

EAGA Business Builder

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July 15, 2025

Today's speaker was Todd LeCesne—Althera Alternative Care



Mr. LeCesne is an Albuquerque native. He attended Albuquerque Academy for grades 5th through 10th, then switched to El Dorado for the final 2 years before graduation. (Something about variances in party atmosphere?) After high school Todd immediately went to work. His mother had always insisted that he not spend much time just lounging around and, after graduation a summer job seemed to be the best thing to mitigate lounging. Mom was a school teacher and one of her students was the son of the Presbyterian Hospital President. It only took a quick call for her to arrange a job interview for Todd and soon he had the ability to choose an entry level position in a couple of departments within the Presbyterian system. He passed on the choice to be a 'Candy Striper', but was intrigued by the option to work in the Physical Therapy area. So, in 1985, Todd began a career in the medical field. Now, 40 years later, Todd M. LeCesne MBA, MPAS, PA-C has amassed an impressive list of credentials via education, jobs and experience in the industry. He earned a BA in Biology (with a minor in chemistry) from UNM; an MBA from the UNM Anderson School of Management; a Masters in PA studies and a PA-C (Certified Physician's Assistant) from the University of Utah School of Medicine. For experience, Todd has been, among other things: a PT Tech and an ER Tech in the Pres Hospital system; a volunteer Fire Fighter/EMT for the Bernalillo County Fire Dept (included Wilderness High Mountain and Swift Water Rescues with deployment to assist during Hurricane Katrina and various forest fires. Todd notes the odd feeling one gets seeing 4 lanes of traffic coming out of, and only 1 lane going into, a disaster area—and you are in the 1 lane); Director of Urgent Care and ERs for Presbyterian hospitals; a member of the UNM School of Medicine Faculty (facilitating education and graduation of more than 1400 MD students and nearly 200 PA students); the COO of Atrine Health; Past President of NM Academy of Physician Assistants; a published author; and, since 2019, the owner of Althera Alternative Care. The 'Alternative' in the name is intended to differentiate the services that Althera offers from those offered via the current insurance based healthcare. In the common insurance based system, patients usually wait 3 or 4 months to get an appointment that lasts about 7 minutes. Any diagnosis will be reactionary, meaning that about 70% of the time treatments will be determined by the results of bloodwork ('standard' blood tests look for about 35 markers to analyze potential issues). Not much is offered for preventative care, analysis of detailed discussions with the patient, or a search for underlying issues that may be causing the diagnosed illness. After that visit, most of patients leave with the AMFYOYO feeling ("Adios My Friend. You are On Your Own). Althera's services aren't like that. They are intended to provide preventative care and promote whole-body wellness. In 2024 the average life expectancy was 76 years for a male and 81 years for a female. Althera offers "alternative treatments for orthopedic complaints, regenerative therapies, and innovative approaches that support long-term vitality and performance" with the idea of giving patients an opportunity to remain on the planet a little longer. Part of Althera's procedures include reference to the results of bloodwork too, but theirs look for 50 markers (not just the 35 referenced above). Any Althera's blood work analysis is used in conjunction with physical observations (posture, grip strength and left-side vs right-side variances of that strength), patient discussions (regarding the major factors that affect health—sleep habits, eating habits, social involvement and mental attitude), and other analytical and testing procedures. Explaining to us how it all works, Mr. LeCesne used a lot of medical words and technical terms like App-B, lipid proteins, Lp(a) markers for heart attack, peptides, Free-T vs Total-T, ED/TRT/HRT, InBody 570 (for analysis of muscle vs fat), inter-cellular water content, VO² Max, and Executive Physical Exam. If you want a better explanation of any/all of those things or of the various services offered by Althera Alternative Care, give Mr. LeCesne a call at 505-322-2411. Better yet, visit Althera to find out which of their services would be of benefit to your specific situation. Althera is currently the #2 rated Direct Patient Care facility in Albuquerque so they must have a pretty good grasp on how to properly treat patients on a long-term basis.

- ◆ Thank you to the Summer Bash Committee and all that participated in making this year's event another great success. The theme was different; the venue was different; and the timing was different...and it all came together tremendously well. There are a few pictures on pages 3 and 4 of this bulletin.
- ◆ Second announcement of a new member application:
BG Physical Therapy
Representative: Benjamin Gonzalez
Category: Healthcare - Physical Therapy
Sponsor: J.W. Biava
If you have an objection to this company becoming a member, or if you have information that you feel should be considered during the review process, please contact our Membership Committee Chairman John Menicucci (Email: jam@bergerbriggs.com or Phone: 505-379-7083) as soon as possible.
- ◆ We need Badge Board Greeters for almost all of our upcoming meetings. If you can take one of the days, please note that on the sign-up sheet when you arrive next Tuesday.
- ◆ We also need speakers for the August 5th and the August 19th meetings. Take the opportunity to share your history, promote your business, present interesting information about a favorite non-political subject, or a combination of all of that. You will be talking to 70 or 80 friends who would be quite interested in what you have to say. Let Mario know ASAP if you want to speak on one of those days.

Badge Board Greeters

- July 22nd Rick Shubert—Lifetime Green Coatings
- July 29th Kevin Lorenzen— Aflac
- Aug 5th
- Aug 12th
- Aug 19th
- Aug 26th

Scheduled Speakers

- July 22nd Guest Speaker—Rio Rancho Mayor Greg Hull
- July 29th Paul Losey—Covenant Schools of America
- Aug 5th
- Aug 12th J.W. Biava –Airwell
- Aug 19th
- Aug 26th Kit Turper—Berger Briggs Insurance
- Sept 09th Laurence Saban—AED One Stop Shop

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