



A4M IN DUBAI



Proactive health authorities and physicians joined forces in Dubai during a two-day worldwide forum to promote healthy longevity. Last month 150 participants from 25 different countries debated the evidence, news and latest protocols available today to slow down the ageing process and optimise vitality. **Servane Collette**, event director at the *American Academy of Anti-Aging Medicine (A4M)* reports.

TOPICS COVERED

- ✓ Multidimensional approaches to health maintenance and wellness
- ✓ Restoration of hormone imbalances
- ✓ Evidence based utilisation of vitamins, nutrients and herbal preparations
- ✓ Individualised modification of diet
- ✓ Stem cell therapies
- ✓ Sexual health

AIMS OF THE EVENT

To empower physicians with innovative treatments and scientific evidence to guide patients optimal longevity. At the heart of the event lies the belief that maintaining

one's health is hard work and that patients should be encouraged to make lifestyle changes that will result in increased vitality. The message was reinforced by the presence of H.E Dr. Amin Al Amiri - CEO for Medical Practice and License, *Ministry of Health* who have highlighted the need for a new healthcare model and for highly trained physicians in the region.

THE NUMBERS

- ✓ Studies show that up to 43 percent of women have reported issues with sexual dysfunction and that at least 30 percent of men have problems

- ✓ No expression is truer than "you are what you eat." Our bodies use food like computers use software. Foodscan tell the cells of our body what program to follow and emulate
- ✓ In the US, it is estimated that over 80 percent of all patient visits are secondary to stress related bodily disorders
- ✓ Among US adults, more than 90 percent of type 2 diabetes, 80 percent of CAD, 70 percent of stroke, and 70 percent of colon cancer are potentially preventable by not smoking, not being overweight and avoidance of overweight, moderate physical activity, healthy diet, and

moderate alcohol consumption (Willett W. C. Balancing Lifestyle and Genomics Research for Disease Prevention. Science. 2002; 296:695-98)

- ✓ 49 percent of workers feel either under stress or under severe stress

CELEBRITY PHYSICIANS

Dr. Jennifer Landa, MD, OB-GYN

Recently featured on the *Dr. Oz Show*, Dr. Landa brought a wealth of expertise and energy to the event. Her multidimensional approach to health and ageing combined with a particular focus on sexual imbalances gave the attendees a new perspective on the role of hormones.

Dr. Lena Edwards, MD, USA

A formidable researcher, Dr. Edwards is an internist who is Board Certified and Fellowship trained in Anti-Aging Medicine/Regenerative Medicine and Integrative Cancer Therapy. An avid writer, teacher and speaker on various topics in anti-ageing medicine with an emphasis on HPA axis dysfunction and abnormal cortisol states, her focus is on lifestyle related diseases such as stress and its impact on the bodily systems. She reminded us all about how anti-ageing medicine can help those with lifestyle diseases often overlooked by conventional medicine.



Dr. Lena Edwards

SEXUAL HEALTH

This year's forum marked the introduction of a new topic: sexual health and dysfunction. The rarely discussed theme presented by Dr. Jennifer Landa, an expert in this field, received an overwhelming level of interest from physicians who increasingly realise the impact of low sex drive and/or abnormal sexual function in men and women.

"I view what I do now to be 'true medicine' I truly regained my passion for practicing medicine. I learned to appreciate and practice being a physician...healer, educator, confidant, and 'co-director' for my patients. When I see a patient in my office, my approach is entirely different. The types of illnesses and issues that I encounter are the same. However, my line of questioning is now much more refined and physiologically based, and my treatment approach is very different."

- Dr. Lena Edwards

The pathophysiology of sexual desire was reviewed with a thorough focus of the dysfunction causes, and an update on the treatments available. The impact of hormones, stress, medications and emotional factors were once again highlighted similarly to how they affect premature ageing, as well as chronic and acute diseases alike.

PROTECT YOUR HORMONE LEVELS FOR OPTIMAL LIBIDO

- ✓ Progesterone
- ✓ Estrogen
- ✓ Cortisol
- ✓ Oxytocin
- ✓ Thyroid
- ✓ Testosterone



Dr. Jennifer Landa

H.E DR. AMIN AL AMIR

Ministry of health, (MOH) Dubai, CEO for Medical Practice and License.

H.E Dr Amin Al Amiri delivered a welcome speech to participants encouraging them to acquire advanced skills in this new field of medicine to preserve patients' health and promote a preventive approach that is indispensable for the healthcare system.

