



AMERICAN ANTI-AGING CONFERENCE

NOVEMBER 02-03 2013

PRE-CONFERENCE: NOVEMBER 01



FRIDAY NOVEMBER 01 2013 – PRE-CONFERENCE WORKSHOP

This workshop will offer a practical and interactive format to allow participants to take part in patient case discussions in the field of lifestyle balance, sex and stress hormones imbalances with a particular focus on adrenal, hormonal and nutritional dysfunction.

Note that this workshop is subject to a separate registration fee of \$245 or is included in the 3-day pass (\$995)

08:00	Registration Opens	
09:00 Dr. Lena Edwards (USA)	Case Studies: Lifestyle effects on sex and stress hormones	This lecture will review some of the major lifestyle influences on hormone balance and will discuss the effects of diet, stress, drugs and other chemicals, and exercise.
10:00 Dr. Lena Edwards (USA)	Live Patient Evaluation	Live evaluation conducted by our expert physicians
11:00	COFFEE BREAK	
11:30 Dr. Lena Edwards (USA)	Multidimensional Approach to Stress and Sex Hormone Imbalances	Combine your knowledge acquired from the above sessions and to learn practical clinical application by reviewing actual patient cases.
12:30	LUNCH	
13:30 Dr. Jack Monaco (USA)	Improving Clinical Outcomes	Learn how to make the necessary changes in clinical situations when symptoms and side effects appear. This will include discussions on BHRT being the new paradigm in medicine and how important is hormone balance. Other discussions will include: Nutraceuticals that can be used to improve hormone balancing, breast cancer, mortality in men with low testosterone, hypercholesterolemia, prostate cancer metabolic syndrome and how to deal with these issues. Dosing recommendations will also be discussed.
15:00 Dr. Jack Monaco (USA)	Live Patient Evaluation	Live evaluation of a perimenopausal patient conducted by our expert physicians Learn how to approach the anti-aging patient and how to initiate a treatment plan
15:30	COFFEE BREAK	
16:00 Dr Fadi Alshaban (UAE)	Challenges facing the anti- aging physician	Review the key aspects needed to start seeing anti-aging patients: - Differences between mainstream medicine and Anti-Aging Medicine - The search for specialized laboratories. - The management of patients and the search for special supplements. - Obstacles facing the practice of Anti-Aging Medicine in Dubai and in the Middle East.
17:00 Dr Fadi Alshaban (UAE) Dr Lena Edwards(USA)	Open Forum: Ask the Experts A unique opportunity to ask for advice, recommendations and contacts	

SATURDAY 02 NOVEMBER 2013 - CONFERENCE

08:00	Registration Opens	
09:00	Opening Notes	
09:15 Dr. Lena Edwards (USA)	Lifestyle effects on sex and stress hormones (Dr. Lena Edwards)	This lecture will review some of the major lifestyle influences on hormone balance and will discuss the effects of diet, stress, drugs and other chemicals, and exercise.
10:15 Dr Jack Monaco (USA)	Introduction to Functional Thinking: How to achieve healing in the 21st century	This lecture will help to orient the practitioner to: - Understand the interactions of the various bodily systems that when addressed individually, simply accomplish little more than symptom relief, but when viewed in the context of the entire body, will achieve a result that will restore the proper functions in the body that will enable healing and wellness. - Understand the relationships that connect the various organ systems will have an impact beyond simply changing how healthcare is delivered.
11:15	<i>BREAK & Visit of the exhibits</i>	
11:45 Dr. Lena Edwards (USA)	Introduction to HPA axis and Adrenal Gland Dysfunction	This lecture will provide a basic physiological overview of the HPA axis including key hormones and their functions. Evidence based etiologies through which abnormal cortisol states arise will also be discussed.
12:45	<i>LUNCH (Included in the registration fee)</i>	
13:45	SPONSORED WORKSHOP By Researched Nutritionals: Strengthen Immune Health - Restoring the Critical Th1 and Th2 Balance; Pol De Saedeleer, R.Pharm (Belgium)	The body relies on its cellular (Th1) immune system and its humoral (Th2) immune system to each perform their specific roles while maintaining a balance between the two systems. As a result of the aging process, chronic illness, exposure to heavy metals and other toxins, this critical immune balance is thrown off. This presentation will provide the healthcare practitioner with an understanding of the key components of the immune system and present a new tool for healthcare professionals to use when they return to their offices.
14:15	SPONSORED WORKSHOP By Nordic Labs (Denmark) Patient Management and Premier Tests in Functional Medicine	<ul style="list-style-type: none"> - Learn about efficient patient management and the premier tests in functional medicine - Urinary Sex and Adrenal Hormone Profile: An easy 3-in-1 hormone test - DNA Life: Gene-based healthcare - Intestinal Permeability and Absorption Analysis: A gut health revolution
14:45 Dr. Lena Edwards (USA)	HPA Axis and Adrenal Dysfunction in Chronic Pain Syndromes and Immune System Dysfunction	This advanced lecture will discuss the global impact of HPA axis dysfunction as it relates to the neuroendocrine and immune systems. The pathophysiology of such conditions as fibromyalgia and chronic fatigue syndrome will be discussed, as well as the pathophysiology of important autoimmune disease states, including inflammatory bowel disease, Rheumatoid arthritis, Sjogren's Syndrome, and Celiac disease. Food sensitivities will also be mentioned as a side light to these metabolic phenomenon. Non-pharmacologic treatment options will be discussed.

