



PRESS KIT · TV · RADIO · PODCAST · PRINT

Dr. Paulo Navarrete

Urologist and andrologist — degree and medical license in Venezuela
Founder and CEO of Mengenics · Creator of the M.E.N.S.™ System

MEN'S HEALTH

TESTOSTERONE

FERTILITY

LONGEVITY

ENGLISH · SPANISH

Three versions, by length.

SHORT · 30 WORDS · FOR ON-AIR INTRODUCTIONS

Dr. Paulo Navarrete is a urologist and andrologist, trained and licensed in Venezuela, specializing in men's health, testosterone and longevity. Founder of Mengenics and creator of the M.E.N.S.™ System.

MEDIUM · 80 WORDS · FOR A SEGMENT OR ARTICLE

Dr. Paulo Navarrete is a medical doctor and Urology specialist, with his degree and medical license in Venezuela and fifteen years between the operating room and the consultation room. From Miami he now leads a men's health ecosystem that combines public education, training and technology. He is founder and CEO of Mengenics, a men's health and longevity platform; creator of the M.E.N.S.™ System —Mind, Energy, Nobility and Wisdom— and of the Functioning Man Syndrome concept. His work in the United States is educational and executive: he does not practice clinical medicine in this country.

LONG · 160 WORDS · FOR PRINT AND INTERVIEW PROGRAMS

Dr. Paulo Navarrete is a medical doctor and Urology specialist from Universidad de Carabobo, holder of Venezuelan medical license No. 73.551, with more than fifteen years of clinical and surgical practice in Venezuela, where he treated over fifteen thousand men. He is author and co-author of more than twenty-five papers presented at urology congresses and a member of the Société Internationale d'Urologie, the Venezuelan Urology Society, the American Confederation of Urology and the American Urological Association.

Based in Miami, he founded Mengenics, a men's health and longevity platform, and the Mengenics Research Institute. Under the Doctor PN brand he brings to a wide audience the conversation men avoid: hormones, fertility, sexual function, prostate and longevity. He created the M.E.N.S.™ System, his framework for male transformation, and the concept of the Functioning Man Syndrome — the man who performs on the outside while going dark inside. His anchor book is *El Hombre Recalibrado*. His activity in the United States is educational and executive; he is not licensed to practice medicine in this country.

Note for the outlet. The correct way to introduce him is "a physician trained and licensed in Venezuela". Dr. Navarrete is not licensed to practice medicine in the United States and does not offer consultation, diagnosis or treatment to the audience. He can explain, orient and refer; the clinical act is carried out by a licensed team.

What he can carry on camera.

SIX TOPICS WITH SUBSTANCE

- **The Functioning Man Syndrome** — performing outside, going dark inside.
- **Testosterone** — what each test measures, what gets optimized without drugs, and when therapy is justified.
- **Male fertility** — half the problem is male, and it gets studied last.
- **Longevity** — the six levers with evidence, against an industry selling molecules.
- **Sleep and hormones** — the most underrated variable.
- **Why men arrive late** — and what a partner or a physician can do.

QUESTIONS THAT WORK

- Is being tired at 40 normal, or is it a signal?
- Which tests are worth ordering, and how often?
- Is low testosterone fixed with an injection?
- Why don't men see a doctor until something fails?
- What is the M.E.N.S.™ System and where did it come from?
- What role do faith and purpose play in a man's health?

TV / RADIO · ANCHOR READ (~15 S)

"Joining us is Dr. Paulo Navarrete, a urologist and andrologist trained in Venezuela, specializing in men's health and longevity, author of El Hombre Recalibrado and founder of Mengenics. Today he's here to talk about something men almost never discuss: their energy, their testosterone and their vitality."

PODCAST · INTRODUCTION (~35 S)

"My guest is Dr. Paulo Navarrete. He's a urologist and andrologist — he trained and practiced in Venezuela, where he treated more than fifteen thousand men — and today, from Miami, he runs Mengenics, his men's health platform. He created the M.E.N.S.™ System and wrote El Hombre Recalibrado. One thing before we start: this conversation is educational, not a medical consultation. Today we're talking testosterone, longevity, and the man who works on the outside and goes dark on the inside."

HEADLINE HOOKS

- " Tired isn't normal. It's a signal.
- " The Functioning Man Syndrome: the new men's health.
- " What no man brings up with his doctor — and should.
- " Half of the fertility problem is male.

What can be verified.

Degree	Medical doctor · Universidad de Carabobo (2000–2007)
Specialty	Specialist in Urology · Universidad de Carabobo (2011–2013)
Licensure	Venezuelan medical license No. 73.551 · Specialist registration in Urology, MPPS/SACS
Certifications	Surgical Assistant–Certified (ABSA) · ACLS and BLS Provider (AHA) · Maxwell Leadership Certified Member
Memberships	SIU · Venezuelan Urology Society · CAU · AUA (international membership)
Research	More than 25 papers presented at national and international congresses
Languages	Native Spanish · full professional English (interviews in both languages)

PUBLISHED WORK

El Hombre Recalibrado

The M.E.N.S.™ System —Mind, Energy, Nobility and Wisdom —: the complete framework for the man who performs on the outside and goes dark inside. It is the anchor book and the entry point of the message. Written in Spanish.

- **Doctor PN™ saga** — six titles, from the body to legacy.
- **40 a los 80 · Sueño y longevidad** — the longevity line.
- **Proyecto Abraham** — male fertility.

DISCLOSURE

Mengenics

Dr. Navarrete is founder and CEO of Mengenics, a men's health and longevity platform in the United States. When Mengenics comes up in an interview about testosterone or treatment, that interest should be disclosed. Mengenics' medical services are delivered by its licensed clinical team.

Doctor PN is the personal education brand; **Mengenics** is the clinical platform. They are separate, and it's best not to merge them in the program's on-screen title.

ASSETS FOR THE OUTLET

One file with the portraits (editorial use authorized, 768 × 1344 px) and the logo in high resolution and vector:

doctorpn.com/descargas/fotos-doctor-pn.zip

For 300 dpi print, request the original portrait files at info@doctorpn.com. This kit in PDF and the brochures:

doctorpn.com/descargas

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Miami, FL

Doctor PN content is educational and informational. It does not constitute medical advice, diagnosis or treatment, and it does not create a doctor–patient relationship. Dr. Navarrete holds a medical license in Venezuela and is not licensed to practice medicine in the United States.