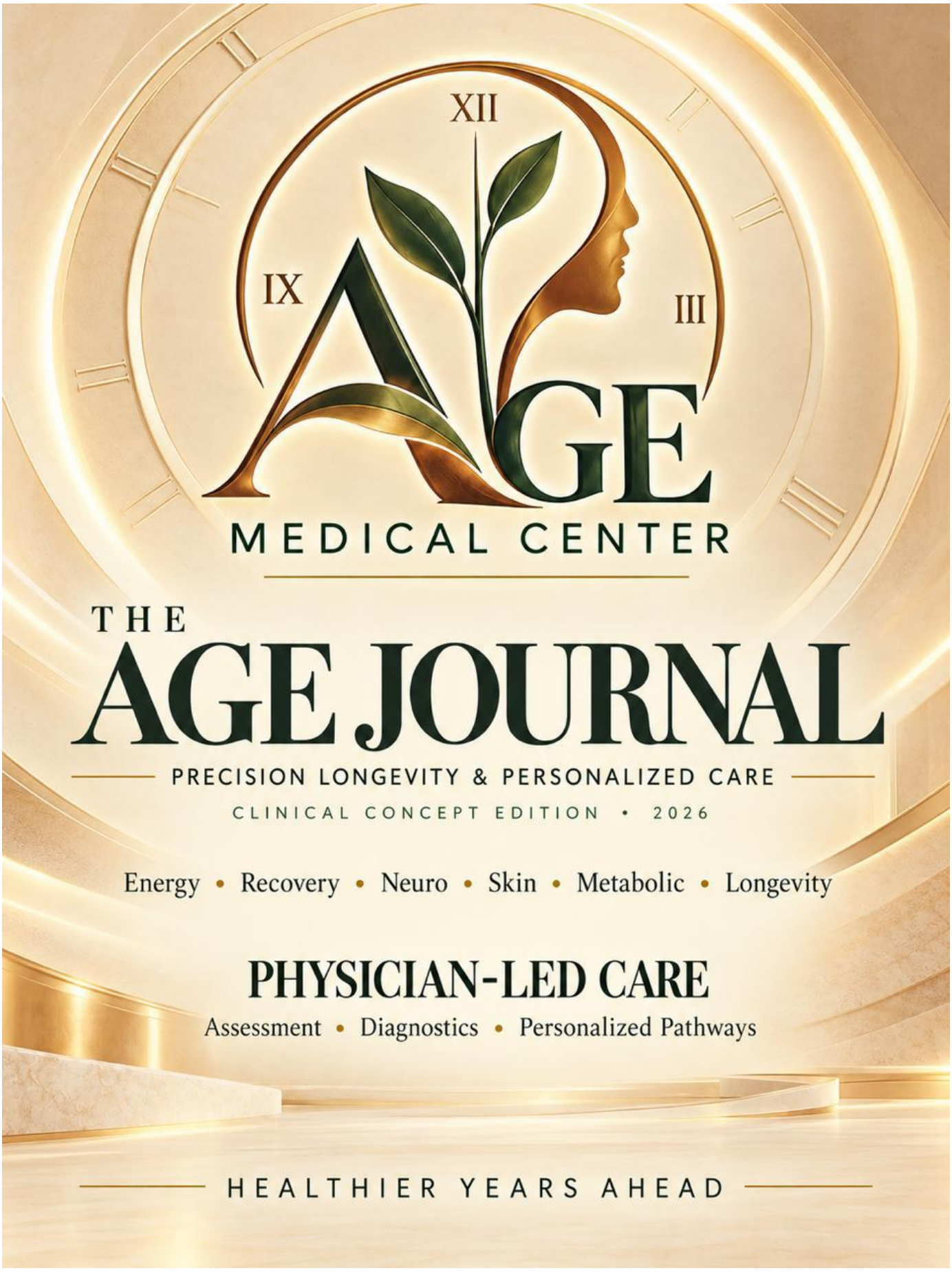

XII
IX
III
AGE
MEDICAL CENTER
THE
AGE JOURNAL
PRECISION LONGEVITY & PERSONALIZED CARE
CLINICAL CONCEPT EDITION • 2026
Energy • Recovery • Neuro • Skin • Metabolic • Longevity
PHYSICIAN-LED CARE
Assessment • Diagnostics • Personalized Pathways
HEALTHIER YEARS AHEAD

