

# Conference Guide

November 10 - 13, 2016

The Bellagio, Las Vegas, Nevada



## 21st Clinical Applications for Age Management Medicine Conference



[www.AgeMed.org](http://www.AgeMed.org)



26 AMA Credits  
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**NEW... Advanced Medical Training  
for Forward Thinking Physicians**



# AMMG Training & Certification in Age Management Medicine

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Earn **82** AMA PRA Credits\*

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## **AMMG's Certification & Training in Age Management Medicine**

**provides expertise development**—expanding your knowledge for sound clinical reasoning and judgment, moving you to a visibly higher standard of medical practice while gaining peer-recognition within the medical community. True to our integrity-bound reputation, this rigorous certification program ensures that only truly qualified physicians earn this designation.

Our scientific, evidence-based and educational program is guided by eminent physicians and world-renowned clinicians. With three highly progressive and well-developed modules we deliver the insights, research, and protocols you'll need to advance your practice in this outstanding, patient-centered, life-transforming medical specialty. The AMMG Certification Program includes:

- **82 AMA PRA Credits**—\*By participating in the AMMG Certification Program you will be eligible to earn 82 AMA PRA Credits. To receive those credits, you must complete all participation requirements as outlined
- **Online study module begins immediately**—gaining proficiency in the essential knowledge of Age Management Medicine—culminating in a proficiency exam
- **2-day live interactive training**—moving you to a higher level of understanding via case studies and interactive discussions
- **Comprehensive final exam**—web-based and case-focused

## Get Certified—Forward Your Career and Your Medical Practice.



To apply or get more information visit our **Conference Registration Desk**, email [certification@agedmed.org](mailto:certification@agedmed.org) or call 239-330-7495



Dear Colleague,

Welcome to our Fall 2016 conference at the Bellagio in Las Vegas, Nevada. AMMG is proud to again deliver a conference that will help you rethink, reposition, and reignite your practice—and your love of medicine.

**Positive change begins here.** Discover the expanding world of Age Management Medicine and become better equipped to prevent or delay age-related disease. Medical experts from diverse fields present practical strategies you can use in your practice immediately—proactive, integrative protocols for better health outcomes.

**This conference maps the way.** Age Management Medicine stays on the cutting edge with up-to-the-minute techniques, studies, and strategies. Whether you're just getting started or already an age management physician, our CME-accredited conference shows you how to grow your practice using the latest evidence-based clinical protocols. Groundbreaking research helps you attain a forward-thinking approach so your patients can have a better quality of life. And, we offer a welcoming environment to network with colleagues and leaders in this exciting field.

As always, we chose a setting that is both invigorating and luxurious, returning to the contentment and opulence that are the hallmarks of the Bellagio Las Vegas. From the famed Dancing Fountains, Conservatory and Botanical Gardens and famous artworks to its AAA Five Diamond Award-winning accommodations, the Bellagio offers an experience you are sure to enjoy.

**New this conference.** Find out how AMMG Training & Certification in Age Management Medicine offers a rigorous and sound certification program that elevates you to a higher standard of reputation and professional development.

We look forward to meeting you!

Sincerely,

**Derrick DeSilva, Jr., M.D.**  
Chairman,  
AMMG Planning Committee

**Rick Merner**  
Executive Director  
AMMG Co-founder

**Greg Fillmore**  
Conference Chairman  
AMMG Co-founder

**Conference Planning Committee**

Derrick M. DeSilva, Jr., M.D. (Chairman)  
Florence Comite, M.D.                      Mary Corry, R.N., BSN  
Mark L. Gordon, M.D.                      Edwin N. Lee, M.D., FACE  
John J. Rush, M.D., FACEP                George C. Shapiro, M.D., FACC

**SAVE THE DATE**

▶ **April 27 – 30, 2017** ◀

**22<sup>ND</sup> CLINICAL APPLICATIONS FOR AGE MANAGEMENT MEDICINE**

**Omni Hotel & Resort, Championsgate/Orlando, Florida**

Updates will be posted on our website [www.agedmed.org](http://www.agedmed.org) as they become available

**CALL FOR PRESENTERS**

**The Age Management Medicine Group (AMMG) would like to encourage qualified speakers who wish to become members of our faculty to submit for consideration.**

The Conference Planning Committee will review all submissions.

