

# Anti-Aging: Inside and Out

**Personalized Concierge Medicine**  
**Cardiovascular Disease Prevention**  
**Diet and Exercise**  
**Managing Genetic Challenges**  
**Advanced Lipid Analysis and Management**  
**Advances in Aesthetics**



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## Anti-aging Strategy in a Nutshell:

Dr. Mark O. Carlson of Siouxland Adult Medicine in Sioux City is practicing medicine the way he has always wanted that allows him to spend more time with his patients and provide more personalized healthcare as well as innovative anti-aging strategies for his patients. Anti-Aging Medicine is a clinical/medical specialty and field of scientific research aimed at the early detection, prevention, treatment, and reversal of age-related decline. It is well documented by peer-reviewed medical and scientific journals and employs evidence-based methodologies to conduct patient assessments. Carlson, a board-certified internal medicine specialist, is one of a rising number of doctors who have switched from traditional private practice to concierge medicine, a model that charges patients an annual fee in return for more personalized time and attention. In addition, the clinic offers innovative aesthetic solutions to help their patient's look as young as they feel.

Dr. Carlson's patients receive round-the-clock access to him, on-time half-hour appointments the same day or next, and a two-hour block of his time for an annual physical, which includes aggressive prevention and screening for conditions such as diabetes, stroke and heart disease that lead to mortality and pre-mortality. Longer visits enable Dr. Carlson to provide comprehensive whole-person care, rather than the more typical treatment of one issue per visit.

"I like to spend more time with patients. In the real world of healthcare delivery, doctors are seeing more patients and spending less and less time with them. On average, patients get 5-8 minutes of face time with their doctor in most clinics. That number is going to get worse," he said. "Our focus at Siouxland Adult Medicine is on providing the highest quality of care, access, patient satisfaction and excellent outcomes using scientific and proven strategies."

"If you manage these problems effectively you're less likely to have major events," said Carlson, who has privileges at both hospitals in Sioux City. "Patients who are under personalized health care programs experience 65 percent fewer hospitalizations than their like age counterparts. You add aggressive cancer prevention, and patients should have a maximum quality of life. An 85-year-old should be able to mow his lawn, drive a car, balance a checkbook, make cookies, and do the normal things that normal people do rather than reside in a nursing home."

Patients receive their comprehensive exams and physicals in a remodeled, state-of-the-art facility at 1605 Douglas St. It is equipped to provide bone density testing for osteoporosis, skin cancer diagnosis and treatment, skin care procedures such as chemical peels for younger looking skin, fall and fracture prevention, balance assessments for inner ear and balance problems, as well as advanced lipid and genetic testing, allergy testing, and advanced metabolic testing for risk detection and prevention. Most of the lab work is performed on site in the service laboratory. Advance lipid analysis and genetic screening tests are sent out to state of the art reference laboratories. The remodeled clinic, which opened in September 2012, also features treadmill electrocardiograms and pulmonary function testing to assess heart and lung function. If any abnormalities are detected from the testing, Dr. Carlson works with patients to identify any underlying factors in their lifestyle that may lead to a chronic condition and develop a customized wellness program that may reduce symptoms, improve quality of life, and may help avert diseases such as stroke, diabetes and heart disease. Sixty percent of early deaths are a result of behaviors and/or chronic conditions that are preventable. If not addressed properly by your physician, chronic conditions can prove to be both difficult and costly to treat.

"It's good for patients and good for the community to have an option like this. The more options, the better. I see myself as part of the solution. Through the personalized medicine concierge program, I am able to help people who seek and want my help the most," he said. "I am happy to provide the high quality care and advice I want to provide so people have the option to maximize their health and longevity and look and feel the best they can."