendered. Since the treatment guidelines will not change with genetic SNP testing, it has not been embraced by conventional medicine.

**CENIGENT** looks at the contributions of the core **CENIGENT** sub-systems towards disease and disease risks and thoroughly evaluates the impact of genetic SNPs, the biochemical pathways that are involved and how they can impact any of the **CENIGENT** sub-systems. The goal is to provide personalized treatments that will address all these sub-systems, as well as the specific functional problem that can result from particular genetic SNPs. This allows **CENIGENT** to change the many adverse probabilities that can lead to a complex disease called colon cancer.

Another reason is, of course, cost. **CENIGENT** is very research intensive and offers the most advanced medical program in the world. Unfortunately, these technologies are currently expensive to perform. The cost of the genetic testing alone is several thousand dollars, which does not include the cost of research hours necessary to use those test results effectively. While **CENIGENT** medical programs are currently only available to a limited number of individuals, Dr. Ghaderi has started a non-profit organization dedicated to introducing this new approach to the medical community and making it available to everyone in the future.