

The Men's Health Club: Puerto Rico's first men's anti-aging clinic

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The Men's Health Club is the first anti-aging clinic in Puerto Rico to provide a men's only space to focus strictly on male problems linked with growing older.

"I wanted to provide a space where men could candidly discuss their problems in a men's only space, where they would feel safe," said Ismael Mercado Oliveras, who founded the Men's Health Club in Bayamón's Urbanización Villa Rica. "Many times, middle-age men lose their passion for life, and they don't know this may be due to a host of health issues that could be causing them to feel that way."

Since the 1994 introduction of the term metrosexual, which originally was a heterosexual man who is especially meticulous about his grooming and appearance, all men have become increasingly aware and open about health and beauty care. Among the factors reflecting this trend is the 1999 creation of the Movember Foundation



Ismael Mercado, founder of the Men's Health Club, an anti-aging and health clinic for men only.

(correct spelling), which challenges men to grow moustaches during the month of November in an attempt to spark conversation and raise funds for men's health programs. Since its inception, the

foundation has reported a total of more than four million moustaches grown worldwide and more than \$550 million raised, while funding over 800 programs in 21 countries.

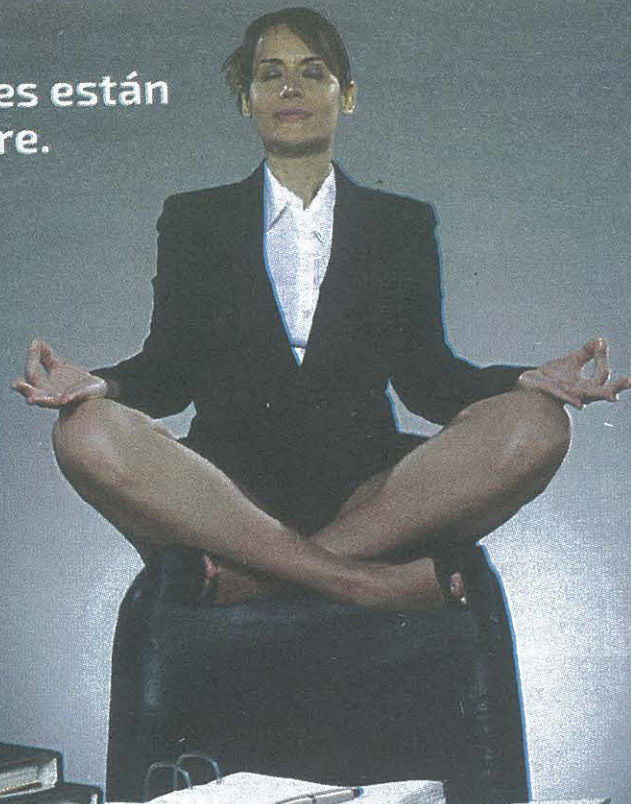
Under the slogan, "Change your image, transform your life," the Men's Health Club treats a variety of men's health issues such as erectile dysfunction, premature ejaculation, increasing potency & muscle mass, high blood pressure, diabetes, obesity and andropause, or a drop in testosterone resulting from age.

"A pill can help you have relations with your [partner], but we can help you improve your quality of life for the remaining 22 hours of the day," said Mercado, who also is president of the P.R. Medical Association's Bayamón chapter. "Many times, men are suffering from andropause and they don't even know it. All they know is that they are irritable and think life stinks."

Through nutrition and weight control, hormone replacement, homeopathic medicine

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