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
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!**

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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*
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 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 | Sofitel Melbourne on Collins

Cost: A5M members $550 | Non members $600*
Notes, refreshments and lunch included in registration
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

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.

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
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 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).

“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
Sign Up Today & Save!

Early Bird Special 2 Day Conference
Members: $800 (normally $900)
Non Members: $900 (normally $1,100)

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.

Enquiries

Please direct all enquiries to Conference Secretariat:
Tel: +61 9813 0439 | Fax: +61 9813 0649 | Email: enquiries@a5m.net
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