

SCHEDULE AT A GLANCE

A4M

30 YEARS MEDICINE REDEFINED

Longevity
FEST 2022



FRIDAY DECEMBER 9

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 Longevity Breakthroughs: How Exponential Technologies are Extending the Healthy Human Lifespan or Making 100 Years Old, the New 60!
Keynote: Peter Diamandis, MD

11:00 am - 11:15 am	Founder Remarks (Non-CME) Robert Goldman, DO, PhD & Ronald Klatz, MD, DO
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EXHIBIT HALL OPENS 10:30 AM

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
4:00 pm - 4:30 pm	Detoxifying Gerontogens to Reverse Biological Age Chris Shade, PhD



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	Clinical Application of Telomere Biology in 2022 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	Hyperbaric Oxygen & Regenerative Medicine: Reduce Inflammation, Release Stem Cells, Regenerate Tissues & Restore Health Jason Sonners, DC, DIBAK, DCBCN
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: 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

SESSION 5: CANNABINOIDS AND LONGEVITY

TITAN 2305

1:00 pm - 2:00 pm	Endocannabinoid and Human Health - An Overview of the Research Alex Capano, DNP, CRNP, FNP-BC
2:00 pm - 2:30 pm	Update on Cannabinoids Regulations Pete Meachum
2:30 pm - 3:00 pm	The Importance of QC and Cannabinoids - What to look for and why Alex Nance
3:00 pm - 4:00 pm	Advances in Cannabinoids and Healthy Aging and Longevity Alex Capano, DNP, CRNP, FNP-BC
4:00 pm - 4:30 pm	Translating Research into Patient Outcomes Jamie Reid, PharmD

EXHIBIT HALL CLOSING AT 6:00 PM

SATURDAY DECEMBER 10

GENERAL SESSION

HALL A

7:30 am - 8:00 am	How Hormone (Im)balance Impacts Health Erika Schwartz, MD
8:00 am - 8:30 am	Happy Healthy Hormones: How to Get Out of the Complexity Trap and Finally Thrive in Your Practice Daved Rosensweet, MD
8:30 am - 9:15 am	Is Cortisol the #1 Longevity Hormone? Thierry Hertoghe, MD
9:15 am - 10:10 am	Maximizing Male Hormones Pam Smith, MD
10:10 am - 11:00 am	Panel discussion with A4M Pioneers (Non-CME) Panel

EXHIBIT HALL OPENS 10:30 AM

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	Glutathione: It's Role in Neurodegenerative Diseases & Brain Health Optimization Nayan Patel, PharmD
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 9 Pillars of Brain Health Stephen Sideroff, PhD

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 Cambell, MD
3:10 pm - 3:40 pm	The Microbiome Beyond Bacteria: The Role of the Mycobiome in Health and Disease 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	The Art of Integrative Medicine: Key Considerations for Supplement Quality, Treatment Delivery, and Outcome Tracking in Practice Jim LaValle
1:45 pm - 2:30 pm	Preime® DermaFacial; Combination Therapy with a Smart Device 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	Topical Cannabinoids and Hair Regrowth Alex Capano, DNP, CRNP, FNP-BC
4:00 pm - 4:30 pm	Advances in Cannabinoid Research in Skin Health Alex Capano, DNP, CRNP, FNP-BC

EXHIBIT HALL CLOSES AT 6:00 PM



SUNDAY DECEMBER 11

GENERAL SESSION

HALL A

7:30 am - 8:00 am	Intermittent Hypoxia Therapy with a Hyperoxic Chaser Joseph Purita, MD
8:00 am - 8:30 am	Younger You: Reverse Bio Age and Live Longer Kara Fitzgerald, ND
8:30 am - 9:15 am	Reversing Immuno-senescence with Immuno-rejuvenation Jeff Bland, PhD
9:15 am - 10:00 am	Breakthroughs at the Tipping Point: The Future of Health, Medicine, Aging and Longevity Ken Dychtwald, PhD
10:00 am - 11:00 am	The Problem Can Be the Solution Clint Pulver

EXHIBIT HALL OPENS 10:30 AM

AFTERNOON SESSIONS

SESSION 1: HORMONES, THERAPY, TESTING AND OPTIMIZING HEALTH AND LONGEVITY

HALL A

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

SESSION 2: THE ROLE OF THE IMMUNE SYSTEM IN AGING AND LONGEVITY

VERONESE 2402

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

SESSION 3: SCIENCE OF LONGEVITY

TITAN 2303

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

EXHIBIT HALL CLOSES AT 2:30 PM

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Longevity
FEST 2023
LEVELING UP HEALTHCARE

DEC 14-16
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