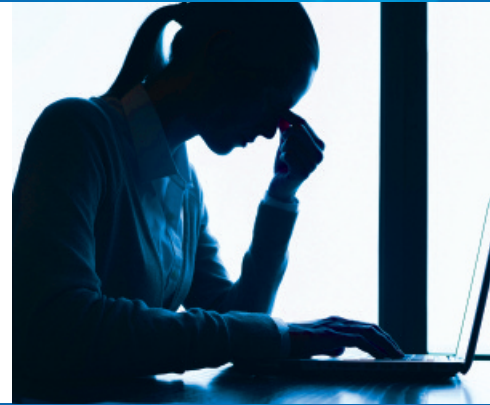


THE 8TH ANNUAL ANTI-AGEING & AESTHETIC MEDICINE CONFERENCE 2014

Sofitel Melbourne on Collins | 16 – 17 August 2014



Stress & Ageing

Taking Theory to Practice

Training, Certification and Continuing Education
in Preventative, Anti-Ageing & Integrative Medicine:
Create the Practice & Patient Outcomes You Want to Achieve



THE 8TH ANNUAL ANTI-AGEING & AESTHETIC MEDICINE CONFERENCE 2014

Stress & Ageing: Taking Theory to Practice



Stress is a part of everyday life. It can sometimes help to motivate individuals to get a task finished, or perform well. But stress can also be harmful if we become overstressed and it interferes with our ability to get on with normal life for too long.

WHAT IS STRESS?

Stress is often described as a feeling of being overloaded, wound-up tight, tense and worried. In response to stressful events, our bodies activate the central nervous system, releasing hormones such as adrenalin and cortisol, and increasing our heart rate, breathing, blood pressure, metabolism and muscle tension. Prolonged exposure to these physical and emotional symptoms can cause problems.

Australian Psychology Society, 2013

"Research into the interaction between psychological stress and oxidative, metabolic stress within cells is yielding biomarkers of ageing"

Ergün Sahin 2012

Chronic stress negatively impacts metabolism, the endocrine, immune, cardiovascular and nervous systems, and exacerbates mental health problems. The link between chronic stress and indicators of poor health are well established. Additionally, stress impacts health by modulating the rate of cellular aging. The burden stress places on individuals, families, workplaces, the Australian economy and the Australian healthcare system is serious.

In order for health practitioners to best fill their role as providing person-centred continuing, comprehensive, and coordinated whole-person health care they need to address the debilitating effects of stress. Health professionals need to be educated in preventing, diagnosing and treating conditions that are exacerbated by high stress levels.

The 8th Annual A5M Conference in Anti-Ageing & Aesthetic Medicine 2014 incorporates best practice, evidence-based analysis of accepted markers for disease, implementation of clinical protocols as well as testing and assessing methodologies for early intervention practices.

Join an elite core of healthcare professionals, scientists and researchers to share knowledge, network, and advance your skills in preventative, anti-ageing and integrative medicine. **ENROL NOW!**

2014

CONFERENCE TOPICS

- Approaches to sex and stress hormone imbalances
- Chronic stress, oxidative stress, metabolic stress and ageing
- Cognitive function and depression
- Diagnostic testing and interpretation
- Effect of drugs, nutrients and herbs on HPA axis
- Effect of Stress on the Brain, Behaviour & Cognition
- Exercise/nutrition/lifestyle interventions
- HPA axis, adrenal function and dysfunction
- Holistic approach to managing stress
- Lifestyle effects on sex and stress hormones
- Mind body interventions
- Manipulative and body based methods
- Mental health and well-being
- Stress and the immune response
- Preventative and integrative strategies for patient wellbeing
- Genetics of skin care
- Nutraceuticals and the skin
- New injectable techniques
- Non-invasive rejuvenation of face and body
- Stem cell / PRP – new research and applications
- Invasive and minimally invasive procedures
- Latest skin technology
- Skin tightening therapies and procedures
- New frontiers in cosmetic medicines
- Future of cosmetic medicine

TOPICS

- The basic science of platelet rich plasma injections (PRP) & what constitutes effective treatment
- Where, when & how to use PRP
- The basic science of stem cells & increasing stem cell activity
- The cutting edge of the cutting edge – protease inhibitors
- Discuss the role of exosomes
- Review telomere science in relation to stem cells
- What factors influence cytokine pathways
- Problems arising from cytokine imbalances
- Treatment protocols for osteoarthritis, aesthetics, auto-immune disorders
- The use of supplements in stem cell therapy & PRP
- The use of stem cell therapy & PRP in Aesthetics
- Case studies and Q&A

LEARNING OBJECTIVES

- 1 Allow the practitioner to have a solid background in the basic science of stem cells. Discuss the pitfalls of various types of cells and realise why certain cells and protocols are utilised.
- 2 Acquire a firm background on new cutting edge techniques in stem cell & PRP therapy
- 3 Understand the field of cytokines and how they affect all phases of medicine. Discuss how the cytokine pathways can be manipulated.
- 4 Acquire knowledge on the use of supplements and how they affect stem cells and their by products.



