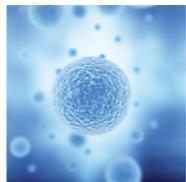




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swiss anti-aging science



Medical  
Check-ups



Stem  
cells



Better-aging  
Programs



Aesthetic Surgery  
and Medicine



Anti-aging  
Cosmeceuticals

## Adding life to life

A complete offer to ensure a long and healthy life

Every human being wants to enjoy life at its best for as long as possible. To achieve this, appearance, fitness and health have to be preserved. A long life is everyone's dream, on the condition that it can be led as we would want it. Nescens was created to accompany those of us who are interested in preserving our youthfulness.

Nescens stems from the medical and scientific expertise of the Centre for the Prevention of Aging at the Genolier Clinic in Switzerland. The centre was created over 15 years ago by Professor Jacques Proust, a pioneer in the development of aging biology and anti-aging medicine.

Nescens Clinique de Genolier - Route du Muids 5 - 1272 Genolier - Suisse - Tél. +41 (0) 22 366 93 09

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## Discover La Cure Nescens

Exclusive medical treatment

## Health and excessive weight: La Cure Nescens

Excess weight is a real health-threatening disease at the root of several disorders.

### Who is La Cure Nescens for?

The program proposed by Nescens Clinique de Genolier, an establishment specialize and precursor in preventive health, manages all medical conditions related to lifestyle and is destined to anyone suffering from excess weight in association with health issues (diabetes, cholesterol, high blood pressure, osteoarticular disorders..).

### What is La Cure Nescens?

La Cure Nescens begins with a comprehensive medical check-up to:

- Detect pathologies related to excess weight (metabolic, cardiologic, oncological, osteoarticular disorders..).
- Identify medical predispositions and other contributing factors.
- Prevent the appearance of serious or disabling pathologies.

Once the check-up is completed, the medical team defines a personalized therapy programme taking the following objectives into consideration:

- Treat diseases related to excess weight and metabolic disorders.
- Initiate durable weight loss.

The treatment includes a monthly follow-up and a 2-day follow-up, six months after the end of the programme.

## Benefits of La Cure Nescens

- **Comprehensive medical check-up** focusing on the risks related to excess weight
- **Initial medical consultations with a team of specialist physicians** included in the programme
- Use of **ultramodern medical technologies**
- Intensive daily physical activity **with a personal trainer under the supervision physiotherapists**
- **Nutritional care process by a team of clinical nutrition specialists**
- **Global coaching** (medical, nutritional, psychological and sports)
- **Long-term follow-up** (monthly and at 6-months)
- **e-Health gift kit: Apple Watch and connected smart scales**

## A medically founded program

### DAY 1 - DAY 2 CHECK-UP

#### Health assessment:

- Preventive health and nutritional evaluation
- Osteoarticular assessment
- Biological and genetic testing
- Calorimetry
- Bone mineral density and body composition
- Resting ECG and stress test electrocardiogram
- Medical imaging: brain MRA, thoracic-abdominopelvic CT-Scan, coronary calcium score, CT angiogram of coronary arteries and supra-aortic arterial trunks
- Sleep apnoea screening (overnight polygraph)

+

#### Personalised specialist consultations by prescription:

Endocrinology, pulmonology orthopaedics, diabetology...

### DAY 3 TO DAY 12 COACHING

Nutritional, behavioural, and physical

#### Coaching under medical supervision:

- Personalised diet plan based nutritional and behavioural assessments
- Dietician support and follow-up
- Physical activities tailored to cardiovascular and osteoarticular assessments, under physiotherapist supervision
- Outdoor sports activities with a coach
- Motivational interviewing
- Therapeutic treatments and massages
- Cooking workshop
- Relaxation techniques
- Weekly appointment with the medical team

### FOLLOW-UP AT 6 MONTHS

- Monthly e-Consultations
- 2-Day stay at Nescens Clinique de Genolier for:
  - Medical follow-up
  - Adjustment to the dietary and physical activity programmes