Preference is given to credentialed faculty at the medical professional level who have expertise in their field and have the ability to provide comprehensive learning materials for the course syllabus.

Topics that reflect non-commercial, new or cutting-edge evidence based information for Age Management Medicine clinicians are preferred. All faculty and presentations must adhere to ACCME standards.

To submit, please email the following to [gfillmore@agedmed.org](mailto:gfillmore@agedmed.org):

- 1. Curriculum Vitae    2. Presentation Title    3. Short Abstract / Description

**Age Management Medicine Group (AMMG)**

1534 Serrano Circle, Naples, FL 34105  
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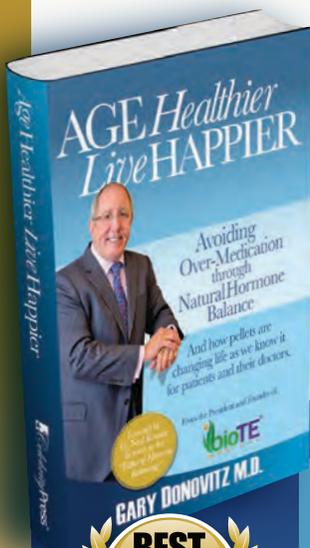
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— GARY S. DONOVITZ, M.D.

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# ◆ TENTH ANNUAL ◆ Alan P. Mintz, M.D. Award CLINICAL EXCELLENCE IN AGE MANAGEMENT MEDICINE

**Mentor, innovator, visionary.** Dr. Alan P. Mintz inspired many with his brilliant insights in age management medicine, fueled by his desire to help others live a vital life. He forged new medical frontiers, embraced the spirit of determination and exemplified medical excellence.



The Age Management Medicine Group created an award of distinction to honor Dr. Mintz as a friend, mentor and true medical professional who did much to advance this new medical specialty.

The *Alan P. Mintz, M.D. Award* is presented annually to a physician reflecting Dr. Mintz's clinical excellence in patient care, healthy living, quality of life and entrepreneurship.

*The Age Management Medicine Group is proud to announce and congratulate this year's worthy recipient:*

## George C. Shapiro, M.D.

Please join us in presenting Dr. Shapiro with the



2007



Jeffrey S. Life, M.D., Ph.D.

2008



L. Stephen Coles, M.D., Ph.D.

2009



Robert D. Willix, Jr., M.D.

2010



Derrick M. DeSilva, Jr., M.D.

2015



Jeffrey P. Leake, M.D.

2016



George C. Shapiro, M.D.

2011



Joseph F. McWherter, M.D.

2012



Michale J. Barber, M.D.

2013



Florence Comite, M.D.

2014



Neal Rouzier, M.D.

# Schedule At-A-Glance

Thursday, November 10<sup>TH</sup>

## 4 Concurrent Pre-Conference Tracks

### Track 1: Telomere Biology: Applications for Clinical Practice

Telomeres are nucleoprotein structures found at the termini of linear eukaryotic chromosomes. They serve as a buffer against the end replication problem and protect chromosome ends from inappropriate DNA repair; thus, telomeres are essential for the maintenance of genome stability and continued cellular proliferation. Research has shown telomeres are an important part in the aging and disease process. This track will review the fundamentals of Telomere Biology, discuss considerations with lifestyle, stress, diet & exercise and the role that telomeres play in the disease process and how it can be applied to Age Management Medicine.

### Track 2: Clinical Lifestyle Modifications to Achieve Optimal Health

The leading causes of mortality and healthcare costs worldwide are chronic diseases resulting from lifestyle and environmental factors. The prevention of disorders caused by lifestyle factors such as poor nutrition, lack of physical activity and chronic stress are huge issues for Age Management physicians and one of their biggest challenges is dealing with patients who can be uninterested, unmotivated or uneducated on the negative health implications that poor lifestyle choices can bring. This track will attempt to provide clinicians with tools to communicate more effectively with their patients and provide them evidence based clinical treatment options to ultimately provide better healthcare and optimal patient health.

7:00 AM - 7:45 AM

**How Menopause Changes the Biology of Skin and the Cosmeceutical Ingredients That Reverse It**

Presented by Amy Colo, LE

Open to all attendees and includes a complimentary breakfast

*Non-CME symposium sponsored by University Compounding Pharmacy*

8:00 AM - 9:00 AM

**Fundamentals of Telomere Biology**

William H. Andrews, Ph.D.

