



# Healthy Aging



*With*  
**Dr. Denise Bogard**

Wellness<sup>health</sup>



[VoiceAmericaHealth.com](http://VoiceAmericaHealth.com)

Wednesday at 7 AM

## About The Host

Dr. Denise Bogard has a long history in the health field. She started out as an RN, and then was trained as a Certified Registered Nurse Anesthetist. At age 29, she went back to medical school at the University of Nebraska Medical Center to grow her knowledge base. She completed medical school in 1989 and then completed a year of Internal Medicine at the University of Nebraska Medical Center in 1990. She then went on to complete an anesthesia residency at UC-Irvine in Orange County, California in 1993.

She enjoyed the practice of anesthesiology for several years but the hours were demanding and the workload was heavy. She found it taking a toll on her own health and sought out an anti-aging, longevity physician to turn her health around. After seeing the effects of healing and return of health, she became interested in the field of anti-aging and regenerative medicine. She completed the fellowship and advanced fellowship through the American Academy of Anti-Aging and also took training through Cenegenics. Her love for continuing education and improved health has been her goal throughout her medical career. She is currently in the process of obtaining certification in stem cell replacement.

## About The Show

Our health starts to decline as we enter our 6th, 5th, 4th, even 3rd decade. Aging can be a slow decline or a rapid decline. Many age related illnesses can be prevented and even reversed like cardiovascular disease, diabetes, autoimmune disease, arthritis, cognitive decline and many others.

Our program looks at each system in the body: cardiovascular, respiratory, neurological, gastrointestinal, renal, endocrine including thyroid, adrenal, sex hormones and growth hormone and optimizing each of these systems. We also look at blood sugar control, genetic factors, neurotransmitters, lifestyle and toxin exposure.

It has been very gratifying to see my patients come in tired, exhausted, with low libido and not feeling their best and return with a shine in their eyes and looking so much better! Tune in to find out more on Healthy Aging, live every Wednesday at 7 AM Pacific Time on the VoiceAmerica Health and Wellness Channel.