Dr JOSEPH PURITA (US) MD

Dr. Joseph Purita MD, is a pioneer in the use of the laser in orthopaedic surgery. After completing residency in orthopaedic surgery at University of Miami-Jackson Memorial Hospital, Dr. Purita joined the Boca Raton Orthopaedic Group in 1981, practicing arthroscopic and orthopaedic surgery, and Regenerative Medicine.

He has lectured extensively throughout the world on the topic of stem cells and platelet rich plasma injections for musculo skeletal conditions. His experience includes several thousand clinical cases. Dr. Purita is an instructor and proctor of surgeons in the use of lasers in arthroscopic and orthopaedic surgery at a variety of area hospitals. Dr. Purita is one of the few orthopaedic surgeons in the county using platelet rich plasma to treat a variety of orthopaedic conditions.

Dr. Purita is Board Certified by the following organisations:

- American Board of Orthopaedic Surgery
- American Board of Pain Management
- American Board of Age Management Medicine

REGISTER NOW!

PRECONFERENCE WORKSHOP 1: The Science of Stem Cells & PRP

8.30am – 5.30pm Friday 15 August 2014 **Cost:** A5M members \$550 | Non members \$600*
Notes, refreshments and lunch included in registration

This ground breaking program developed by James LaValle, RPh, CCN in conjunction with Andrew Heyman M.D, defines important physiologic interrelationships that mediate health and disease.

Emerging science shows that specific processes or systems in the body work in concert to maintain homeostasis. When this balance is disrupted, through factors such as stress, poor diet, environmental exposures, genetic individuality or medication use, these intrinsic homeostatic mechanisms begin to alter and break down. Early disruptions can accumulate over time and build towards a significant shift to disease state processes.

The Metabolic Triad system creates a framework to assess and treat patients by understanding these important interrelationship hierarchies, and provides specific treatment recommendations.

The Metabolic Triad Training is a breakthrough approach in clinical medicine that serves to organise complex patient presentations into a unified treatment approach.

This not to be missed one day workshop will review the five triads

1. Thyroid-Adrenal-Pancreas
2. Gut-Immune-Brain
3. Cardio-Pulmonary Neurovascular
4. Liver-Lymph-Kidney
5. Sex Hormones

This activity will be submitted to the RACGP QI&CPD Program for Category 2 points for the 2014-16 triennium. The outcome of this application will be published at a later date.



WHO ATTENDS A5M CONFERENCES?

- General Practitioners
- Medical Specialists
- Health Professionals
- Aestheticians & Paramedicals
- Cardiologists
- Chiropractors
- Cosmetic Surgeons/Physicians
- Plastic Surgeons
- Dermatologists
- Endocrinologists
- Naturopaths
- Nutritionists
- Nurses
- Exercise Physiologists and Trainers
- Sports Medicine Physicians
- Scientists and Medical Researchers
- Osteopaths
- Pharmacists
- Physicians



Dr ANDREW HEYMAN (US) MD MHSA

- Medical Practitioner
- Internationally recognised Integrative & Natural Medicine Expert
- National Clinical Chair of the Consortium of Academic Health Centres for Integrative Medicine
- Program Director for the Department of Integrative and Metabolic Medicine at George Washington University
- Faculty member of the Fellowship for Anti-Aging and Regenerative Medicine Fellowship (A4M)



Dr JAMES LAVALLE (US) R Ph, CNN, ND

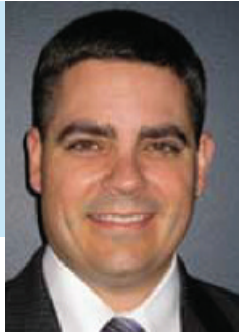
- Internationally recognised Clinical Pharmacist
- Board Certified Clinical Nutritionist, Doctor of Naturopathy
- Author of "Cracking the Metabolic Code"
- Adjunct Professor at the College of Pharmacy, University of Cincinnati
- Adjunct Professor in Metabolic Medicine at the University of South Florida Medical School
- Faculty member of the Fellowship for Anti-Aging and Regenerative Medicine Fellowship (A4M)

REGISTER NOW!

