



Millennium TBI Network

Rebuilding Hope one day at a time.

Nearly 23 years ago I found myself in an awkward position as a physician.

I was depressed, on an anti-depressant, overweight, and **still depressed**. I had three beautiful daughters and I found it difficult to be a father, husband and diplomat. My traditional physicians didn't understand why I was depressed and did not have a clue as to what more they could do for me...

It was in April 1999, that I found myself in front of the new Cenegenics' offices north of the Vegas Strip in an area called Summerlin. As I walked towards the entrance a hulk of a man exited his white Royals Royce and introduced himself; as I extended my hand he engulfed me in a traditional Lanzmann's hug and said "Welcome". That was my initial introduction to Dr. Alan Mintz.

He initially took me into his **HUGE** office where we sat and shared our stories. We had a few things in common; we both went through the **Brit Milah**, followed by Seudat Mitzvah, Hebrew school, Bar Mitzvah, and both were trained in Chicago. He in Radiology and I initially in Family Medicine. We crossed on my last computer development projects in Radiology; a voice entry dictation system. So, we had a lot to share and in common.

After our chat, he escorted me into the foyer where I sat and filled out some papers before I was introduced to an assistant that took me through several rooms and testing modalities.

A few days prior to this meeting, a nurse had come to my hotel room to draw my blood. I think it was about 5am and I was still under the influence of the prior night's activities. I truly do not remember her drawing my blood, but I felt a pinch.

Nonetheless, after all was said and done, I was fed and brought to a room where I met Dr. Leonardi. A gently unimposing man until he started his review of my test results. You knew, he knew his stuff. I was identified as being Low in Growth Hormone, Testosterone and Thyroid. I was subsequently started on a treatment protocol and by 3 months I was feeling Great, a different, new,,, and improved version of myself. I was alive again, and ready to find a new challenge in my medical career.

Sometime thereafter, I was indoctrinated into the Cenegenics brotherhood meeting the CEO John Adams who I remember meeting that first day in Summerlin. All I remember was saying to myself, "**Whoa what does that man eat? Or really, what doesn't he eat?**" Soon I found out... Especially when I went from 178 pounds with a 21% body fat to 214# at 9% body fat. It was par for the course when you improved diet/nutrition, exercise and correct your hormonal balance. Between 1999 and 2004, I had an incredible improvement in both my cognitive and emotional well-being which continues to this day.

But it was in 2004, while doing preparatory research on; "The Neuro-patho-physiology of Hormones" that I came across my epiphany article that changed my professional direction and gave me a real purpose to continue in medicine. It was an article from the Turkish Medical Journal that presented the findings of an unusually high frequency of Growth Hormone deficiency in boxers (pugilists). That was it – repetitive head trauma can cause loss of not only GH, but all hormones regulated by the brain. Disruption of the regulatory system between the Hypothalamus and the Pituitary put us at risk for hypopituitarism and a down spiral in quality of life/health.

Up until that time, I like many of my peers was practicing anti-aging medicine; based upon the premise that as we age we progressively lose hormone production, due to genetic predisposition, which not only altered our physical well-being by also our brains.

I remember giving the first lecture on the Neuropathophysiology of hormones in 2007, opening with a statement; "**that prior to the lecture I had been practicing Anti-Aging Medicine and now with the new information I was practicing Medicine and looking to correct the hormonal deficiencies that were precipitated by any one of a number of physical traumas.**"

Since that presentation, I have focused on the loss of either hypothalamic or pituitary regulation of our Neurosteroids and Neuroactive Steroids as the causative factor contributing to our altered state of well-being. In 2007, my first book – **Interventional Endocrinology** attempted to provide the concepts and science behind **Why** we needed to replenish our hormones back to that of a 25 – 35-year old as well as, and also one chapter devoted to **Traumatic Brain Injury and hormones**.



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As I matured in the modern science of Neuroendocrinology (**Geoffrey Harris 1936(1971)**), it became clear that there IS an association between hormones and neurobehavioral conditions. What became even more apparent was that there was another force uncoupling the beneficial effects of hormones in the brain; and that is Neuroinflammation. It appears that each of the Neurosteroids also influences, as a group or individually, the cytokines produced by the Microglia cells within the brain as much as the passive perfusion of these same cytokines into the brain from peripheral trauma. Thus, both above and below the neck traumas, commonly referred to as polytrauma, generate these cytokines that diffuse into the brain influencing cognitive and emotional stability, repair, and growth.

In 2009, after turning down work with the NFL, I turned to a group that made touch downs with parachutes, in helicopters, and combat aircraft; and scored when they were able to remove **evil** from the world; these are our American Soldiers; The Veterans and Active Military. These are my heroes and the core of my present practice and training programs.

It was in 2014, when I first met SFC Andrew Marr, who was medically retired after serving his country on the field of battle. When we met, he was in his own battle for survival. He was a classic case of the Veterans Administration's medical treatment program that promoted; **Happy Pills** –; in fact, 13 different medications that did not address the underlying inflammation and disruption of the molecular chemistry of the brain. They just masked the symptoms by shutting down the neuro-networks that allow us to feel, reason, and maintain our self-preservation. Nearly 140-154 Veteran suicides occur a week and we are not allowed to see the number of Active Military that take their own life's even when on treatment.

It was at that point that I re-purposed my efforts and medical practice to address the overwhelming evidence-based science of Neuroendocrinology as it applied to symptomatic TBI (aka PTSD) in our warriors. Andrew Marr and his brother Adam, also a veteran, founded the Warrior's Angels Foundation as a vehicle to provide education and funding for the science and application that the Millennium Health Centers developed for treatment of symptomatic TBI.

To date we have cared for and improved the lives of over 300 Veterans and Active Military along with over 2000 civilians. Our average improvement is at 62% and rising.

Nonetheless, our program is failing.... This is because we need more trained healthcare providers to learn how to address neurosteroids and neuroinflammation using a simplified diagnostic protocol and treatment regimen. Andrew and I have lectured across this great nation providing data on our program results, to Admirals, Generals, and a President, as well as having patients stand and give validation to their treatment protocol where they have acknowledged that they have returned from the **walking dead** to becoming productive members of their family and society.

Presently, we are here at this **Age Management Medical Group** conference learning how to incorporate new and established concepts of Anti-Aging Medicine, wellness medicine, alternative medicine, nutritional medicine, precision medicine, interventional endocrinology and hopefully soon Neuroendocrinology. It seems that everything we do to our body below the neck always ends up above the neck.

Our brain is the control center for the entire body and needs to be recognized as the most important tissue to protect and heal.

In receiving this Honor and Award, in Memory of Dr. Alan Mintz, which I initially refused to accept, I will keep it in good tiding as the custodian of a concept of always pushing the envelope for a better understanding of what we can do to improve our fellow planet-mates with science and technology that already exists, and to fear-not from those that say it is not possible or is unacceptable.

Thank you AMMG (Greg and Rick), Board Members, fellow Committee members, and a special thanks to my Brothers Andrew and Adam Marr and all the Soldiers that have allowed us to provide them our protocols. Live long and prosper. (give the Cohen hand sign). Thank you.

Mark L. Gordon, MD – November 2, 2018