AGE MEDICAL CENTER

WELCOME TO

AGE MEDICAL CENTER

PRECISION LONGEVITY • PERSONALIZED CARE



We begin with what matters most to you: how you feel, your health history, your habits, and your goals.

Together with a medical professional, you explore which assessments may be appropriate and discuss a personalized plan. The AGE Journal guides you from your first conversation through ongoing follow-up.

01

YOUR STORY

- Health history
- Daily habits
- Personal goals

02

YOUR ASSESSMENT

- Clinical review
- Relevant tests
- Baseline measures

03

YOUR PERSONAL PLAN

- Care priorities
- Agreed next steps
- Follow-up

YOUR JOURNEY BEGINS WITH A CONVERSATION.

LISTEN • UNDERSTAND • PLAN

AGE • MEDICAL CENTER • THE AGE JOURNAL

POSSIBLE SUPPORT PATHWAYS

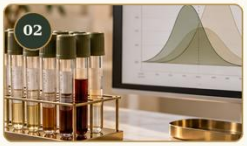
Focused consultations, shaped around your priorities.

CARE DIRECTIONS



ENERGY & WELLBEING

Assessment of possible causes of fatigue and discussion of suitable next steps.



METABOLIC HEALTH

Review of metabolic risk factors and planning for medical follow-up.



SKIN HEALTH

Consultation about skin concerns and a personalized care approach.



WOMEN'S HEALTH

Women's health concerns discussed with a gynecologist.



MEN'S HEALTH

Health concerns discussed with a physician.



CARDIOVASCULAR HEALTH

Review of cardiovascular risk factors; cardiology consultation if appropriate.



MOBILITY RECOVERY

Functional assessment and a physiotherapy support plan.

A NOTE ABOUT YOUR PATHWAY

A pathway may include one or more consultations. Your physician determines the appropriate mix after assessing you. The pathway name indicates the topic of consultation.

PERSONALIZED • PHYSICIAN-GUIDED • THOUGHTFULLY COORDINATED

AGE • MEDICAL CENTER

HOW YOUR CARE JOURNEY UNFOLDS

FIVE STEPS, SHAPED AROUND YOU

A clear process, guided by your clinical needs.



YOUR FIVE-STEP PATHWAY

INITIAL CONSULTATION

We discuss your concern, how you feel, and your goals.

MEDICAL REVIEW

Your clinician reviews your health history, risk factors, and available results.

TESTS, WHEN INDICATED

Only tests that can help answer a clinical question are considered.

PERSONALIZED PLAN

Together, we set priorities, possible services, and a time to reassess.

ONGOING FOLLOW-UP

We review changes, how recommendations are tolerated, and whether adjustments are needed.

A NOTE ON YOUR ASSESSMENT

The sequence and scope of assessments depend on your clinical situation.

INDIVIDUALIZED • CLINICIAN-LED • REVIEWED TOGETHER

AGE • MEDICAL CENTER • THE AGE JOURNAL

SPECIALISTS & CARE AREAS

A coordinated team, guided by your needs.

EXPERTISE • ASSESSMENT • PERSONALIZED SUPPORT

CARE AREAS

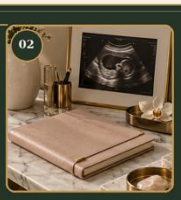
01



PREVENTIVE MEDICINE PHYSICIAN

Reviews health history, risk factors, and personal priorities; helps coordinate appropriate assessment and follow-up.