9:00 AM - 10:00 AM

**Making the Case: Why Telomeres ARE Important to the Aging Process**

Joseph M. Raffaele, M.D.

10:00 AM - 10:15 AM Break

10:15 AM - 11:15 AM

**Telomere Measurement Technologies**

William H. Andrews, Ph.D.

11:15 AM - 12:00 PM

**Clinical Outcomes with Interventions that Incorporate Telomere Activation**

Florence Comite, M.D.

12:00 PM - 1:30 PM Lunch Break

8:00 AM - 9:00 AM

**The Cortisol Meditation Connection**

Mary L. Corry, RN, BSN

9:00 AM - 10:00 AM

**Lifestyle Changes for Continual Healing**

Edward J. James, M.D., MBA

10:00 AM - 10:15 AM Break

10:15 AM - 11:10 AM

**Exercise Programs for Lifestyle Enhancement**

Rudy M. Inaba

11:10 AM - 12:00 PM

**The Art of 'Therapeutic Communication': Pragmatic Approaches to Enhance Clinical Outcomes and the Therapeutic Relationship**

Gregory W. Petersburg, D.O.

12:00 PM - 1:30 PM Lunch Break

12:00 PM - 1:00 PM

**Telomere and Telomerase Activation with TA-65MD - Science and Clinical Observations**

Presented by Ron Rothenberg, M.D.

Open to all attendees and includes a complimentary lunch

*Non-CME symposium sponsored by T.A. Sciences*

1:30 PM - 2:15 PM

**Telomere and Disease: Are Telomeres the Key to Cardiovascular and Pulmonary Disease?**

Earl H. Eye, M.D., FACCP

2:15 PM - 3:00 PM

**Telomere and Disease: Cancer**

David Woynarowski, M.D., CPT

2:30 PM Exhibits Open

3:00 PM - 3:30 PM

**Interpreting Lab Results: Examination and Analysis of Attendee Cohort**

Joseph M. Raffaele, M.D.

3:30 PM - 4:10 PM Break / Visit Exhibits

4:10 PM - 4:50 PM

**Telomere Maintenance: The Role of Stress, Exercise, Diet & Supplements**

David Woynarowski, M.D., CPT

4:50 PM - 5:30 PM

**Telomere Treatment Strategies: Case Studies with Q & A**

Joseph M. Raffaele, M.D.

Florence Comite, M.D.

Earl H. Eye, M.D., FACCP

1:30 PM - 2:15 PM

**Turbo Metabolism: 12 Steps to a New You**

Pankaj Vij, M.D., FACP

2:15 PM - 3:00 PM

**Positive Effects of Lifestyle Modification on Sexual Function**

Kenneth Janson, M.D., FACS

2:30 PM Exhibits Open

3:00 PM - 3:40 PM

Break / Visit Exhibits

3:40 PM - 4:35 PM

**Lifestyle Genomics and Medicine - A Health Focused Approach to Medicine**

Mansoor S. Mohammed, BSc (Hons Mol Gen), Ph.D.

4:35 PM - 5:30 PM

**Culinary Medicine as an Adjunct Clinical Protocol in Lifestyle Modification**

Chef Leah Sarris

5:30 PM - 7:00 PM

**AMMG Welcome Reception**

Held in Conference Networking and Exhibits Center

Open to all conference attendees, spouses and guests

# Schedule At-A-Glance

Thursday, November 10<sup>TH</sup>

## 4 Concurrent Pre-Conference Tracks

### Track 3: Office Based Aesthetics for the Age Management Clinician\*

\*non-CME track

In conjunction with the American Academy of Medical Microneedling

In response to attendee requests for information on aesthetic protocols and treatments which are office based and can be done by non-board certified Age Management Clinicians either full time or as an adjunct to their existing practice, AMMG presents this track in conjunction with the American Academy of Microneedling. The decision not to accredit this track was made so that attendees could be provided with business tools as well as the science and medical information necessary to implement these procedures. The goal is not to make this track commercial but to give speakers in this niche area the leverage to openly discuss procedures and answer questions that could be severely restricted in an accredited environment.

