

Channel 10 (Sydney), Nine AM with David and Kim, 12/02/2009 09:29AM Compere: Kim Watkins & David Reyne

Interview with Dr David Spencer, Regular Guest GP, to discuss ageing. Dr Spencer says our DNA sets the rate at which we age however advises the environment also has an impact, he advises those who are in the sun on a daily basis age quicker. Dr Spencer discusses hormone replacements to restrict the ageing process noting long term this may not effect life expectancy, he explains how free radicals and antioxidants effect the body noting over time our ability to break down free radicals diminishes. Dr Spencer says supplements often do not work in halting the ageing process and discusses the use of cosmetic surgery including Botox.

Interviewee: Dr David Spencer, Regular Guest GP,

Visual: Choice Magazine

Visual: Lancome

Duration: 7 mins 08 secs

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