02



GYNECOLOGIST

Consults on women's health and reproductive concerns, with evaluation and follow-up as appropriate.

03



CARDIOLOGIST

Reviews cardiovascular concerns and risk factors; advises on further assessment when needed.

04



DERMATOLOGIST

Evaluates skin concerns and discusses suitable care options.

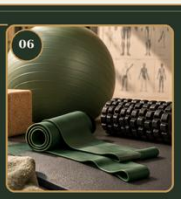
05



BEAUTY THERAPIST

Discusses aesthetic care and may suggest suitable additional clinic pathways within professional scope.

06



PHYSIOTHERAPIST

Assesses movement and function, then helps shape a suitable exercise and rehabilitation plan.

07



LASER TECHNICIAN

Uses authorized equipment for services within training; follows patient suitability checks and aftercare protocols.

08



DIAGNOSTIC ASSESSMENT

A physician may recommend DNA testing, thermographic screening, lab tests, or X-rays when relevant to your concern.

PERSONALIZED, WITHIN EACH PROFESSIONAL ROLE

Services and referrals are discussed according to your needs and clinical assessment.

Each professional works within their training, role, and clinic protocols.

THE RIGHT SPECIALIST • A CLEAR NEXT STEP

YOUR DAILY ACTION PLAN

Small, consistent actions that support your clinical weight-management pathway

01 • HYDRATION

PERSONAL DAILY TARGET

- Drink regularly across the day rather than all at once.
- Hydration target must be adjusted for heart or kidney conditions.
- Limit sugar-sweetened drinks and excess alcohol.

02 • NUTRITION

PERSONAL PROTEIN TARGET

- Build meals around protein, vegetables and high-fiber foods.
- Use a structured meal schedule agreed with the clinical team.
- Choose portions and calories according to the personalized plan.

03 • MOVEMENT

DAILY STEP TARGET **WEEKLY TRAINING**

- Increase daily walking gradually according to ability.
- Include physician-approved strength training each week.
- Add cardio and mobility work at an appropriate intensity.

04 • BODY CARE & DRAINAGE

SELECTED PROCEDURE **SESSIONS**

- Lymphatic-drainage massage only after suitability review.
- Pressotherapy or body treatment according to clinic protocol.
- Avoid massage when contraindicated or during acute illness.

05 • SLEEP & RECOVERY

BEDTIME **WAKE TIME**

- Aim for a consistent sleep schedule and 7–9 hours when appropriate.
- Reduce bright screens, heavy meals and caffeine late in the day.
- Discuss persistent sleep problems with the doctor.

06 • SELF-MONITORING

WEIGH-IN DAY **CHECK-IN DATE**

- Record weight under similar conditions at the agreed frequency.
- Track waist, energy, appetite, digestion and treatment tolerance.
- Report significant or persistent side effects promptly.

WEEKLY ACTION CHECKLIST

- ☐ Hydration target completed
- ☐ Movement goal completed
- ☐ Sleep target achieved
- ☐ Symptoms recorded
- ☐ Nutrition plan followed
- ☐ Strength / recovery sessions
- ☐ Medication taken as prescribed
- ☐ Coordinator check-in completed

WEEKLY WEIGHT TRACKER

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DATE				
WEIGHT				
WAIST				

Your targets are personalized by the treating team. Do not change prescribed medication or IV therapy without medical advice.

AGE • MEDICAL CENTER

THE AGE JOURNAL / CARE PATHWAYS

METABOLIC

METABOLIC HEALTH & PERSONALIZED SUPPORT

Personalized medical support for metabolic health and everyday wellbeing.



START WITH YOUR BASELINE

We begin with your health history, current concerns, medicines, daily routines and goals. Your clinician may review relevant measurements and previous results, then decide whether further tests or treatment should be considered.

YOUR PERSONALIZED PATHWAY

01

METABOLIC BASELINE

Review of health history, symptoms, medicines, relevant measurements and goals — in context, with your consent.

