



## AGENDA

### FRIDAY, DECEMBER 9, 2022 | GENERAL SESSION – HALL A

7:30 am - 8:00 am	Opening Remarks (Non-CME) Andrew Heyman, MD
8:00 am - 8:45 am	Longevity Applications of Rapamycin and Metformin Robert Lufkin, MD
8:45 am - 9:30 am	Can We Decide to Stop, or Even Revert Glycan Aging to Slow Down Inflammaging Gordan Lauc, PhD
9:30 am - 10:15 am	NAD Metabolism: Implications on Aging and Longevity Charles Brenner, PhD
10:15 am - 11:00 am	<b>KEYNOTE SPEAKER</b> Longevity Breakthroughs: How Exponential Technologies are Extending the Healthy Human Lifespan or Making 100 Years Old, the New 60! Peter Diamandis, MD
11:00 am - 11:15 am	Founder Remarks (Non-CME) Robert Goldman, DO, PhD & Ronald Klatz, MD, DO

### AFTERNOON SESSIONS

#### SESSION 1: LONGEVITY AND HORMONES | HALL A

1:00 pm - 1:30 pm	Menopause: Hot flashes, Brain Fog, Vaginal Dryness - 3 Symptoms Women Don't have to Experience and the Solutions to Breeze thru Menopause into the Second Spring of their Life. Anna Cabeca, DO, FACOG
1:30 pm - 2:00 pm	Hot Yes, Flash No! Incorporating Herbs and Dietary Supplements into the Precision Management of Menopausal Symptoms Michael Krychman, MD
2:00 pm - 2:30 pm	Lifestyle Practices to Increase Stress Resilience Teresa Iribarren, MD, FAAMFM, ABAARM
2:30 pm - 3:00 pm	Treating Thyroid Nodules without Surgery Angela Mazza, DO, FAAMFM, CDE, ABAARM
3:00 pm - 3:30 pm	Adding Quality of Life to Longevity: It's All A Balance Marcus Cobb, MD
3:30 pm - 4:00 pm	Sex and Menopause Deb Matthew, MD



## AGENDA

### SESSION 2: LONGEVITY AND DISEASE PREVENTION | VERONESE 2402

1:00 pm - 1:40 pm	Clinical Application of Fasting Mimetics to Promote a Lifestyle of Health and Longevity Rafael Gonzalez, MD
1:40 pm - 2:20 pm	The Role of Vagus Nerve Stimulation in Regulating Neuroinflammation and Modifying Disease Peter Staats, MD, MBA, ABIPP, FIPP
2:20 pm - 3:00 pm	Nitric Oxide is Required for Cellular Regeneration Nathan Bryan, PhD
3:00 pm - 3:40 pm	The Future of Longevity Medicine: Patient Outcomes Justin D. Saliman, MD
3:40 pm - 4:20 pm	Breakthrough Brain Fitness Techniques to Accelerate Your Longevity Journey (Non-CME) Patrick Porter, PhD

### SESSION 3: LONGEVITY AND METABOLIC HEALTH | TITAN 2301

1:00 pm - 1:40 pm	The Use of Ozone Combined with Bio Active Silver Hydrosol for Chronic Fatigue Immune Dysfunction Syndrome Sean Devlin, DO, FAARFM, ABAARM
1:40 pm - 2:20 pm	TBD Joe Raffaele, MD
2:20 pm - 3:00 pm	Seasonal Allergies: A Route to Resolution Todd A. Born, ND, CNS
3:00 pm - 3:40 pm	TBD TBD
3:40 pm - 4:10 pm	Circadian Metabolism and Healthy Aging: The Role of Stress, Meal Timing and Physical Activity Thomas Guillems, PhD