"AGEING: A VITAL ISSUE OF CONCERN TO ALL OF US"

"I thank A4M for organising this conference since 2008. We are aware of the global demographic changes related to the ageing population and its impact on healthcare expenditure and social economic patterns. Anti-Ageing medicine will not only help improving health status but also preventing, treating non communicable diseases."))



H.E Dr. Amin Al Amiri

“The MOH is always keen to support the professional development of all physicians needing to sharpen their skills and keep up with advances in all field of medicine. The emirates also was the first pioneer in the region to introduce the compounding of medications by offering the new service to different healthcare centres access to this kind of medicine.”

WHAT PARTICIPANTS SAID

Dolores Kent, M.D.

Consultant Gynaecologist, Top Medical Center, Grosvenor House, Dubai Marina.



Dolores Kent, M.D

I strongly encourage all patients interested in preserving their health to seek out doctors knowledgeable in anti-ageing medicine.

I have been prescribing bio- identical hormones and anti-ageing supplements for years. Yet, I still found the A4M Dubai 2013 fascinating and full of progressive thoughts and treatments far ahead of the dogma of mainstream medicine.

A4M has continued over the years to move forward to give us the best and most comprehensive understanding of our bodies' mechanics. They certainly achieved that in this meeting where I not only learned about a variety of new treatment plans but also a greater understanding of the underlying disease factors and causes. I will definitely apply this new knowledge in the better treatment of my patients, and especially for those who present complex multi system diseases.

Shabnam Das Kar, M.D.

MD, Ob-Gyn, Maharashtra, India.

Thanks to the knowledge that I acquired at this conference, I feel very confident to deal with even very complicated patients.

A4M has the unique ability to attract the best teachers in the world. Being A4M Fellowship trained myself; I appreciate the importance of the right knowledge in this particular field.

For instance, Dr. Pamela Smith helped simplify patient management by sharing great clinical pearls of wisdom. From Dr. Lena Edwards I learnt about the nuances in the management of the stress response. I also benefitted from the extensive clinical experience of Dr. Jack Monaco and Dr. Jennifer Landa.

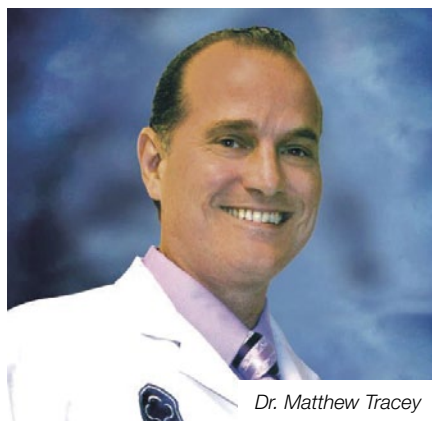
Dr. Matthew Tracey,

Doctor of Osteopathy, Doctor of Oriental Medicine and Acupuncture Physician Complementary Medicine at International Medical Center Jeddah, Saudi Arabia.

The truth is that patients are 'sick and tired' of feeling "sick and tired". Over the past few years I have witnessed the interest in Anti-Aging Medicine grow exponentially here in the Middle East.

They seek physicians that embrace a paradigm that looks at their body, mind and soul, treating the cause and teaching prevention rather than suppressing the actual symptoms.

A4M can always be counted on to provide cutting edge informative educational conferences. Not only do they have the top speakers in their respective fields but they also cover the most relevant topics of the day. The speech by H.E. Dr. Amin Al Amiri, Assistant Undersecretary for Medical practice and License, Ministry of Health, UAE lends immense credence to that very growth.



Dr. Matthew Tracey



Shabnam Das Kar, M.D

Testimonial by Robin Treasure

Wellness Strategist, Dubai, UAE

What impresses me most about Anti-Aging and Functional medicine is the systems-oriented approach that looks for the root cause of disease rather than just eliminating the symptoms as is done in conventional medicine. I found it exciting and inspiring to meet other attendees at the conference who value this systems-oriented approach and appreciate the effect that everyday lifestyle choices have on chronic disease and prevention.

I have been well aware of the benefits of bioidentical hormone therapy for some time, but at the conference I gained a deeper understanding of how our hormones work in a delicate orchestra whose equilibrium must be respected and maintained. Digestive wellness is a fundamental part of this equilibrium, and the path to healing begins with tending to specific gut health ■



Robin Treasure