02

TESTS WHEN INDICATED

A clinician may consider glucose or HbA1c, lipids, liver or kidney markers and other tests when they help answer a clinical question.

03

PERSONAL DAILY PLAN

Practical priorities may include nutrition, movement, sleep, hydration and routines, shaped around your circumstances and reviewed over time.

04

IV INFUSION SUPPORT

Considered only after clinical assessment, when appropriate. The clinician reviews the proposed ingredients, expected purpose, risks and monitoring.

05

PEPTIDE & INDIVIDUALIZED THERAPY

Considered after physician assessment only if the product is authorized in the UAE, clinically appropriate and within facility approvals. Risks and follow-up are discussed.

06

PERSONAL PROTOCOL & REVIEW

Your plan brings together relevant services, priorities and agreed review points. It can be adjusted to your response, tolerance and updated findings.

WHAT TO EXPECT

A conversation about your goals, a review of relevant information and a shared plan. If testing or therapy is appropriate, your clinician explains the reason, options and follow-up before you decide.

1. **ASSESS** — Goals & health history
2. **REVIEW** — Clinical context
3. **PLAN** — Options & consent
4. **FOLLOW UP** — Progress & adjustments

CLINICAL CARE, INDIVIDUALLY CONSIDERED

Tests, infusions and peptide therapies are considered individually. A peptide option depends on UAE product authorization, clinical indication and facility approval; suitability and response vary.

PERSONALIZED MEDICAL OVERSIGHT

Clinical decisions are made with a qualified healthcare professional. Any medication, infusion or procedure must be delivered within the professional's active license and the facility's approved scope, with appropriate consent and follow-up.

AGE • MEDICAL CENTER

THE AGE JOURNAL / CARE PATHWAYS

DENTISTRY

CONFIDENT CARE
PERSONALIZED DENTAL CARE

A considered approach to oral health and smile goals.



YOUR SMILE, YOUR PRIORITIES

Your dentist listens to your goals, reviews your dental and medical history, and assesses your teeth, gums and bite. Imaging is recommended when clinically appropriate; your options are discussed before a plan is agreed.

DENTAL CARE OPTIONS

01

DENTAL EXAM & IMAGING

Assessment of teeth, gums and bite. X-rays or other imaging are used when clinically appropriate.

02

PROFESSIONAL CLEANING

Removal of plaque, calculus and selected surface stains, with gum-health review and tailored home-care guidance.

03

DENTAL IMPLANTS

Consultation, suitability assessment and planning for tooth replacement. Implant placement requires the appropriate DHA implantology privilege.

04

VENEERS & SMILE DESIGN

Discuss shape, shade and material options, tooth preparation, alternatives and consent before treatment. Suitability is assessed individually.

05

ZOOM! WHITENING

Professional in-office whitening for suitable natural teeth. The dentist reviews sensitivity, existing restorations and expected changes.

06

RESTORATIONS & CROWNS

Fillings, crowns and other restorative options are selected according to clinical findings, function and your treatment goals.

WHAT TO EXPECT

Your dentist explains the findings, recommended options, likely steps, possible risks and aftercare. You can ask questions and agree on a treatment plan before proceeding.

1. **CONSULT** — Goals & dental history
2. **EXAM** — Teeth, gums & bite
3. **PLAN** — Options & consent
4. **AFTERCARE** — Review if needed

TREATMENT IS INDIVIDUAL

Implant, veneer and whitening options depend on the examination and oral-health findings. The dentist will discuss suitable alternatives, limitations, expected maintenance and costs before treatment.

DENTAL CARE WITH CLINICAL OVERSIGHT

Treatment is delivered by appropriately licensed dental professionals within their DHA scope and facility privileges. Dental implantology requires the relevant privilege. Whitening is provided by a dental professional using the applicable product instructions.

