



A4M-WORLD.ASIA 2013

18-19 October @Mantra Nusa Dua, Bali, Indonesia :: 20 October @Lv8 Resort Hotel, Canggu, Bali, Indonesia

theme “Aging, Diabetes & CVD”

Day-1 :: 18 Oct'13		Day-2 :: 19 Oct'13			Day-3 :: 20 Oct'13
Plenary & Symposium		Elective Practical Workshop			Retreat & Roleplay Workshop
07:30 - 08:30 Registration Symposium Class Limited to 150 Persons		Intervention Nutrition & Exercise Medicine WS-1	Endocrinology of Aging WS-2	Aesthetic Wellness WS-3	Practice Building Workshop WS-4
08:30-10:00 Keynotes & Plenary Lectures		08:30-10:00 WS-1	08:30-10:00 WS-2	08:30-10:00 WS-3	08:30-10:00 WS-4
10:30-12:30 Symposium 1		10:00-10:30 Coffee Break & Exhibition Visit			
13:30 - 17:30 PRACTICALITIES OF ANTI-AGING MEDICINE		10:30-12:30 WS-1	10:30-12:30 WS-2	10:30-12:30 WS-3	10:30-12:30 WS-4
13:30-15:30 Symposium 2		12:30-13:30 Lunch Break & Exhibition Visit			
15:30-17:30 Symposium 3		13:30-15:30 WS-1	13:30-15:30 WS-2	13:30-15:30 WS-3	13:30-15:30 WS-4
13:30 - 17:30 ABAARM Part I EXAM		15:30-17:30 WS-1	15:30-17:30 WS-2	15:30-17:30 WS-3	15:30-17:30 WS-4
13:30 - 17:30 ABAARM Part II EXAM		17:30-18:30 Cocktail Reception :: Exhibition :: Door Prizes from A4M-World.Asia :: End of Sessions			
13:30 - 17:30 Personalized Weight Loss Program		17:30-18:30 Cocktail Reception :: End of Sessions			

DISCLAIMER: Whilst every attempt will be made to ensure that all aspects of the program published in this announcement will take place as scheduled, the Committee reserves the prerogative to make last minute changes should the needs arise. www.a4m-world.asia | register@a4m-world.asia

A4M–WORLD.ASIA 2013 :: 18 October

theme “**Aging, Diabetesity & CVD**”

Day–1 Plenary & Symposium **CME**

@Mantra Nusa Dua Hotel, Bali, Indonesia

Class Is Limited to 150 Persons Only

Keynotes & Plenary Lectures: 08.30 – 10.00

- Aris Wibudi, MD, PhD, Endocrinologist, CHT., ABAARM (Dip. USA)
- Prof. Robert M. Goldman, MD, PhD, ABAARM, FAASP
- Prof. Selvaraj Y Subramaniam, MD, MFSEM, ABAARM, FRNS

Coffee Break: 10.00 – 10.30

10.30 – 12.30 :: Practicalities of Anti–Aging Medicine – [Deborah Matthew, MD, ABAARM, FAARM](#)

Lunch Break: 12.30 – 13.30

13.30 – 14.00 :: Integrated Approach: Clinical Management of Aging, Diabetesity & CVD – [tba](#)

14.00 – 14.20 :: Introduction to Bioidentical Hormone Replacement: Optimizing Hormones for Wellness and Prevention – [Prof. Ronald N. Rothenberg, MD, ABAARM, FAARM](#)

14.20 – 14.40 :: The New Age Discovery in Autologous Precursor Stem Cell Regeneration – [Prof. Bill Paspaliaris, ND, MD, PhD, Medical Consultant, LAB DOM SUISSE, Switzerland](#)

14.40 – 15.00 :: BHRT In Aesthetic Medicine: Beauty From The Inside Out – [Sangeet Kaur, MD, Dip. Dermatology \(UK\), ABAARM](#)

15.00 – 15.20 :: How Does Stress Level Affect Overall Risk of Getting Heart Disease? – [Dr Sanjay Kapur, PhD., Scientific Director of ZRT Laboratory, USA](#)

15.40 – 16.00 :: Exercise Is Medicine: An Absolute Corporate Wellness Solutions – [Mageswari Rajoo, PhD Public Health \(EU\)](#)

16.00 – 16.20 :: The Clinical Application of Fetal Stem Cells – [William Rader, M.D.](#)

16.20 – 16.40 :: Swiss Revitalization at Paracelsus Clinic – [Mikhail Teppone, MD, Medical Director, LAB DOM SUISSE, Switzerland](#)

17.00 – 17.30 :: Panel Discussion

Cocktail Reception :: Door Prizes :: End of Sessions: 17.30 – 18.30

DISCLAIMER: Whilst every attempt will be made to ensure that all aspects of the program published in this announcement will take place as scheduled, the Committee reserves the prerogative to make last minute changes should the needs arise.

