

**4<sup>th</sup> AMERICAN ANTI-AGING CONFERENCE**

REVERSING

**CARDIO-METABOLIC DISEASES**

November 17-19 2015

HABTOOR GRAND RESORT & SPA, Dubai, UAE

# Conference Agenda



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## REVERSING CARDIO-METABOLIC DISEASES

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### Tuesday 17 November 2015 - CONFERENCE DAY 1

08.00-09.00	Registration and Welcome Coffee
09.00-09.15	Opening remarks and ceremony by <b>His Excellency Sheikh Nahyan bin Mubarak Al Nahyan</b>
<b>SESSION 1: Latest clinical insights in the diagnosis and treatment of cardio-metabolic diseases</b>	
09.15-10.15	<b>KEYNOTE SESSION Nutrigenomics and Cardiovascular Disease</b> Dr Mark Houston, USA This keynote lecture will review the role of inflammation, oxidative stress and immune dysfunction in cardiovascular disease and the relationship to nutrigenomics. The role of specific diets, genomics, nutritional supplements, electrolytes, minerals and genomics (sodium and potassium) will be given particular attention.
10.15-11.15	<b>An integrative medicine approach to insulin resistance and cardio-metabolic disease</b> Dr Joseph Lamb, USA Recognize the physiologic connections between environment and gene expression as an influence upon phenotypic expression of insulin resistance and cardiometabolic disease. Learn new nutritional and lifestyle medicine approaches for relevant chronic diseases.
11.15-11.45	COFFEE BREAK & EXHIBIT HALL VISIT
11.45-12.45	<b>The Role of the Gut Microbiome in Cardio-Metabolic Disease</b> Dr Todd Le Pine, USA The human microbiome is engaged in a myriad of metabolic, nutritional and immune processes. Review an individual's gut microflora composition and activity's influence on disease development. Explore the variety of factors that impact its activity and composition: Diet, oral health, stress, age, antibiotics, medication and toxins.
12.45-13.30	<b>The effects of exercise on lifespan and cardiovascular diseases</b> Dr Joe Cleaver, USA Review why and how to use written exercise prescription focused on improving cardiovascular health and risk, function, quality of life and maximizing longevity.
13.30-14.30	LUNCH & EXHIBIT HALL VISIT
14.30-15.00	<b>Sponsored Workshop Presentation</b>
<b>SESSION 2: Hormone Replacement Therapy: Latest links to CVD and latest evidence in respect to anti-aging medicine</b>	
15.00-15.45	<b>The role of endogenous estrogens and menopause in cardiovascular diseases</b> Dr Jack Monaco, USA Review the link between hormone and cardiovascular diseases by looking at the recurring incidence in men and PMP women. The lecture will specifically address the decline in estrogen levels and the vascular benefits of endogenous estrogen.
15.45-16.30	<b>New evidence on mechanisms of Estrogen Dominance</b> Dr Jennifer Landa, USA Review new mechanisms such as the obesity – inflammation – aromatase axis: a newly identified cause of estrogen dominance. An additional cutting-edge new concept, progesterone resistance in the setting of inflammation, will be explained. Finally, natural treatments and prescription treatments to treat estrogen dominance will be discussed.

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## Tuesday 17 November 2015 - CONFERENCE DAY 1

16.30-17.00	COFFEE BREAK & EXHIBIT HALL VISIT
17.00-17.30	<b>Testosterone and cardiovascular diseases</b> Dr Deborah Matthew, USA Discuss one of the most significant markers of men's overall health risk whilst reviewing the relationship between testosterone and cardiometabolic risks.
<b>EYE OPENING REMARKS &amp; PANEL DISCUSSION</b>	
17.30-18.00	<b>Statin controversy: Should every patient with high cholesterol be treated with statin medication?</b> Dr Nasim Ashraf, UAE Discuss and debate on the role of Blood Cholesterol levels in Coronary Artery Disease (CHD) whilst reviewing the side effects of statins.
18.00-18.30	Panel discussion

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### Wednesday 18 November 2015 - CONFERENCE DAY 2