### SESSION 4: LONGEVITY AND AESTHETICS ADVANCEMENTS (NON-CME) | VERONESE 2404

1:00 pm - 1:40 pm	Sereneskin: Oral Spore-Based Probiotics in Non-Cystic Acne Vulgaris Mark Tager, MD
1:40 pm - 2:20 pm	The NEW Star of Your Practice: EZGEL Anil Rajani, MD
2:20 pm - 3:20 pm	The Final Frontier: Advancing Non-Surgical Procedures Yan Trokel, MD, DDS



## AGENDA

### SATURDAY, DECEMBER 10, 2022 | GENERAL SESSION – HALL A

7:30 am - 8:00 am	TBD Erika Schwartz, MD
8:00 am - 8:30 am	TBD Daved Rosensweet, MD
8:30 am - 9:15 am	Is Cortisol the #1 Longevity Hormone? Thierry Hertoghe, MD
9:15 am - 10:00 am	Maximizing Male Hormones Pamela W. Smith, MD, MPH, MS
10:10 am - 11:00 am	Panel discussion with A4M Pioneers (Non-CME) Panel

### AFTERNOON SESSIONS

#### SESSION 1: THE MICROBIOME IN 2023: THE FUTURE OF GI MANAGEMENT | HALL A

1:00 pm - 2:30 pm	Integrating Gut Functions and Physiology: A Root-Cause Model Michael Chapman, ND
2:30 pm - 4:00 pm	Probiotics, Prebiotics, and Phytochemicals and Anti-Nutrients: A Full-Spectrum, Food-Focused Approach to the Gut Microbiome Deanna Minich, PhD

#### SESSION 2: LONGEVITY AND BRAIN HEALTH | VERONESE 2402

1:00 pm - 1:30 pm	Is Melatonin the “Next Vitamin D”? Emerging Science, Clinical Uses, and Ways to Optimize through Food, Supplements and Lifestyle Deanna Minich, PhD
1:30 pm - 2:00 pm	The CANARY’S SONG: A Primer on Neuroinflammation and Neurodegeneration; Early Biomarkers of a Brain on Fire Tom O’Bryan, DC, CCN, DACBN, CIFM
2:00 pm - 2:30 pm	Hyperbaric Oxygen Therapy - A Renaissance? Joseph Maroon, MD
2:30 pm - 3:10 pm	TBD TBD
3:10 pm - 3:40 pm	The Biochemistry of Maintaining Brain Volume: A Recipe for Longevity Dayan Goodenowe, PhD
3:40 pm - 4:10 pm	The 5 Pillars of Brain Health Stephen Sideroff, PhD



## AGENDA

### SESSION 3: LONGEVITY: COULD GUT HEALTH HOLD THE KEY? | TITAN 2301

1:00 pm - 1:40 pm	Type 1 Diabetes Care Confidence for Every Practitioner - from Gut to Pancreas and Beyond Laura Neville, ND
1:40 pm - 2:10 pm	Targeting Mitochondrial Health to Maintain a Healthy and Active Lifestyle: Key Role of Diet, Exercise and Advanced Nutrition Strategies Emily Werner, PhD, RD, CSSD
2:10 pm - 2:40 pm	Drainage Pathways and Drainage Before Detoxing for Longevity Jess Peatross, MD, GP
2:40 pm - 3:10 pm	Molds, Mycotoxins, The Gut, The Brain and Misconceptions: An Evidence Based Lecture Andrew Campbell, MD
3:10 pm - 3:40 pm	A Novel Probiotic Reduces Gastrointestinal Symptoms and Positively Impacts Microbiome Modulation Mahmoud A. Ghannoum, PhD
3:40 pm - 4:10 pm	Long Live the Microbiome, the King of Longevity Cheryl Burdette, ND

### SESSION 4: LONGEVITY AND AESTHETICS ADVANCEMENTS (NON-CME) | VERONESE 2404

1:00 pm - 1:45 pm	TBD TBD
1:45 pm - 2:30 pm	TBD Anil Rajani, MD
2:30 pm - 3:15 pm	A HAIRspan to Match Your HEALTHspan: Hair Restoration Using a Personalized Precision Regenerative Medicine Approach Alan Bauman, MD
3:15 pm - 4:00 pm	TBD TBD



