



add life to your years



*"Take care of
your body. It's
the only place
you have to live."
(John Rohn)*

lifeyear clinic

Lifeyear Clinic introduces the emerging concept of anti-aging and preventive medical care, offering a comprehensive range of special programs which assess and help preserve the HEALTH CAPITAL of patients.

Cardiovascular disease and diabetes prevention

- Risk scores and special function tests
- Personalised food and physical activity diary
- Preventive genetic tests
- Personalised treatment options and clear treatment goals
- Tobacco use cessation counseling
- Preventive genetic test against nicotine addiction

Preventive oncology

- Breast cancer and ovarian cancer preventive genetic tests
- Colon cancer preventive genetic test
- Prostate preventive genetic test
- Lung cancer marker for smokers



Nutrigenetics and personalised nutrition coaching

- Body composition analysis
- Special nutrition blood test panel
- Food tolerance testing
- Nutrigenetic profile



Anti-stress program

- Oxidative stress assessment
- "Integral Stress Test" to prevent and reduce daily stressors
- Burnout syndrome
- Chronic fatigue



Sleep program

- Sleep disorder diagnosis and treatment
- Sleep health coaching



*"A healthy
outside starts
from the inside."
(Robert Urich)*



♂ **Men's health**

- Heart health
- Testosterone deficiency screening
- Prostate cancer preventive genetic test

♀ **Women's health**

- Heart health
- Pre-menstrual syndrome
- Pre-pregnancy program
- Pre-menopause program
- Osteoporosis prevention
- Prevention of breast and gynecologic cancers

🧠 **Brain health**

- Preventive genetic test against neurodegenerative diseases (Alzheimer's disease, Amyotrophic Lateral Sclerosis and Parkinson's disease)
- Special Alzheimer's disease program
- Depression program

👁️ **Eye program**

- Age-related macula degeneration preventive genetic test
- Glaucoma predisposition genetic profile analysis

🌿 **Skin program**

- Special preventive genetic profile
- Personalised recommendations to protect and improve skin health





*"Every man
desires to live
long, but no man
would be old."
(Jonathan Swift)*

know your biological age

Aging occurs every day throughout our bodies and there are a number of factors involved such as:

- Oxidative stress
- Glycation
- Telomere shortening
- Genetics
- Lifestyle

Research is emerging that shows that we can to a certain extent have control over aging.

- We can now determine for each individual the degree of **cellular aging** along with an estimate of his biological age with telomere length analysis
- Telomeres are chromosome "caps" present at the ends of chromosomes to protect them and ensure proper functionality and viability of cells
- Telomeres are relevant for both cancer biology and degree of aging of an organism



"The greatest medicine of all is to teach people how not to need it."

anti-aging & preventive medicine

Why anti-aging and preventive medicine?

- For a long, healthy and successful aging
- And because "every man desires to live long, but no man would be old" (J. Swift)
- For a real health care which focuses on health and prevention rather than illness and intervention

Who would benefit from lifeyear clinic?

- Everyone

When should one start consulting a preventive medicine practitioner?

- The earlier the better. It is never too early
- And it is never too late

How

Personalised: individualised unique approach
Predictive: risk and genetic susceptibility evaluation

Proactive: call for action before disease onset
Participative: patient-centric approach that empowers and engages the individual

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