



Encyclopedia of Clinical Anti-Aging Medicine & Regenerative Biomedical Technologies

Copyright © 2012. American Academy of Anti-Aging Medicine.
ISBN 978-1-934715-13-0

Table of Contents

Chapter	Subject / Title & Author	Page
Perspectives in Anti-Aging & Regenerative Medicine		
1	State of the Specialty Report: Anti-Aging Medicine at Twenty Years (2012) <i>Ronald Klatz, M.D., D.O.; Robert Goldman, M.D., Ph.D., D.O., FAASP</i>	1
2	Biotechnological Breakthroughs in Longevity Science <i>Ronald Klatz, M.D., D.O.; Robert Goldman, M.D., Ph.D., D.O., FAASP; Catherine Cebula</i>	11
Mechanisms of Aging and Disease & Lifespan Research		
3	Literature Review <i>Ronald Klatz, M.D., D.O.</i>	19
4	From the Basic Research on the Cell-Membrane Biology of Experimental Animals to the Human Anti-Aging Interventions by Recombinant Growth Hormone <i>Imre Zs.-Nagy, M.D.</i>	31
5	Slowing Aging and Preventing Disease by Optimizing Mitochondrial Function <i>Frank Shallenberger, M.D.</i>	43
6	Top 10 Life Extension Nutrients and Drugs <i>Terry Grossman, M.D.</i>	55
Cardiovascular Disease		
7	Hypertension: Prevention & Treatment with Nutraceuticals, Vitamins, Antioxidants & Minerals <i>Mark C. Houston, M.D.</i>	99
8	Dyslipidemia: Non-Pharmacologic Treatment <i>Mark C. Houston, M.D.</i>	129
Cognitive and Neurodegenerative Diseases & Impairments		
9	Introduction <i>Tim J. Watt, M.D.; Catherine Cebula</i>	181
10	The Role of Inflammation in Neurodegenerative Disorders <i>David Perlmutter, M.D.</i>	185
11	Neurological Disorders Frequently Seen in an Anti-Aging Practice <i>Tim J. Watt, M.D.</i>	193

12	Cognitive Decline and Enhancement: Prevention Through Delay <i>Daniel G. Amen, M.D.</i>	219
13	Approach to Concussion and Associated Neurodegeneration <i>Russell L. Blaylock, M.D.; Anthony L. Petraglia, M.D.; Joseph C. Maroon, M.D.; Jeffrey W. Bost, PA-C</i>	239
124	Non-Pharmacological Interventions <i>Tim J. Watt, M.D.; Daniel G. Amen, M.D.; Russell L. Blaylock, M.D.; Anthony L. Petraglia, M.D.; Joseph C. Maroon, M.D.; Jeffrey W. Bost, PA-C; Catherine Cebula</i>	261
Endocrinology		
15	Hormone Optimization: Evidence Based Practical Management <i>Ron Rothenberg, M.D.; Kris Hart MN, RN-C, FNP; Roger Rothenberg, BA Cognitive Science</i>	281
16	A Woman's Hormonal Symphony: Hormone Replacement Therapy <i>Pamela Wartian Smith, M.D., MPH, MS</i>	343
Immune System & Infectious Diseases		
17	Overview, Assessment and Prevention <i>Russell L. Blaylock, M.D.</i>	379
18	Integrative Immune System Restorative Therapies <i>Conrad LeBeau</i>	407
Metabolic Dysfunctions & Diseases		
19	Diabetes: Facts, Diagnosis, and Treatment <i>Fredric J. Vagnini, M.D., FACS; Mary Infantino, Ph.D., ANP BC</i>	433
20	The Continuum of Insulin Resistance <i>Filomena Trindade, M.D., MPH</i>	461
Musculoskeletal Diseases & Impairments		
21	The Intersection of Anti-Aging Medicine and Sports Medicine Training <i>Robert Goldman, M.D., Ph.D., D.O., FAASP</i>	507
22	Sarcopenia and Bone Loss: Non-Pharmacological Interventions <i>Dr. Selvaraj Y. Subramaniam, M.D., FFIMIS, MFSEM, FRNS, FSSEMM, ABAARM</i>	519
23	Ten to Twelve Minute Daily Exercise Longevity Plan <i>Dr. Nathan Francis, FAARM, ABAARM, FRACGP, FAMAC, FACNEM, Grad.Dip Nut Med.(UNE), MFM(Monash)</i>	531
Respiratory Diseases & Impairments		
24	Diagnostics, Prevention & Therapeutic Interventions <i>James F. Lineback, M.D., FCCP</i>	539
Sensory System Diseases & Impairments		
25	Introduction <i>Tim J. Watt, M.D.; Catherine Cebula</i>	569
26	Vision: Age Related Macula Degeneration <i>Gerard Chuah, MBBS</i>	575
Sexual-Reproductive System Diseases & Impairments		
27	Male Sexual Dysfunction and Other Considerations <i>Nick Delgado, Ph.D., CHT</i>	587
28	Female Sexual Dysfunction <i>Jennifer Landa, M.D.</i>	603

Skin Aging		
29	Clinical Evaluation & Treatment of Aging Skin <i>Anais Aurora Badia, M.D., D.O.</i>	609
Cancer		
30	Integrative Cancer Therapy <i>Mark A. Rosenberg, M.D.</i>	641
31	Clinical Perspectives on Pancreatic Enzymes & Coffee Enemas as Cancer Therapeutics <i>Nicholas Gonzalez, M.D.; with Linda Isaacs, M.D.</i>	671
32	Literature Review on Cancer Prevention <i>Ronald Klatz, M.D., D.O.; Catherine Cebula</i>	701
33	A4M Anti-Aging Desk Reference	711