ORAL HEALTH • CONFIDENT SMILES • PERSONALIZED CARE

AGE • MEDICAL CENTER

THE AGE JOURNAL / CARE PATHWAYS

SKIN

PERSONALIZED SKINCARE & AESTHETIC CARE

A thoughtful plan for your skin goals and routine.



YOUR SKIN, YOUR GOALS

We begin with your concerns, skincare routine, sensitivities, allergies, medicines, previous treatments and goals. Your beauty therapist discusses suitable aesthetic options; medical skin concerns can be referred to a dermatologist.

AESTHETIC CARE OPTIONS

01

HYDRAFACIAL & CLEANSING

A device-assisted facial that combines cleansing, exfoliation and hydration, selected for skin suitability.

02

SUPERFICIAL PEELS

Surface-level peeling may be considered for selected aesthetic goals. Peel strength and aftercare are explained in advance.

03

MICRODERMABRASION

A non-surgical surface exfoliation option. The therapist reviews skin sensitivity and suitability before treatment.

04

PORE CARE

Comedone extraction may be offered when appropriate. Persistent, inflamed or painful acne should be assessed by a dermatologist.

05

TONE, REJUVENATION & HOME CARE

Selected skin-rejuvenation or hyperpigmentation services, plus a simple home routine and procedure-specific aftercare, within approved privileges.

06

SUPERFICIAL MICRONEEDLING

Topical/needleless devices or rollers under 0.5 mm only, when specifically permitted and clinically suitable.

WHAT TO EXPECT

Your therapist explains the proposed procedure, expected sensations, likely recovery time and aftercare before asking for your consent. Your experience and visible results can vary.

1. **CONSULT** — Goals & skin history
2. **PLAN** — Suitability & consent
3. **CARE** — Procedure & aftercare
4. **REVIEW** — Follow-up if needed

ADVANCED SKIN SERVICES

MEDICAL ASSESSMENT • INDIVIDUAL SUITABILITY

A medical specialist assesses suitability and discusses options, risks and aftercare.

MORPHEUS8 • RF MICRONEEDLING

Clinician-led assessment and treatment by an appropriately licensed, trained professional.

PIGMENTATION CARE

Assessment of the concern, sun-protection guidance and suitable aesthetic or dermatologist-led options.

SCOPE & REFERRAL

Procedures are provided only within the practitioner's active DHA license, specific training and privileges granted by the clinic. Laser/IPL services require the relevant separate license, training and supervision. Diagnosis, prescription treatment and complex skin conditions are referred to a dermatologist.

SKIN HEALTH • PERSONALIZED CARE • AESTHETIC TREATMENT

AGE • MEDICAL CENTER

THE AGE JOURNAL / CARE PATHWAYS

RECOVERY

SEASONAL VIRUSES & RECOVERY

A measured, clinician-guided path from symptoms to follow-up.



COMMON SEASONAL RESPIRATORY SYMPTOMS

FEVER · COUGH · SORE THROAT · CONGESTION · BODY ACHES · FATIGUE

Similar symptoms can occur with different viruses; clinical assessment may help guide testing and next steps.

A SAFE, INDIVIDUAL RECOVERY PATH

01

SYMPTOM-LED REVIEW

Review symptom onset, duration and severity, breathing, fever, medicines, health history and individual risk factors.

02

SEASONAL VIRAL ILLNESS

Colds, influenza, COVID-19 and other respiratory viruses can share symptoms. Testing may be considered based on presentation and risk.

03

IMMUNE HEALTH & THERAPY

Review immune history, chronic conditions and medicines. Immunotherapy is diagnosis-specific, not a general treatment for seasonal viruses.

04

TESTING & MEDICAL TREATMENT

When appropriate, a clinician may recommend virus testing or diagnosis-specific treatment. Options depend on likely infection, timing and risk.

05

SUPPORTIVE RECOVERY

Discuss symptom support, hydration, rest and nutrition in light of your condition. Infusion support is considered only when medically appropriate.

