

Want to look young at 50? Here's how

Neha Bhayana

■ neha.bhayana@hindustantimes.com

MUMBAI: When Lokhandwala resident Vimal Mehra (54) attended the wedding of a college friend's son in Delhi recently, his appearance became the envy of his old buddies.

"We had met after over 20 years. They told me that I did not look old," boasted Mehra, who runs a garment export business.

Mehra's secret is not an anti-wrinkle cream or botox.

He is on anti-ageing medicine, a line of treatment that claims to make a person

younger primarily by boosting hormone levels.

Mehra decided to try the new treatment six months back, as age had started taking a toll on him.

"I would easily get tired and had little interest left in things around me," he said.

Now, he says, "I feel like a 35-year-old."

Two anti-ageing clinics — Yuvanesse in Juhu and AMAYA in Andheri — that opened in the city last year already have a sizeable clientele.

Apart from the 40-plus crowds, many youngsters are also seeking help for specific



JISHU

medical conditions related to hormonal imbalance or for premature ageing like grey hair, wrinkles, memory lapses or decreased libido.

"My youngest patient is an 18-year-old boy whose energy level is as low as that of a 40-year-old because he is obese," said Dr Deepak Chaturvedi, who runs AMAYA.

Anti-ageing medicine aims to reverse the age-related decline in the quality of life. This is done by a combination of lifestyle modification, use of bio-identical (natural) hormones and anti-oxidants.

Though there is little evidence to prove its efficacy, the therapy, which was first introduced in the US in 1993, is popular in western countries.

» **LIFESTYLE, STRESS MAKING PEOPLE AGE EARLY, P5**