

H02 Anti-Aging Drug

January 2007

Intro: Wouldn't it be great to take a supplement that can slow the effects of aging? There is one on the market, and you can buy it at most health food stores. It's called DHEA for short and some say it can help your body feel younger and function better. Does it work? A study from Mayo Clinic has the answer.

Video

Total running time 1:31

Time lapse video w/ music under

Lori Kunkel

Spa customer

**Jessica Amos
Salon Owner**

Standup

Vivien Williams

Reporting

To Video of DHEA supplements

To animation

Audio

YOU CAN'T SLOW DOWN THE
PASSAGE OF TIME.

"I GET FACIALS PROBABLY ONCE A
MONTH."

SOME TRY TO HIDE THE YEARS BY
MAKING CHANGES ON THE
OUTSIDE.

"A LITTLE SIDE-SWEPT SOFT BANG
MIGHT HELP TO SOFTEN SOME OF
THOSE FOREHEAD WRINKLES."

THESE BEAUTY TIPS CAN MAKE
YOU LOOK YOUNGER, BUT WHAT
WOULD REALLY BE COOL IS TO
JUST POP A PILL THAT CAN KEEP
YOU YOUNG ON THE INSIDE TOO.

THERE IS A SUPPLEMENT ON THE

To Dr. Nair

To study article

MARKET THAT SOME SAY MIGHT
WORK. IT'S CALLED
DEHYDROEPIANDROSTERONE,
[DEE-HYDRO-EPEE-AN-DROS-
TERONE] OR DHEA. YOU CAN BUY
IT OVER THE COUNTER AND IT'S
SAID TO EASE THE AGING
PROCESS BY REPLACING
NATURALLY OCCURRING DHEA.
YOU SEE YOUR ADRENAL GLAND
SECRETES DHEA. IT'S A HORMONE
THAT DECREASES IN LEVELS AS
YOU AGE, STARTING AT ABOUT
AGE THIRTY. DR. SREEKUMARAN
[SREE-KOO-MAHR-AHN] NAIR
ASKED THE FOLLOWING QUESTION
FOR A STUDY PUBLISHED IN THE
NEW ENGLAND JOURNAL OF
MEDICINE:

**Sreekumaran Nair, M.D.
Mayo Clinic Endocrinologist**

"IF YOU GIVE DHEA AND BRING IT
TO THE SAME LEVEL AS THE
YOUNG PEOPLE, IS IT GOING TO
HAVE BENEFICIAL EFFECTS?"

Improved

- Muscle mass
- Muscle strength
- Bone density
- Glucose tolerance
- Quality of life

Sreekumaran Nair, M.D.

End on time-lapse sunset

Music Out

THE STUDY INVOLVED GIVING ELDERLY MEN AND WOMEN EITHER A PLACEBO OR DHEA FOR TWO YEARS TO SEE IF IT IMPROVED MUSCLE MASS, STRENGTH, BONE DENSITY, GLUCOSE TOLERANCE AND QUALITY OF LIFE. THE ANSWER WAS NO.

"IT DIDN'T HELP AT ALL."

BUT WHAT DR. NAIR SAYS HAS BEEN PROVEN TO HELP SLOW THE EFFECTS OF TIME IS REGULAR AEROBIC EXERCISE, LIKE WALKING 30-45 MINUTES FIVE DAYS A WEEK, STRENGTH TRAINING AND A HEALTHY LOW-CALORIE DIET. DO THESE THINGS AND AT THE END OF THE DAY KNOW YOU ARE DOING YOUR BEST TO STAY YOUNG. FOR MEDICAL EDGE, I'M VIVIEN WILLIAMS.

Anchor tag:

Dr. Nair says if you take DHEA you should probably stop. That's because there are no known benefits and there could be side effects. It has not been evaluated by the FDA, and is not recommended for men with enlarged prostates or people with heart disease. For more information, visit our Web site at...

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