08.30-09.00	MORNING COFFEE AND EXHIBITION VISIT
<b>SESSION 3: Obesity &amp; Nutrients: Latest links to cardio metabolic diseases</b>	
09.00-09.45	<b>Functional thinking</b> Dr Jack Monaco, USA
09.45-10.30	<b>Addressing the Epidemic of Obesity by Balancing Disturbed Physiologies</b> Dr Joseph Lamb, USA Evolving science suggests that obesity is a marker of disrupted physiologies that are linked to both obesity and the chronic diseases of aging including Type 2 DM, hypertension, coronary heart disease, dementia and autoimmune conditions. Learn how to improve patients' day to day health and rectangularize their morbidity curves.
10.30-11.15	<b>Why ancient fats are the vital nutrient in regenerative medicine</b> Dr Janethy Balakrishnan, Malaysia
11.15-11.45	COFFEE BREAK & EXHIBIT HALL VISIT
11.45-12.15	<b>Metabolic Syndrome: Defined and Defeated</b> Dr Fred Pescatore, USA The direct connection of metabolic syndrome to inflammation and its role as the precursor to cardiovascular disease. Explore the genetic connections and latest innovations in metabolic syndrome management and the less common components of metabolic issues including the endocrine imbalances as well as the role of Phases I, II and III of liver detoxification.
<b>SESSION 4: Alternative medicine concepts</b>	
12.15-12.45	<b>Chronobiology and Cardio-Metabolic Disease</b> Dr Todd Le Pine, USA Learn about the importance of the circadian rhythm as it relates to the sleep wake cycle, metabolism, feeding, sleeping and exercise as to the cardiometabolic effects.
12.45-13.15	<b>Energy medicine in an integrative medicine practice</b> Dr Janethy Balakrishnan Malaysia Review the use of acupuncture, clinical aromatherapy, crystal healing and light therapy alongside mainstream medicine.
13.15-14.15	LUNCH & EXHIBIT HALL VISIT
14.15-14.45	<b>The original human (Paleo) diet to reverse Cardiometabolic disease</b> Presented by Dr Graham Simpson, MD (South Africa) - Intelligent Health / Primal MD Sponsored workshop presentation (Non CME)
<b>SESSION 4: Case Studies &amp; Practical operational tools for your practice</b>	
14.45-15.30	<b>How to reverse cardio-metabolic disease and produce great outcomes for your patients</b> Dr Graham Simpson, UAE/South Africa Research over the past few decades has shown that sugar and insulin not cholesterol is the real problem. Review simple diagnostics to quickly
15.30-16.15	<b>Case Studies in Bio-Identical Hormone Replacement Therapy</b> Dr Jennifer Landa, USA Among the topics discussed during this lecture will be causes of hot flushes beyond estrogen deficiency. Research on the link between cortisol and hot flushes will be discussed. The lecture will also address the impact of the hypothalamic, pituitary, adrenal axis (HPA) on the hypothalamic, pituitary, gonadal axis (HPG). Targeting treatments toward these concepts will be discussed. See the intimate connection between these two systems and how to prescribe natural supplements and hormones. Pellet therapy as a delivery method for hormone replacement therapy will be reviewed.

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## Wednesday 18 November 2015 - CONFERENCE DAY 2

16.15-16.45	<b>Case studies in metabolic syndrome</b> Dr Deborah Matthew, USA
16.45-17.15	COFFEE BREAK & EXHIBIT HALL VISIT
17.15-17.45	<b>How to set up an integrative medicine clinic with exercise prescription</b> Dr Joe Cleaver, USA Equipment and essential operations to set up physical assessment in an integrative medicine office setting.
<b>SESSION 5:</b>	
17.45-18.45	<b>Diagnostic Testing and Treatment of Cardiovascular Disease: Summary and Conclusions</b> Dr Mark Houston, USA How to use diagnostic testing related to endothelial function and CVD, how to interpret results and how to determine the best treatments.

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### Thursday 19 November 2015 CARDIOVASCULAR SYMPOSIUM DR MARK HOUSTON