### Track 4: Traumatic Brain Injury: A Clinical Approach for Diagnosis and Treatment

In conjunction with the Warrior Angels Foundation, a 501(c)(3) non-profit organization

It is evident that the traditional approaches to Traumatic Brain Injury (TBI) and Post Traumatic Stress Disorder (PTSD) are not working. Just look at the Sunday sports page or listen to the American Heroes Network. We are losing more and more people every day to the devastating effects of depression, anger, rage and suicide. So, what is the medical community really doing, if anything? In 2004, Dr. Mark Gordon started working on the premise that trauma to the head and/or body can cause disruption of neurosteroid and hormone production via chemical pathways. Additionally, trauma creates an inflammatory environment in the body that affects the chemistry in the brain. The combination of hormonal disruption and inflammation are at the root cause of impairment in cognition and behavior. This track will take you through the medical literature to disclose the cause and effects of TBI on brain functioning. Case reviews will be presented showing laboratory testing, interpretation, treatment and outcomes.

7:00 AM - 7:45 AM

**How Menopause Changes the Biology of Skin and the Cosmeceutical Ingredients That Reverse It**

Presented by Amy Colo, LE

Open to all attendees and includes a complimentary breakfast

*Non-CME symposium sponsored by University Compounding Pharmacy*

8:00 AM - 9:00 AM

**Maximizing the Power of Microneedling**

Marie Piantino, L.E.

9:00 AM - 10:00 AM

**Stem Cells for Aesthetics: What Are They? What Kinds Exist? What is their Biological Purpose?**

Jordan R. Plews, Ph.D.

10:00 AM - 10:15 AM Break

10:15 AM - 11:15 AM

**Optimizing Skin Health and Chemical Peels**

James S. Beckman, Jr., M.D.

11:15 AM - 12:00 PM

**Hair Restoration**

Bertica M. Rubio, M.D.

12:00 PM - 1:30 PM Lunch Break

Mark L. Gordon, M.D. is faculty for ALL sessions in this track

8:00 AM - 8:30 AM

**An Introduction to Traumatic Brain Injury**

8:30 AM - 9:30 AM

**Neurology, Neuropathology and Neuroendocrinology in Traumatic Brain Injury**

9:30 AM - 10:15 AM

**The Laboratory of Traumatic Brain Injury**

10:15 AM - 10:30 AM Break

10:30 AM - 11:30 AM

**Traumatic Brain Injury and Neurobehavior**

11:30 AM - 12:00 PM

**Supplementation for Traumatic Brain Injury - Part I**

12:00 PM - 1:30 PM Lunch Break

12:00 PM - 1:00 PM

**Telomere and Telomerase Activation with TA-65MD - Science and Clinical Observations**

Presented by Ron Rothenberg, M.D.

Open to all attendees and includes a complimentary lunch

*Non-CME symposium sponsored by T.A. Sciences*

1:30 PM - 2:30 PM

**The Use of Platelet Rich Plasma (PRP) and Adipose Derived Regenerative Cells (ADRCs) in Aesthetic Medicine: Solving Cosmetic & Genital Problems with PRP - A Literature Review**

Charles Runels, M.D.

2:30 PM

Exhibits Open

2:30 PM - 3:00 PM

**Numbing for Aesthetic Procedures**

Amy Frost, Pharm.D.

3:00 PM - 3:45 PM

Break / Visit Exhibits

3:45 PM - 4:30 PM

**Part II - Hormone Issues that Affect Your Skin**

Sanjay Kapur, Ph.D., MBA

4:30 PM - 5:30 PM

**Putting This Aesthetic Information Together and Adding Office Based Aesthetics to Your Practice**

Marie Piantino, L.E.

1:30 PM - 2:30 PM

**Supplementation for Traumatic Brain Injury - Part II**

2:30 PM

Exhibits Open

2:30 PM - 3:30 PM

**Case Studies - Part I**

3:30 PM - 4:10 PM

Break / Visit Exhibits

4:10 PM - 5:30 PM

**Case Studies - Part II**

A portion of the proceeds from this course will be donated to the Warrior Angels Foundation as they work towards their goal of providing personalized assessment and treatment for U.S. Military Service Members and Veterans who have sustained Traumatic Brain Injury (TBI) while in the line of duty.