06

FOLLOW-UP & RETURN TO ACTIVITY

Review persistent or changing symptoms, recovery needs and a gradual return to routine; physiotherapy may be considered when suitable.

WHEN TO SEEK URGENT MEDICAL CARE

Get urgent medical help for difficulty breathing, chest pain or pressure, confusion, severe weakness, or symptoms that improve and then return or worsen.

People at higher risk of severe illness should contact a clinician early if flu or COVID-19 is suspected, as virus-specific treatment may be time-sensitive.

IMMUNE-DIRECTED THERAPIES ARE CONDITION-SPECIFIC

They are considered only after medical assessment and when indicated for a specific diagnosis; no universal therapy prevents or treats all seasonal viruses.

ASSESSMENT • SUPPORT • FOLLOW-UP

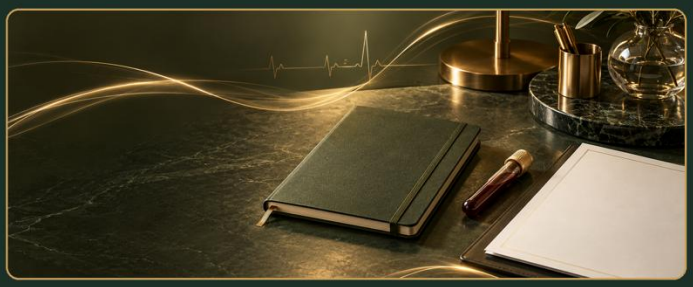
AGE • MEDICAL CENTER

THE AGE JOURNAL / CARE PATHWAYS

ENERGY

**UNDERSTAND FATIGUE.
SHAPE A THOUGHTFUL PLAN.**

A clinician-led look at your energy, health history and next steps.



ENERGY STARTS WITH CONTEXT

Low energy can have many contributors. We begin with your symptoms, health history, medicines, sleep and daily routine before discussing suitable next steps.



ENERGY & WELLBEING PROGRAMS

01

ENERGY CONSULTATION

Review of fatigue patterns, symptoms, medicines, health history, sleep and daily demands.

02

TARGETED BLOOD TESTS

Depending on the clinical picture, tests may include CBC; ferritin and iron markers; thyroid function; B12 or vitamin D; glucose or HbA1c; kidney and liver function; and electrolytes.

03

SLEEP & RECOVERY

Discuss sleep quality, routine, recovery and stress as part of the overall assessment.

04

MOVEMENT & PHYSIOTHERAPY

A physiotherapist can help tailor appropriate movement and recovery support to your assessment and goals.

05

PHYSICIAN-LED INFUSION SUPPORT

Infusion options are considered only after medical review and when clinically appropriate for the individual.

06

PERSONAL PLAN & REVIEW

Agree practical priorities and follow-up. Review symptoms, relevant results and the plan over time.

TESTS ARE CHOSEN FOR YOUR CONTEXT

The list above is illustrative, not a fixed package. Your clinician selects investigations based on symptoms, age, medicines, health history and previous results. Infusion support is discussed only when appropriate.

1 **ASSESS** — Your energy story

2 **SELECT** — Relevant next steps

3 **REVIEW** — Progress over time

ENERGY • RECOVERY • PERSONALIZED CARE

AGE • MEDICAL CENTER

THE AGE JOURNAL / CARE PATHWAYS

NEURO

BRAIN & NERVOUS SYSTEM HEALTH

A considered, physician-guided view of your neurological health.



A PERSONALIZED NEURO PATHWAY

We begin with your symptoms, health history, medications and goals. Your clinician considers these alongside existing findings before discussing appropriate assessment and next steps.

AREAS WE MAY EXPLORE

01

NEUROLOGICAL REVIEW

A clinician reviews symptoms, health history, medications, existing investigations and examination findings.

02

COGNITION & FOCUS

Discuss memory, concentration, mental fatigue or changes in daily function, and factors that may contribute.