09.00-09.15	MORNING COFFEE AND EXHIBITION VISIT
<b>LECTURE 1</b>	
09.15-10.15	<b>New and Revolutionary Concepts in the Pathophysiology, Diagnosis and Treatment of Hypertension: The Role of Nutrition, Nutraceutical Supplements and Drugs (Includes case presentations)</b>
10.15-11.15	Evaluate and understand the concept of infinite numbers of insults that damage the blood vessels that result in the three finite causes of hypertension which include inflammation, oxidative stress and vascular immune dysfunction. Evaluate the pathogenesis of hypertension through genetics, epigenetics, nutrigenomics, proteomics, metabolomics, nutrient-gene interactions, vascular biology and endothelial function and the applications of diagnostic lab testing and non-invasive vascular testing as well as weight management, exercise, life style modification, nutritional supplements and anti-hypertensive drugs for the treatment of hypertension will be discussed. All anti-hypertensive drug classes, their efficacy, side effects and clinical outcomes will be part of the integrative therapy model presented.
11.15-11.45	COFFEE BREAK & EXHIBIT HALL VISIT
11.45-12.30	<b>Lecture 1 continued</b>
12.30-13.15	
13.15-14.15	LUNCH & EXHIBIT HALL VISIT
14.15-14.45	<b>Sponsored workshop Presentation</b>
<b>LECTURE 2</b>	
14.45-15.30	<b>Dyslipidemia - Induced Cardiovascular Disease: Diagnosis and Treatment. The Role of Nutrition and Nutraceutical Supplements</b>
15.30-16.15	Evaluate the three primary underlying causes of dyslipidemia that include inflammatory macro and micronutrient intake, acute and chronic infections, heavy metals and other toxins. Discuss dyslipidemic-induced vascular disease and CHD and their pathogenesis and be able to properly interpret advanced testing and treat both the lipid numbers as well as addressing the new 38 mechanisms of dyslipidemic-induced vascular disease and CHD that uses nutrition, nutritional supplements, life style changes and anti-lipid medications to decrease cardiovascular disease, CHD, CVA, PAD, AAA and generalized atherosclerosis.
16.15-16.45	COFFEE BREAK & EXHIBIT HALL VISIT
<b>LECTURE 3</b>	
16.45-17.30	<b>Cardiovascular Disease, Coronary Heart Disease and Atherosclerosis: Diagnosis, Prevention and Treatment: An Integrative Medicine Approach</b>
17.30-18.00	Discuss the biomechanical and biochemical infinite insults to the coronary arteries. Review, understand all 400 known CHD risk factors that include the top 5 evaluate all clinically non-invasive vascular testing and learn a clinically an integrative approach to the prevention and treatment of coronary heart disease, angina, MI, CHF, diastolic dysfunction, carotid arterial disease, autonomic CV function, neurocardiology and other vascular diseases using nutrition, nutritional supplements, resistance and interval aerobic exercise, weight and body composition analysis, life style changes, stress management and pharmacologic therapies.
18.00-18.30	

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## GUEST OF HONOR



Dr. Mark C. Houston  
MD, MS, MSc, FACP, FAHA, FASH, FACN - USA

*Worldwide Expert in Hypertension,  
Hyperlipidemia and Integrative Medicine*

Dr. Mark Houston is triple boarded certified by the American Board of Internal Medicine (ABIM), the American Society of Hypertension (ASH) and the American Board of Anti-Aging and Regenerative Medicine (ABAARM). He holds two Masters of Science degrees in HUMAN NUTRITION and another in METABOLIC MEDICINE. He is a Fellow of the American College of Physicians, the American Heart Association, American Society of Hypertension, American College of Nutrition and American Academy of Anti-Aging and Regenerative Medicine.

Dr. Houston was selected as one of the Top Physicians in Hypertension in the US in 2008-2014 by the Consumer Research Council, and by USA Today as one of the Most Influential Doctors in the US in both Hypertension and Hyperlipidemia twice in 2009-2010. He was selected as The Patient's Choice Award in 2010-2012 by Consumer Reports USA and was recently named in the top 100 Integrative Physicians by Newsmax.

Dr. Houston has presented over 10,000 lectures, nationally and internationally and published over 250 medical articles, scientific abstracts in peer reviewed medical journals, books and book chapters. Six best selling books that he has authored are the Handbook of Antihypertensive Therapy, Vascular Biology for the Clinician, What Your Doctor May Not Tell You About Hypertension, Hypertension Handbook for Students and Clinicians and The Hypertension Handbook. His latest book is What Your Doctor May Not Tell You About Heart Disease is a best seller.

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## SPEAKERS (Continued)



**Dr. Nasim Ashraf - USA**

*Internal medicine specialist*

Dr. Ashraf is a US-Board certified internal medicine specialist with over 35 years experience in the United States as a practicing physician, Dr Ashraf is also US-Board certified in Nephrology and Hypertension, and has held a lifelong interest in holistic medicine and the integration of advanced Western medicine with Eastern healing traditions.



**Dr. Janethy Balakrishnan, Bokstrom MBBS**

*Anti-Aging Medicine*

Dr. Janethy's impressive global and local achievements within a span of 26 years of her clinical career, speaks volumes about a Master Trainer who believes in empowering people, because health is a basic human right and is everyone's responsibility. Having mastered a wide spectrum of practical know-how and being duly certified in the areas of Anti-Aging, Restorative, Regenerative and Aesthetic Medicine, as well as Clinical Nutrition and Healthcare Management, her edge has made her a sought after Speaker at World conferences, International workshops and numerous seminars. She is also a Board Oral Examiner linked to various Academic Institutions abroad, and is on the scientific Editorial Board of world renown Medical Organizations and Journals.



