

3rd AMERICAN ANTI-AGING CONFERENCE

Lifestyle diseases: Aging and epigenetics

November 14-16, 2014

Westin Mina Seyahi Beach Resort & Marina, Dubai, UAE

Conference Agenda



Collect CME credits

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Friday 14 November 2014- CONFERENCE DAY 1

08.00-09.00	Registration and Welcome Coffee
09.00-10.00	OPENING LECTURE BY A4M GUEST OF HONOUR Centenarian's psychological attitudes to live longer Dr Thierry Hertoghe Belgium
10.00-10.15	OPENING CEREMONY His Highness Sheikh Nahyan Bin Mubarak Al Nahyan Minister of Higher Education and Scientific Research United Arab Emirates
SESSION 1: Individualized integrative protocols to address lifestyle epidemics	
10.15-11.15	Addressing the Obesity Epidemic by Balancing Disturbed Physiologies Dr Joseph Lamb USA
11.15-11.45	COFFEE BREAK & EXHIBIT HALL VISIT
11.45-12.45	Hormone therapies to efficiently address metabolic syndrome Dr Thierry Hertoghe Belgium
12.45-14.00	LUNCH SERVED ON THE TERRACE & EXHIBIT HALL VISIT
14.00-14.30	Sponsored workshop Presentation in open theater (Lobby area)
SESSION 2: Individualized integrative protocols to address lifestyle, metabolic and nutritional disorders	
14.30-15.15	Nutrigenomics- Implications of your epigenetics and nutrition and how to personalize nutrition Dr Sahar Swidan USA
15.15-16.00	Leaky gut syndrome Dr Heather Eade Canada
16.00-16.30	COFFEE BREAK & EXHIBIT HALL VISIT
16.30-17.15	Bioenergetics and Beyond: Mitochondrial Essentials for Healthy Ageing Dr Joshua Berka USA
17.15-18.00	Q&A Panel `Anti-Aging in the Middle East` Discuss practicalities, protocols and resources with local & US expert practitioners Panel: Dr Joshua Berka, Dr Heather Eade, Dr Joseph Lamb
18.00	End of conference – Start of the cocktail and networking business reception
18.00	Networking & Business reception (Lobby area)
18.00-18.45	Network and Relax at the cocktail and canapé reception
18.45-19.45	Clinical and operational updates from leading anti-aging healthcare providers in the region* Presented and Sponsored By: Dr. Nasim Ashraf, Founder, DNA Health Corp, United Arab Emirates Dr. Graham Simpson, Medical Director, Inflammaging Physician Network, United Arab Emirates, How to implement Age Management in your cash-based practice?
19.45-20.30	Networking: Meet the sponsors and discuss opportunities

**This session is not CME accredited*

Early bird rates from \$995 for 3 days

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Saturday 15 November 2014 – CONFERENCE DAY 2

08.30-09.00	Welcome Coffee
SESSION 3: Metabolic and complementary protocols applied to hormonal disorders	
09.00-10.00	Effects of epigenetics on detoxification of hormones - implications for hormone therapy Dr Jennifer Landa
10.00-11.00	Functional Adrenal Insufficiency: The Missing Piece of the Puzzle Dr Deborah Matthew USA
11.00-11.30	COFFEE BREAK & EXHIBIT HALL VISIT
SESSION 4: Clinical applications of genetic and epigenetic regulations	
11.30-12.15	The Role of Telomeres in Aging and Overall Health Dr William Andrews USA
12.15-13.00	Genomic Approaches to Cardiovascular Diseases Dr Joseph Lamb USA
13.00-14.15	LUNCH SERVED ON THE TERRACE & EXHIBIT HALL VISIT
14.15-14.45	Sponsored workshop Presentation in open theater (Lobby area)
SESSION 4: Continued	
14.45-15.30	Pain Genomics- Personalized medication selection for pain management Dr Sahar Swidan USA
15.30-16.15	Reducing the Rate of Telomere Shortening; Now and in the Future Dr William Andrews USA
16.15-16.45	COFFEE BREAK & EXHIBIT HALL VISIT
SESSION 5: Advanced and complementary applications to enhance vitality and lifestyle changes	
16.45-17.45	Sexual dysfunction as a lifestyle disease Dr Jennifer Landa
17.45-18.15	Q&A Panel: Dr Sahar Swidan, Dr William Andrews , Dr Deborah Matthew
EVENING SESSION	*Evening workshop & Dinner at A4M Dubai offices
	Cosmetic Gynecology: Clinical & Cosmetic Vaginal Rejuvenation An eye opening introduction to women's gynaecologic, sexual and cosmetic health
18.30	Pick up from Westin hotel
19.00-19.30	Welcome drinks
19.30-20.00	Sexual health issues resulting from genital self-esteem issues Dr Jennifer Landa
20.00-20.30	Cosmetic gynecology: Practical techniques to address clinical and cosmetic concerns in women Dr Alexandros Bader OB-GYN Greece
20.30-21.00	Live demonstration: Vaginal laser tightening and resurfacing Dr Alexandros Bader OB-GYN Greece
21.00 onwards	Dinner followed by return transportation to the Westin hotel

* This workshop is subject to a registration fee of US\$280 which includes drinks, dinner, CME and live demonstration and return transportation from Westin hotel

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Sunday 16 November - BHRT Workshop Bio-Identical Hormone Replacement Therapy in Anti-Aging Medicine

7 Major Anti-Aging Hormone Therapies

08.30-09.00 Welcome Coffee

Presented by Dr Thierry Hertoghe Belgium

The ABC of how to detect hormone deficiencies with interview searching for symptoms, physical examination and laboratory tests, and how to administer and follow-up the most frequent hormone therapy in aging adults.

