

THE AMERICAN ANTI-AGING SYMPOSIUM



Dubai
The Address Dubai Mall Hotel

November 10-11 2012

The Only Anti-Aging & Metabolic Medicine Event in the Middle East with an All American Speaker Panel

Meet our speakers from the USA:



Pamela Wartian Smith, M.D., MPH (USA):

- ✓ Diplomat of the Board of the American Academy of Anti-Aging Physicians
- ✓ Internationally known speaker and author on the subject of Metabolic, Anti-Aging and Functional Medicine
- ✓ Founder and Director of The Fellowship in Metabolic, Anti-Aging and Functional Medicine.
- ✓ Director of the Master's Program in Metabolic and Nutritional Medicine at the University of South Florida School of Medicine.



John Monaco, M.D. (USA)

- ✓ Fellowship trained and Board Certified in Anti-Aging, Functional & Regenerative Medicine
- ✓ Founded The Monaco Center for Health & Healing
- ✓ Oral Board Examiner for A4M and lectures throughout the United States

Joseph Lamb, M.D. (USA)

- ✓ Director of Intramural Clinical Research, Functional Medicine Research Center
- ✓ Diplomate of the American Board of Internal Medicine
- ✓ Institute of Functional Medicine: Advisory committee



Mark Rosenberg, M.D. (USA)

- ✓ Director of the A4M Fellowship in Integrative Cancer Therapies.
- ✓ Board certified in emergency medicine and is active in drug research
- ✓ Highly sought-after speaker, lecturing frequently on topics such as integrative cancer therapy and anti-aging medicine

Day 1: Saturday November 10th, 2012

The Future of Medicine Today

09:00-09:30 Welcome note by Ministry of Health (MOH)

H.E. Dr. Amin Al Amiri, Assistant Undersecretary for Medical Practice and License, MOH UAE

09:30-11:00 Scientific Clinical Approach to Hormones

Dr. Jack Monaco, MD, USA

A general introduction to bioidentical hormones discussing:

- Bioidentical Hormones, breast cancer & cardiovascular diseases: Safety concerns exposed
- Women's Health Initiative of 2003
- The differences between progesterone and synthetic progestins

11:00-11:15 Coffee Break

11:15-12:45 Effective and personalized weight management programs

Dr. Pamela Smith, MD, USA

An eye opening presentation discussing:

- Weight management beyond calorie restriction
- Hormones, sleep, neurotransmitters and weight loss
- The role of detoxification

12:45-14:00 LUNCH (Offered in the restaurant)

14:00-16:00 Menopause: Practical evaluation and treatment of the female patients

Dr. Jack Monaco, MD, USA

A practical lecture with case studies:

- Perimenopausal hormonal changes
- Hormone balance restoration (when, why, how)
- Dosing principles (guidelines, forms)

16:00-16:30 Coffee Break

16:30-18:30 Conventional Cancer Treatment: Current State of Affairs and Future Possibilities

Dr. Mark Rosenberg, MD, USA

An innovative outlook on cancer treatments:

Part I :

- Why conventional chemotherapy is inadequate for the treatment of advanced-stage solid tumors
- Alternative strategy of chemotherapy: low dose metronomic chemotherapy
- "Cancer stem cells"

Part II:

- Advantages of glycolysis vs. TCA/oxidative phosphorylation in cancer cells
- Stem cells and reliance on glycolysis for energy production
- Novel approach to trapping acid in cancer cells, ultimately leading to cell death.

Day 2: Sunday November 11th, 2012

09:00-11:00 **Andropause: Practical evaluation and treatment of the male patients**

Dr. Jack Monaco, MD, USA

A practical lecture with case studies:

- Testosterone restoration (when, why, how)
- Testosterone and prostate cancer
- Forms of testosterone administration

11:00-11:15 Coffee Break

11:15-13:15 **The Heart and Medicine: Exploring the Interconnectedness of Cardiometabolic-Related Concerns Through a Systems Biology Approach**

Dr. Joseph Lamb, MD, USA

A thorough exploration of the journey from illness to wellness:

- Relationship between metabolic and cardiovascular disorders
- The multifactorial condition of the cardiometabolic dysfunction
- Oxydative stress and cardiovascular disorders

13:15-14:30 LUNCH (Offered in the restaurant)

14:30-16:00 **Telomeres, Aging, and Disease**

Dr. Mark Rosenberg, MD, USA

An avant-garde introduction to telomeres testing

- Telomere and DNA
- Telomere length and age-related diseases, cancer, and the aging process
- Effect of oxidative stress and inflammation on age-related disease, cancer, and aging
- Telomerase expression in cancer cells vs. normal cells.

16:00-16:30 Coffee Break

16:30-18:30 From theory to practice: Pragmatic demystification of anti-aging medicine

Dr. Jack Monaco, MD, USA & Vanita Dahia, Australia

16:30-17:00 Patient evaluation: A step by step guide

- From initial consultation to optimum health restoration
- When to consider BHRT
- Monitoring progress

17:00-17:45 The successful anti-aging physician

- Transiting from conventional medicine to anti-aging medicine
- From test panels to hormone formulations: Selecting resources
- How to get started: Concerns and Questions Answered

17:45-18:30 Working with compounded medications: A to Z Guide

Vanita Dahia, Compounding pharmacist, Australia

- Selecting dose forms & delivery systems
- Knowing your compounding pharmacist
- Commercially available and registered BHRT
- Regulatory & accreditation issues on hormone compounds

Featuring: Question & Answer session with 2 compounding pharmacist from Anti-Aging Compounding Pharmacy Dubai

18:30-19:00 “Ask the Professor” Question & Answer panel

- Ask the experts
- Bring in some complex cases from your office and discuss them with our panel of experts and the audience
- Regulatory & accreditation issues on hormone compounds
- Have you undergone any diagnostic tests? Bring in your test results and listen to our expert’s recommended treatment plan!

19:00 End of symposium