PRECONFERENCE WORKSHOP 2: The Metabolic Triads

8.30am – 5.30pm Friday 15 August 2014 **Cost:** A5M members \$550 | Non members \$600*
Notes, refreshments and lunch included in registration

2014 CONFERENCE KEYNOTE SPEAKERS



**Dr ANDREW
HEYMAN (US)**
MD, MHSA

Dr Heyman is a medical practitioner and international expert in integrative and anti-ageing medicine.

Dr. Heyman is a recognised expert in natural medicine and has been involved in the field of anti-ageing and integrative medicine for over two decades. He has extensive experience in nutrition, vitamins, herbology, Chinese medicine and manual therapies.

He sits as the National Clinical Chair of the Consortium of Academic Health Centres for Integrative Medicine in the USA, is on the faculty in the Department of Family Medicine at the University of Michigan, and was recently appointed as Program Director for the Department of Integrative and Metabolic Medicine at George Washington University. He is also a faculty member of the Fellowship in Anti-Ageing & Regenerative Medicine (FAARM).

Dr. Heyman is also the Team Physician for the winning Le Mans Corvette Racing Team, has been featured on many TV and print venues, and is a sought after speaker internationally on natural and integrative health topics.



**Dr JAMES
LAVALLE (US)**
R Ph, CCN, ND

Dr LaValle is an internationally recognised clinical pharmacist, author, board certified clinical nutritionist, and has a doctorate in naturopathy.

Author of *"Cracking the Metabolic Code"* and 20 other books, Dr LaValle has over 18 years clinical experience in natural therapies and functional medicine and is Adjunct Professor at the College of Pharmacy, University of Cincinnati. He is a recognised educator, industry consultant and clinical practitioner and pioneer in the field of natural therapeutics.

With 27 years experience integrating natural therapies, Dr LaValle is best known for his expertise in natural therapeutics application, drug/nutrient depletion issues, and uncovering the underlying metabolic issues that keep people from feeling healthy and vital. He has written hundreds of articles for a variety of industry journals and publications, and has lectured to healthcare professionals and consumer audiences globally on these topics.

Dr LaValle served as adjunct associate professor at Cincinnati College of Pharmacy for over 14 years and currently serves as Adjunct Professor in Metabolic Medicine at the University of South Florida Medical School, and is a faculty member of the Fellowship for Anti-Aging and Regenerative Medicine Fellowship (FAARM).

WHY ATTEND?

JOIN WORLD LEADERS in the integration of multiple medical streams to learn groundbreaking advances in evidence-based, best-practice protocols for the early detection, prevention and treatment of chronic stress, metabolic disorders, the rate of cellular ageing and premature decline.

OPTIMISE individual patient outcomes, to enhance patient satisfaction and your professional practice, with preventative, integrative and anti-ageing medicine.

LEARN multi-discipline strategies in nutrition, exercise, lifestyle for better patient outcomes and the latest clinical protocols to diagnose and help balance the debilitating effects of high stress levels.

REJUVENATE your current practice with the latest cutting edge technologies and procedures.

LEARN hands-on the latest in anti-ageing protocols and aesthetic procedures from respected industry experts.

ENERGISE your business with the introduction of new systems.

NETWORK with colleagues and establish direct contact with key manufacturers and suppliers.



"One in five Australians reported that stress was having a strong to very strong impact on their mental health... and physical health" Australian Psychology Society, 2013

THE AUSTRALASIAN ACADEMY OF ANTI-AGEING MEDICINE

The AustralAsian Academy of Anti-Ageing Medicine (A5M) is dedicated to the advancement of longevity science, medicine and technologies to detect, prevent and treat ageing-related disease and research into the ageing process and to promote wellness into older age. A5M promotes the practice of integration for a healthy life.

A5M is the recognised evidence-based educational service provider for the anti-ageing industry throughout AustralAsia.

GLOBAL MULTI-DISCIPLINARY NETWORK

A5M is part of a worldwide collective of anti-ageing practitioners under the auspices of The World Academy of Anti-Aging Medicine (WAAAM).

A5M is officially endorsed by The American Academy of Anti-Aging Medicine (A4M), which has grown from 12 physician members in 1993 to over 24,000 physicians and scientists in over 110 nations today.