03

SLEEP & RECOVERY

Explore sleep patterns, fatigue and recovery as part of a broader review of brain and nervous system health.

04

TESTING & IMAGING

Laboratory tests or imaging may be considered when they help answer a specific clinical question.

05

PERSONALIZED SUPPORT

Recommendations follow assessment. Medication or other therapies are considered for individual suitability and clinical need.

06

FOLLOW-UP & PROGRESS

Review symptoms, function, tolerability and relevant findings; update the plan or arrange further review as indicated.

YOUR CARE, GUIDED BY CLINICAL CONTEXT

Investigations and therapies are selected individually. Your clinician will explain suitable options and review how your plan is working over time.

1 **LISTEN** — Your concerns

2 **ASSESS** — Clinical context

3 **REVIEW** — Next steps

BRAIN HEALTH • PERSONALIZED CARE • CLINICAL REVIEW

AGE • MEDICAL CENTER

THE AGE JOURNAL

LONGEVITY

A thoughtful approach to
healthy ageing

Personalized care for health, function and quality of life over time.



WHAT LONGEVITY CARE CAN INCLUDE

A considered review of factors that can be assessed and supported over time: cardiovascular and metabolic risk, sleep, movement, nutrition, and preventive screening appropriate to age and health history.

A PERSONALIZED LONGEVITY MAP

01

CARDIOVASCULAR HEALTH

Review of relevant risk factors and existing results, with follow-up guided by clinical assessment.

02

METABOLIC HEALTH

Assessment of metabolic factors and daily habits to inform an individualized plan and appropriate monitoring.

03

INFUSION THERAPIES

Considered after physician review of health history, medicines and relevant test results; offered only when suitable.

04

PEPTIDE-BASED CARE

Discussed following medical assessment. Any therapy requires clinician oversight and must be clinically appropriate and permitted.

05

PHYSIOTHERAPY & MOBILITY

A physiotherapist can help shape a personalized plan for movement, strength, mobility and recovery.

06

SLEEP, NUTRITION & REVIEW

Practical support around sleep, nutrition and activity, with progress reviewed and the plan adjusted over time.

YOUR PLAN, SHAPED AROUND YOU

The clinician considers your goals, age, symptoms, health history and existing results before recommending next steps. Tests and services are selected individually; therapies are considered only when clinically appropriate.

1. **ASSESS** — Clinical context
2. **PERSONALIZE** — Suitable options
3. **REVIEW** — Progress over time

HEALTH • FUNCTION • QUALITY OF LIFE

AGE • MEDICAL CENTER

THE AGE JOURNAL

LABORATORY CHECKUPS

Three thoughtfully defined testing formats
Selected around your health context.



THREE CHECKUP FORMATS

01 STANDARD

CORE CHECKUP

A clear foundation for an initial laboratory overview.

- Complete blood count (CBC)
- Core biochemistry
- Kidney and liver function
- Lipid profile
- Glucose assessment

CLINICIAN-GUIDED

02 PREMIUM

STANDARD + SELECTED TESTS

Additional tests may be considered to address a specific clinical question.

- ApoB or Lp(a) for cardiovascular risk assessment
- Thyroid tests
- Ferritin and iron markers
- Vitamin B12 and vitamin D

CLINICIAN-GUIDED

03 PLATINUM

PERSONALIZED EXPANDED PANEL

A broader panel shaped after consultation and clinical review.

- Hormonal tests
- Inflammatory markers
- Immunological tests
- Other investigations when clinically appropriate

CLINICIAN-GUIDED

THE RIGHT PANEL STARTS WITH CONTEXT

The appropriate tests depend on age, symptoms, medications, health history, and previous results. Your clinician will discuss which investigations are suitable for your situation.

AGE | SYMPTOMS | MEDICATIONS | HEALTH HISTORY | PREVIOUS RESULTS

THOUGHTFUL TESTING • PERSONALIZED REVIEW