**Dr. Joseph P Cleaver, MD - USA**

*Internal & Integrative Medicine Specialist*

Dr. Joseph Cleaver is Board certified in internal medicine, he has been practicing medicine since 1990. A certified member of the American Board of Anti-Aging/Regenerative Medicine (ABAARM), Dr. Cleaver is fellowship trained in advanced endocrinology/bio-identical hormone therapy, anti-aging, and regenerative medicine. Dr Cleaver is also a member of the teaching faculty and is an Adjunct Professor at George Washington University, School of Medicine Integrative Medicine Program. Dr. Cleaver received his medical degree from the University of Rome in Italy. During his time in Italy, Dr. Cleaver developed an in-depth understanding of the impact of the Mediterranean diet and lifestyle on the prevention of chronic illness and quality of life

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## SPEAKERS (Continued)



**Dr. Joseph Lamb, MD - USA**

*Internal Medicine and Holistic Medicine*

Dr Lamb is double board certified in both Internal Medicine and Holistic Medicine. Dr. Lamb completed his graduate education at the Medical College of Virginia in Richmond and his residency at Presbyterian University of Pennsylvania Medical Center in Philadelphia. He is an Assistant Clinical Professor of Medicine at George Washington University School of Medicine. Throughout his academic and clinical career he has delivered hundreds of webinars & lectures in the US and worldwide on the topic of functional medicine, cardiovascular health and nutrition as well as dozens of media appearances as a special and regular guest on radio & TV interviews.



**Dr. Jennifer Landa, MD - USA**

*OB-GYN & Anti-Aging specialist*

Dr. Jennifer Landa specializes in helping women and men balance their hormones, restore their energy, and replenish their sex lives. Dr. Landa's focused, energetic, and straightforward style comes across well when she speaks in front of groups and on camera. She lectures internationally on preventive medicine and has appeared on national and local television. Dr. Landa recently 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.



**Dr. Deborah Matthew, MD - USA**

*A4M Board Examiner & Anti-Aging Specialist*

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. She has completed a 2 year advanced fellowship program in Anti-Aging, Functional and Regenerative Medicine offered by the American Academy of Anti-Aging Medicine (A4M) and has been selected as a national and international oral examiner by the A4M. She is also a Diplomat of the American Board of Integrative and Holistic Medicine (ABIH).

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## SPEAKERS (Continued)



**Dr. John B. Monaco, MD - USA**

### *OB-GYN*

Dr. Monaco is double Board Certified in Anti-Aging, Functional and Regenerative Medicine and Obstetrics & Gynecology, as well as Fellowship certified in Anti-Aging & Functional Medicine. He is also an Oral Board Examiner for the American Academy of Anti-Aging Medicine. Dr. Monaco received his MD from the Bowman Gray School of Medicine in North Carolina. He completed a residency in Obstetrics & Gynecology and practiced this specialty until 2007. Dr. Monaco is now based in Nashville, Texas, where he became part of the physicians team at the Nashville Hormone & Integrative Medicine Centre.



**Dr. Fred Pescatore MD, MPH, CCN - USA**

Dr. Pescatore is one of the key spokespersons for healthy living. His latest New York Times best-selling book, *The Hampton's Diet*, and *The Hampton's Diet Cookbook*, emphasizes a whole foods approach to health and weight management. He lectures around the world and has been seen on such television shows as *Today*, *The View*, *AM Canada*, *The Rachel Ray Show* and many others. He is a correspondent for *In Touch*, *US weekly* and *Life & Style* magazines. He is the President of the International and American Association of Clinical Nutritionists. Dr. Pescatore has also authored *Feed Your Kids Well*, *Thin for Good*, *Boost Your Health with Bacteria* and *The Allergy and Asthma Cure*.



**Dr. Graham Simpson, MD - UAE**

### *Cardio-metabolic expert*

Graham Simpson, MD graduated from the University of the Witwatersrand Medical School in Johannesburg, South Africa, and is board certified in Internal Medicine and Emergency Medicine. Dr. Simpson is a founding member of the American Holistic Medical Association (AHMA) and is also a licensed homeopath. He has taught as an assistant professor of medicine at the University of Nevada. He is certified by the American Academy of Anti-Aging Medicine and by the Cenegenics Education Research Foundation.

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## SPEAKERS (Continued)



Todd R. LePine, MD - USA

*A4M Board Examiner & Anti-Aging Specialist*

Dr. Todd LePine graduated from Dartmouth Medical School and is Board Certified in Internal Medicine, specializing in Integrative Functional Medicine. Additionally, he has advanced clinical training through the Institute for Functional Medicine. Dr. LePine is a staff physician with Dr. Mark Hyman at The UltraWellness Center in Massachusetts. He is a faculty member of the American Academy of Anti-Aging Medicine. His areas of interest within medicine include: The Human Microbiome and its effect in health and disease, the neurobiology of mood and cognitive disorders. NutriGenomics, Optimal Aging, Autoimmune diseases and BioDetoxification.