A4M-WORLD.ASIA 2013 :: 19 October

theme “**Aging, Diabesity & CVD**”

Day-2 Intervention Nutrition & Exercise Medicine **CME**

@Mantra Nusa Dua Hotel, Bali, Indonesia

Class Is Limited to 30 Persons Only

Speakers:

Dr Selvaraj YS, Dr L. Da Costa, Dr Koh LS, Dr A. Firmansah, Dr Tanjung S, Dr Rano IR, Rohan M.

Nutrition Medicine Part 1: 08.30 – 10.00

- The Fundamental of Nutraceuticals in Anti-Aging Medicine
- Physiological Roles of Macronutrients, Micronutrients, Water, Electrolytes and Oxygen
- General Nutrition & Risk Assessment
- Nutrition For Special Populations: DASH Diet Case Presentation
- Discussion

Coffee Break: 10.00 – 10.30

Nutrition Medicine Part 2: 10.30 – 12.30

- Detox & Weight Loss Diet
- Oxidative Stress & Diabetes
- Chemoprevention in CVD
- Discussion

Lunch Break: 12.30 – 13.30

Exercise Medicine Part-1: 13.30 – 15.30

- Understand The “Anti-Aging” Effects of Exercise
- Basic Exercise Physiology
- Resistant and Endurance Exercises
- General Physical Fitness & Risk Assessment
- Anti-Aging Exercise Prescription
- Safety Guidelines & Special Considerations
- Discussion

Exercise Medicine Part-2: 15.30 – 17.30

- Exercise for Anti-Aging: Optimizing Hormone Restoration Therapy
- Exercise for Obesity
- Exercise for Diabetics
- Discussion

Cocktail Reception :: Door Prizes :: End of Sessions: 17.30 – 18.30

DISCLAIMER: Whilst every attempt will be made to ensure that all aspects of the program published in this announcement will take place as scheduled, the Committee reserves the prerogative to make last minute changes should the needs arise.

A4M–WORLD.ASIA 2013 :: 19 October

theme “**Aging, Diabetesity & CVD**”

Day–2 Endocrinology of Aging CME

@Mantra Nusa Dua Hotel, Bali, Indonesia

Class Is Limited to 80 Persons Only

Speaker: Prof. Ronald N. Rothenberg, MD, ABAARM, FAARM & Kris Hart MN, RN-C, ABAHP, FAARM
Sangeet Kaur, MD, Dip. Dermatology (UK), ABAARM
Moderator: Aris Wibudi, MD, PhD, Endocrinologist, CHT., ABAARM (Dip. USA)

Session 1: 08.30 – 10.00

- Aging and The Endocrine System – Optimization of Hormones – Body Composition, Diabetes and the CVD Part 1
- Thyroid Replacement
- Testosterone Replacement
- Discussion

Coffee Break: 10.00 – 10.30

Session 2: 10.30 – 12.30

- Aging and The Endocrine System – Optimization of Hormones – Body Composition, Diabetes and the CVD Part 2
- Growth Hormone Replacement
- Hormones and the Cardiovascular System
- Discussion

Lunch Break: 12.30 – 13.30

Session 3: 13.30 – 15.30

- Hormone Restoration: Women's Wellness Program
- Holistic Approach to Diabetesity In Women
- Hormonal Imbalance In Young Women
- Pre and Post Menopausal Syndrome
- Discussion

Session 4: 15.30 – 17.30

- A 'NUTS & BOLTS' Approach to Endocrinology–Based Wellness Program
- Lab Testing and The Office Visit
- Clinical Treatment Algorithms: Hormone Optimization In Preventive & Regenerative Medicine
- Discussion

Cocktail Reception :: Door Prizes :: End of Sessions: 17.30 – 18.30

DISCLAIMER: Whilst every attempt will be made to ensure that all aspects of the program published in this announcement will take place as scheduled, the Committee reserves the prerogative to make last minute changes should the needs arise.