15:45 Dr Pamela Smith (USA)	New Treatment Modalities for Cognitive Health	Cognitive function is affected by many things in the body. Hormonal function plays a key role. Heavy metals and fluoride can affect memory. Sugar may also have a negative effect on memory maintenance. Even stress can cause memory not to be as sharp. This seminar looks at the many causes of memory decline as well as extensive ways to help maintain memory. Also discussed are modalities to augment cognition if decline has already occurred.
16:30	Coffee Break	
17:00 Dr. Jennifer Landa (USA)	Introduction to sexual health dysfunction: Causes & treatments	An eye opening introduction to the newer specialty of sexual health for men and women. Participants will understand the incidence of sexual dysfunction in male and female populations and the various causes and treatments
18:00	End of Conference	
18:15-21:30 Dr. Jennifer Landa	EVENING WORKSHOP: SEXUAL HEALTH FOR MEN AND WOMEN	<p>The workshop will be lively, engaging and informative providing the participant with the essential knowledge and skills needed to be able to comprehensively care for patients who have sexual health challenges.</p> <p>The incidence and causes of various etiologies of male and female sexual function will be reviewed and peer reviewed literature be presented. Solutions to male and female sexual health will be discussed including nutritional therapies, hormone therapies, conventional and alternative approaches</p>

SUNDAY 03 NOVEMBER 2013

09:00 Dr. Jack Monaco (USA)	Clinical Cases in Thyroid Dysfunction	This presentation will discuss the relationship between thyroid and adrenal dysfunction, the relationship between the various thyroid hormones and why patients can have persistent symptoms despite "normal" hormone levels. Case studies illustrating the interpretation and treatment of thyroid dysfunction will be presented
10:00 Dr. Jennifer Landa (USA)	Bio-Identical Hormone Replacement Therapy for females	After attending this session participants will be able to discuss the various hormones that are essential to female hormone balance and their various functions. Attendees will understand the difference between using bio-identical hormones vs bio-similar hormones for hormone replacement therapy. The evidence for the important role of hormones in women's bodies will be reviewed. Methods of using these hormones in clinical practice will be discussed.
11:15	<i>BREAK & Visit of the exhibits</i>	
11:45 Dr. Lena Edwards (USA)	Combined Sex and Stress Hormone Imbalances: Where to Begin	No patient ever presents with only one hormone balance. Many patients have co-existing sex hormone imbalances (such as menopause, PMS, andropause) as well as imbalances of the HPA axis stress hormones. Improper use or dosing of hormone treatments can cause widespread hormone imbalance and worsening patient symptoms if not done correctly. This seminar will provide an overview of the interplay between sex and stress hormones and how manipulation of one hormone will affect others. Hormones to be discussed would include estrogen, testosterone, progesterone, DHEA, cortisol, pregnenolone, thyroid hormone, growth hormone, and insulin.

12:45	<i>LUNCH (Included in the registration fee)</i>	
13:45	SPONSORED WORKSHOP By Anti-Aging Compounding Pharmacy Dubai A Compounding pharmacy's guide to prescribing BHRT; Guillaume Safah (UAE)	This workshop will review the key aspects of compounding; from selection of formulations and administration methods to dosage and logistics. This is an essential workshop for participants looking to start prescribing Bio-Identical Hormones.
14:15 Dr Ali Mohamed (USA)	Clinical Applications of cellular therapy and BHRT	This talk will review Cellular Therapy and will focus on the discovery, historical usage, clinical applications and improvements of this therapy which uses lamb fetal cells in order to treat various and often untreatable medical conditions. The scientific basis of this treatment, including its role in hormone modulation and cellular growth factors, as well as clinical applications and usage with respect to external hormonal modulation, such as with Bio-identical Hormone Replacement Therapy (BHRT).
15:00 Dr Pamela Smith (USA)	New Treatment Modalities for Insulin Resistance and Diabetes	The lecture will review the causes of elevated insulin levels as well as provide information on the nutritional and botanical supplements that treat insulin resistance and diabetes
16:00	Coffee Break	
16:30 Dr. Jennifer Landa (USA)	Detoxification and Gut health	In a case review format participants will be taught to understand the important role of detoxification in the liver including an in depth review of the 2 phases of detoxification. Participants will understand the essential role of the intestines in detoxification and optimal health and wellness. The concept of total toxin load will be taught. Specific nutrients to support detoxification will be reviewed. Clinicians will understand the 4 R gut repair program and how to implement the program in their practice.
17:30	Q& A Panel	An interactive 30mn session for participants to submit all your questions to our speaker panel
18:00	END OF CONFERENCE	
19:00 21:00	COCKTAIL RECEPTION & NEW YOU ANTI-AGING SYMPOSIUM	Enjoy a relaxing drink and network with peers from around the world prior to the final presentation and closing notes sponsored by NEW YOU

REGISTER ONLINE TODAY

OPTION 1:

**\$745 – 2 DAYCONFERENCE
(02-03 NOVEMBER)**

**(EXCLUDING PRE-CONFERENCE WORKSHOP &
SEXUAL HEALTH WORKSHOP)**

OPTION 2: \$995
\$995 FULL ACCESS
(01-03 NOVEMBER)

**INCLUSIVE OF PRE-CONFERENCE
WORKSHOP & SEXUAL HEALTH
WORKSHOP**