

## FOREWORD

In *The Low T Book*, Dr. Rob Kominiarek has made a clear, comprehensive and compelling case for the importance of the hormone testosterone in achieving and maintaining your health. As a fellow clinician who shares his conviction that age does **not** have to be synonymous with deteriorating health, I was especially pleased with Rob's request to write this foreword.

As Dr. Rob makes clear, a major component of healthy aging involves the body's hormones. These invisible messengers control every aspect of the body: weight gain, sleeping, breathing, muscle strength, brain function - you name it. As an endocrinologist who has spent over two decades studying the role of hormones in health and aging, I enthusiastically support Dr. Rob's refusal to accept that aging means a downward slide toward diseases such as diabetes, heart disease and osteoporosis. My own clinical practice and research in the emerging field of Precision Medicine - the personalization of health care - heartily supports Dr. Rob's thesis: testosterone is a major player when it comes to the revitalization of an individual's health.

The male patients that Dr. Rob and I advise are largely unaware of what goes on in their bodies internally, though they share one or more frustrating, hard-to-shake symptoms. These can include weight gain around the trunk, fatigue, loss of energy, anxiety, sleep disorders, difficulty recovering after exercise, sexual dysfunction, and lack of libido. In short, these are the "complaints of aging" and many men do not realize that these are indicators of *andropause*, the male equivalent to menopause.

We know that testosterone plays a key role in many processes, such as retaining lean muscle, exercise recovery, sugar metabolism, and sexual function, to name several. We also know that the ailments of aging are integrally connected to the gradual drop in testosterone levels that begins in early adulthood. And we now know that testosterone can be harnessed to achieve peak physiological health as we age. Hormonal optimization along with quality sleep, nutrition, exercise, and effective stress management - proactively and simultaneously set in place - can alter your health trajectory. Scientific data suggests it is possible to focus on interventions to improve the quality of your life and circumvent disorders of aging. Our clinical and pilot research studies support that the outcome will allow

your **health** span to last for your **life** span. *The Low T Book* lays the facts out for you. It educates, enlightens, and has the potential to set you on the path to substantial renewal and recovery.

On a snowy day this past winter, Dr. Rob traveled into Manhattan for a television appearance and made time to visit my office. We spent several hours deeply engrossed in discussion about medicine's exciting future, in which the rapidly advancing field of Precision Medicine, and the advent of genomics and epigenetics, will ultimately allow doctors to treat each patient as the unique individual he or she is. From that meeting and our subsequent discussions, I have every indication to believe that Dr. Rob is squarely in the forefront of that future.

***By Florence Comite MD  
September 8, 2014***

*Dr. Comite is a graduate of Yale School of Medicine where she taught for 25 years, as an Associate Clinical Professor. She is the author of the Amazon best-seller book for men: **Keep It Up: The Power of Precision Medicine to Conquer Low T and Revitalize Your Life**, published by Rodale. Florence Comite MD currently has a private practice in Manhattan, where she manages the health of individuals from all over the world.*