A4M–WORLD.ASIA 2013 :: 19 October

theme “**Aging, Diabetesity & CVD**”

Day–2 Aesthetic Wellness ^{CME}

@Mantra Nusa Dua Hotel, Bali, Indonesia

Class Is Limited to 30 Persons Only

Speakers: Dr Ungku Shahrin, Dr Sangeet Kaur, Dr Nathan Francis, Dr James Stoxen, Dr Rano IR

08.30 – 10.00 ‘Spotlight’

- Aesthetic Wellness Training & Certification and Legal Issues In Asia
- Cell–Based Therapy For Rejuvenation Skin & Body Wellness (tba)
- Discussion

Coffee Break: 10.00 – 10.30

10.30 – 12.30 ‘Aesthetic Wellness Solutions’

- Effects of Hormonal Imbalance in Skin: Acne, Melasma & Pigmentation
- Targeted Diet & Nutritional Supplements For Healthy Skin, Nail and Hair
- Discussion

Lunch Break: 12.30 – 13.30

13.30 – 15.30 ‘Medical Spa Solutions’

- Reduce Cellulite and Reshape Your Lower Body with Therapeutic Vibrator
- Clinical Management: Musculoskeletal Stress & Pain
- Cosmeceuticals: Skin Repair, Pre & Post Operative Care (tba)
- Discussion

15.30 – 17.30 ‘The Beauty Gym–Yoga Workout’

- Bust–Firming
- Abs & Love Handle Trimming
- Butt–Lifting
- Perfect Body Sculpting
- Discussion

Cocktail Reception :: Door Prizes :: End of Sessions: 17.30 – 18.30

DISCLAIMER: Whilst every attempt will be made to ensure that all aspects of the program published in this announcement will take place as scheduled, the Committee reserves the prerogative to make last minute changes should the needs arise.

A4M-WORLD.ASIA 2013 :: 20 October

Day-3 Retreat & Roleplay Workshop

In collaboration with VictusLife Longevity Institute
@Lv8 Ocean View Penthouse, Canggu, Bali, Indonesia
Class Is Limited to 20 Persons Only | First-Come, First-Served

Weight Lose For Life: Understanding Your Hormones & Metabolism

Attending Physician: Dr A. Wibudi, Dr A. Firmansah, Dr Tanjung S
Consultant: Dr Rothenberg, Dr Deborah, Dr Koh LS, Dr Selvaraj YS, Dr Sangeet, Dr Rano IR

Lecture 1: 08.30 – 10:30

Balance Your Hormones To Lose Weight

- Overview of Aging, Hormonal & Metabolic Imbalance
- Elevated Cortisol Level
- Insulin Resistance
- Healthy Ratio Testosterone / Estrogen (men)
- Growth Hormone Deficiency: Aging & Obesity
- Suboptimal Thyroid Function
- Healthy Ratio Progesterone / Estrogen (women)
- Melatonin & Adaptogenic Herbs
- DHEA vs 7-Keto DHEA

Coffee Break: 10.30 – 11:00

Lecture 2: 11:00 – 12:30

Therapeutic Diet & Exercise

- Hormone Balancing Diet Plan & hCG Activation Protocol
- Exercise & Endocrine Wellness

Lunch Break: 12.30 – 13:30

Roleplay Workshop 1: 13:30 – 15:30

Personalized Weight Loss Program

- Lifestyle Health Assessment
- Physical Fitness & Body Composition Analysis
- Physical Exam & Clinical Consult (Fitness, Nutrition & Endocrine Wellness)
- Advanced Diagnostic Imaging Recommendation
- Personal Weight Management Program

Roleplay Workshop 2: 15:30 – 17:30

- Aquatic Exercise Therapy
- Body Reshaping Workout

Cocktail Reception :: Door Prizes :: End of Sessions: 17.30 – 18:30

DISCLAIMER: Whilst every attempt will be made to ensure that all aspects of the program published in this announcement will take place as scheduled, the Committee reserves the prerogative to make last minute changes should the needs arise. Conference info www.a4m-world.asia | Hotel Info www.lv8bali.com

eMail register@a4m-world.asia ::: SMS +62 813 3812 0003