Workshop includes practical information, case studies and several live on stage consultations

09.00-10.00 **Thyroid**

10.00-11.00 **Melatonin**

11.00-11.30 COFFEE BREAK & EXHIBIT HALL VISIT

11.30-12.30 **DHEA**

12.30-13.30 **Estrogens & Progesterone in Women**

13.30-14.30 LUNCH Served in the restaurant & EXHIBIT HALL VISIT

14.30-15.30 **Estrogens & Progesterone in Women**

15.30-16.30 **Testosterone in Men**

16.30-17.00 COFFEE BREAK & EXHIBIT HALL VISIT

17.00-18.00 **Growth Hormone**

END OF THE WORKSHOP

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SPEAKERS

GUEST OF HONOR



Thierry Hertoghe, MD | Belgium

Dr. Thierry Hertoghe (Belgium) practices lifespan/reversing aging medicine and hormone therapy. He represents the fourth consecutive generation of physicians specialized in the field of hormone therapy. He is an internationally known authority in medical therapies oriented to correct hormone deficiencies, reduce aging or even, on some aspects, reverse aging and possibly extend lifespan.



William Andrews, PhD | USA

Dr. William H. Andrews has worked in the biotech industry for 28 years, focusing the last 16 years on finding ways to extend human lifespan through the intervention of telomere shortening in human cells. While Director of Molecular Biology at Geron Corporation, Dr. Andrews was one of the principal discoverers of both the RNA and protein components of human telomerase and was awarded 2nd place as "National Inventor of the Year" in 1997 for this work. He is presently a named inventor on 35 US issued telomerase patents.



Joshua Berka, ND | USA

Dr. Joshua Berka is a board certified Naturopathic Physician and Diplomate of Acupuncture. Dr. Berka's focus is primarily in family medicine, including advanced approaches for treating acute and chronic disease as well as alternative and complementary cancer treatments. He also is a strong proponent of research and education and speaks internationally in the fields of Naturopathic, Functional and Chinese Medicine as well as applications of LASER and Pulsed Electromagnetic Field (PEMF) therapy clinical practice.



Heather Eade, ND | Canada

Dr. Eade completed her BSc (honors) in life sciences at Queen's University, Canada in 1999, where she minored in Neuroscience. In 2005, she completed her four-year doctorate degree in naturopathic medicine. She became licensed in Canada as a primary care physician at that time and has been working both in private outpatient care and as an inpatient consultant since then. Dr. Eade is also certified in acupuncture, colon hydrotherapy, cranio-sacral therapy, intravenous and chelation therapy. Her primary clinical modalities include acupuncture, clinical nutrition, botanical medicine and colon hydrotherapy.

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SPEAKERS (Continued)



Joseph Lamb, MD | USA

Joseph J. Lamb, MD is a clinical consultant in Integrative and Functional Medicine. He is board certified in both Internal Medicine and Holistic Medicine. Additionally, he completed one year of a Cardiology fellowship at the University of Colorado Health Sciences Center. He is an adjunct faculty member of the Institute for Functional Medicine and has lectured internationally. He has edited several books, authored book chapters (including 3 on osteoporosis and one for the Textbook of Functional Medicine), and co-authored academic papers and website presentations on a variety of Functional Medicine topics.



Deborah Matthew, MD | USA

Deborah Matthew, MD has completed a 2 year advanced fellowship program in Anti-Aging, Functional and Regenerative Medicine and has been selected as a national and international oral examiner by the A4M. Dr. Matthew combined her background in medicine with her interest in fitness, health and nutrition to create a complete medical wellness center. Dr. Matthew's area of special focus is in Bio-Identical Hormone Replacement and adrenal dysfunction.



Sahar Swidan, PharmD | USA

Sahar Z. Swidan, Pharm.D., BCPS obtained her Doctor of Pharmacy degree from the University of Michigan, and then she completed a three year research fellowship in Bio-Pharmaceutics at the University of Michigan. Currently she is President & CEO of a personal and educational specialty pharmacy and Clinical Associate Professor of Pharmacy at the University of Michigan, College of Pharmacy. Dr. Swidan is board certified and advanced fellow in anti-aging and regenerative medicine.



Jennifer Landa, MD | USA

Dr. Jennifer Landa, OB-GYN, specializes in helping women and men balance their hormones, restore their energy, and replenish their sex lives. At the heart of her practice is the belief that maintaining one's health is hard work and she encourages her patients to make lifestyle changes that will result in increased health. She lectures internationally on preventive medicine and has appeared on national and local television in the USA. Dr. Landa just completed her first book with co-author Virginia Hopkins. Their book, *The Sex Drive Solution for Women*, is a no-nonsense approach to many of the sex drive issues that Dr. Landa addresses with her patients every day.

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