LEADING IN EDUCATION

The A5M is the fastest growing preventative health, anti-ageing and integrative medicine educational service provider in AustralAsia with a comprehensive annual education program including the annual conference, certification, workshops and fellowship programs, offering over 100 world-class lectures and speakers throughout the year.

The annual A5M Conference brings together world leaders in science, research and anti-ageing, preventative and integrative medicine with 350+ delegates and 50 speakers, sharing knowledge in this rapidly growing field of healthcare.

BECOME AN A5M MEMBER TODAY!

A5M membership is open to GPs, physicians, medical practitioners, allied health, and other health professionals who seek to gain expertise in internal or aesthetic anti-ageing clinical medical specialties.

MEMBER BENEFITS

- Join a worldwide network of leading anti-ageing professionals
- Access leaders in medicine, science and research
- Access research articles and ongoing scientific updates
- Develop and expand your preventative, anti-ageing & integrative health knowledge through A5M's extensive educational program
- Discount registrations and priority access to all educational programs conducted or endorsed by A5M
- Discounts on all A5M educational materials; including anti-ageing texts with evidence-based clinical protocols for the practice of anti-ageing medicine
- Accommodation discounts across Asia Pacific with Accor Hotels.

ENQUIRIES

Please direct all enquiries to Conference Secretariat:

Tel: +61 9813 0439 | Fax: +61 9813 0649 | Email: enquiries@a5m.net

Level 1, 941 Burke Road Camberwell VIC 3124 Australia

8TH ANNUAL CONFERENCE IN ANTI-AGEING & AESTHETIC MEDICINE 2014 Stress & Ageing: Taking Theory to Practice

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SIGN UP TODAY & SAVE!

Early Bird Special 2 Day Conference

Members:	\$800 (normally \$900)
Non Members:	\$900 (normally \$1,100)

**Early Bird
Offers expire
30 MAY 2014**

ADD IN A PRECONFERENCE WORKSHOP!

Early Bird 2 Day Conference + Preconference Workshop

Members:	\$1,250 EB* (normally \$1,350)
Non Members:	\$1,400 EB* (normally \$1,500)

Price includes:

- Entry to all sessions and exhibit hall,
- Morning/afternoon tea and lunch,
- Attendance at the Annual A5M Conference Cocktail Party,
- Free registration to additional sponsors workshop on Friday evening
- Certificate of attendance
- Delegates will have access to speaker presentations (permission permitting) post conference.

* Prices apply when purchased as a package. Early Bird Expires: 30 May, 2014.

This offer cannot be used in conjunction with other offers. All prices are GST inclusive and in \$AUD.

PAYMENTS

ONLINE REGISTRATION:

www.a5m.net/events

CHEQUE PAYMENTS: Payable to A5M Pty Ltd. Please mail to: PO Box 8244 Camberwell Nth VIC AUS 3124

EFT PAYMENTS: A5M Pty Ltd
BSB: 083 170 ACC: 855 527 692
(Please add Name + CONF14)

SWIFT CODE: NATAAU3303M
(for international payments)

CONFIRMATION

Confirmation e-mail will be sent at time of registration and payment. Additional details regarding the program and venue will be emailed 3 – 4 weeks prior to the event.

CANCELLATION POLICY

- **Up to 30 days prior:**
20% cancellation fee.
- **Between 7 and 30 days prior:**
50% cancellation fee.
- **Up to 7 days prior:**
No refunds will be issued.

ACCOMMODATION

SOFITEL MELBOURNE ON COLLINS

25 Collins St, Melbourne Vic 3000
Phone: +613 9653 0000
Fax: +613 9650 4261
www.sofitelmelbourne.com.au

Special Conference Accommodation Early Bird Rate

Classic King @ \$270 room only + \$25 pp inc breakfast buffet served in No35

Payment: Full amount of stay is payable in advance at booking time.

Cancellation: Full deposit is not refundable even if the booking is cancelled or modified.

Hotel must be contacted directly. A5M does not take accommodation bookings.

SPECIAL PROMOTIONAL CODE: A5M110814

Non Early Bird Conference Accommodation Rate

Classic King @ \$290 room only per night + \$25 pp inc breakfast buffet served in No35

Superior King @ \$330 room only per night + \$25 pp inc breakfast buffet served in No35

To avoid disappointment, we recommend you book early as hotel has been fully booked in previous years.