## AGENDA

### SUNDAY, DECEMBER 11, 2022 | GENERAL SESSION – HALL A

7:30 am	Intermittent Hypoxia Therapy with a Hyperoxic Chaser Joseph Purita, MD
8:00 am	Younger You: Reverse Bio Age and Live Longer Kara Fitzgerald, ND
8:30 am	Reversing Immuno-senescence with Immuno-rejuvenation Jeff Bland, PhD
9:15 am	TBD TBD
10:10 am	The Problem Can Be the Solution Clint Pulver

### AFTERNOON SESSIONS

#### SESSION 1: HORMONE LEVELS AND THERAPY OPTIMIZATION | HALL A

1:00 pm - 1:40 pm	Does Biofilm Play a role in Breast Implant Illness Robert Whitfield, MD, FACS
1:40 pm - 2:10 pm	Which Test is Best? Deb Matthew, MD
2:10 pm - 3:00 pm	Measuring the Diurnal Pattern of Cortisol: An Imperative Biomarker for Stress and Beyond Thomas Guilliams, PhD
3:00 pm - 3:30 pm	Hiding in Plain View: Learnings From Looking at Urine Steroid Hormones for 20 Years George Gillson, MD, PhD, CCFP
3:30 pm - 4:10 pm	The 4Rs of Restorative Functional Fertility Aumatma Simmons, MS, ND, FABNE



## AGENDA

### SESSION 2: THE ROLE OF THE IMMUNE SYSTEM IN AGING AND LONGEVITY | VERONESE 2402

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| 1:00 pm - 1:30 pm | Surveying the Effects of Senolytic Treatment Dasatinib and Quercetin Upon the Epigenetic Age, Immunity, and the Human Epigenome<br>Varun Dwaraka, PhD |
| 1:30 pm - 2:00 pm | The Science of Senescence: How Stress, Immunity and the Gut-Brain Axis Affect Longevity<br>Deepa Verma, MD  |
| 2:00 pm - 2:30 pm | Mistletoe Extract: Western Europe's Most Extensively Studied Adjuvant for Cancer Therapy<br>Steven Johnson, DO  |
| 2:30 pm - 3:00 pm | Preventing and Reversing Autoimmune Disease is a Global Mission<br>David Bilstrom, MD   |
| 3:00 pm - 3:30 pm | A Hallmark of Covid-19: Cytokine Storm/Oxidative Stress and its Integrative Mechanism<br>Richard Cheng, MD, PhD, ABAARM                               |
| 3:30 pm - 4:00 pm | Vitamin C and Cortisol: Optimizing the Immune Response<br>Thomas Levy, MD, JD   |

### SESSION 3: THE SCIENCE OF LONGEVITY | TITAN 2303

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| 1:00 pm - 1:30 pm | Telomeres, Mitochondria and Longevity: A Triad of Interdependence<br>Wendie Trubow, MD, MBA, IFMCP        |
| 1:30 pm - 2:00 pm | Insights from the World's First Multi-Omic Biological Age Clock<br>Jessica Lasky-Su, Sc.D                 |
| 2:00 pm - 2:30 pm | Clinical Use of MSC Exosomes<br>Edward Park, MD, MPH  |
| 2:30 pm - 3:00 pm | NAD Optimization is the First and Necessary Step for Effective Age Management<br>Jin-Xiong She, PhD       |
| 3:00 pm - 3:30 pm | Maximizing Longevity with Advanced Nrf2 Activation<br>Mark Gordon, MD, FACC                               |
| 3:30 pm - 4:00 pm | The Role of Specialized Pro-Resolving Mediators (SPMs) in Inflammatory Conditions<br>Sharon McQuillan, MD |

### SESSION 4: LONGEVITY AND AESTHETICS ADVANCEMENTS (NON-CME) | VERONESE 2404