**Warrior Angels Foundation**

[waftbi.org](http://waftbi.org)



5:30 PM - 7:00 PM

**AMMG Welcome Reception**

Held in Conference Networking and Exhibits Center

Open to all conference attendees, spouses and guests

# Schedule At-A-Glance

## Friday, November 11<sup>TH</sup> General Session

7:00 AM - 7:45 AM

How to Build a Strong Age Management Business by Implementing Medical Weight Loss Into Your Practice

Presented by Kimball Lundahl, D.C.  
*Non-CME symposium sponsored by Healthy Habits*

Open to all attendees and includes a complimentary breakfast

8:00 AM - 8:05 AM

Opening Remarks

Derrick M. DeSilva, Jr., M.D.

8:05 AM - 8:30 AM

Presentation of the Alan P. Mintz, M.D. Award

8:30 AM - 9:25 AM

Clinical Introduction to the Emerging Field of Precision Medicine

Florence Comite, M.D.  
Jeanette McCarthy, MPH, Ph.D.

9:25 AM - 10:10 AM

Genes and Epigenetic Mechanisms at the Interface of Metabolism and Biological Age

S. Michal Jazwinski, Ph.D.

10:10 AM - 10:50 AM

Break / Visit Exhibits *sponsored by SottoPelle*

10:50 AM - 11:35 AM

The Bacterial Biome and Tight Junction Barriers - Ground Zero of Chronic Inflammation, Disease and Aging

Zach Bush, M.D.

11:35 AM - 12:15 PM

Endothelial Dysfunction and Aging

Derrick M. DeSilva, Jr., M.D.

12:15 PM - 1:30 PM

Lunch Break / Visit Exhibits

12:15 PM - 1:15 PM

Sub-Cutaneous Hormone Pellet Therapy - Alternative Medicine or an Alternative to Bad Medicine

Presented by Gary S. Donovitz, M.D.  
*Non-CME symposium sponsored by BioTE Medical*

Open to all attendees and includes a complimentary lunch

1:30 PM - 2:15 PM

The Extinction of Men - The Role of Endocrine Disruptors

Edwin N. Lee, M.D., FACE

2:15 PM - 3:00 PM

Testosterone Therapy in Men - Who Sets the Standard of Care?

Gary Donovitz, M.D., FACOG, FRSM

3:00 PM - 3:30 PM

Break / Visit Exhibits

3:30 PM - 4:45 PM

Is Estrogen Good or Bad? A Literature Review of the Controversies in Treating Men with Aromatase Inhibitors

Neal Rouzier, M.D.

4:45 PM - 5:30 PM

Aldosterone, the Hearing Hormone; Vasopressin, the Memory Hormone

Richard Lippman, Ph.D.

## Saturday, November 12<sup>TH</sup> General Session

7:00 AM - 7:45 AM

Bacterial Communication and Redox Supplementation, a New Foundation for Longevity and Human Health

Presented by Zach Bush, M.D.  
*Non-CME symposium sponsored by Biomic Sciences*

Open to all attendees and includes a complimentary breakfast

8:00 AM - 9:15 AM

Does Testosterone Increase the Risk of Blood Clots? A Literature Review of the Controversies of Polycythemia vs. Erythrocytosis

Neal Rouzier, M.D.

9:15 AM - 10:00 AM

The Neuroendocrine Theory of Aging

Ward Dean, M.D.

10:00 AM - 10:30 AM Break / Visit Exhibits

10:30 AM - 11:15 AM

Pharmacogenomics of the Androgen Receptor; Intracrinology and the Implications for Hormone Replacement Therapy

Jeffrey P. Leake, M.D., ISSA-CPT

11:15 AM - 12:00 PM

Recognizing Stages of the Overtraining Syndrome Causing Hormonal and Neurologic Disruption

Rob Komiiniarek, D.O., FACOFP

12:00 PM - 1:30 PM Lunch Break / Visit Exhibits

12:00 PM - 1:00 PM

Everyday Clinical Application of Telomere Support

Presented by Fred Pescatore, M.D., MPH, CCN  
*Non-CME symposium sponsored by DaVinci Laboratories*

Open to all attendees and includes a complimentary lunch

1:30 PM - 2:45 PM

Estradiol & Testosterone Therapy for Women: Benefits, Risks, Options

Kathryn Retzler, N.D.

2:45 PM - 3:15 PM

Break / Visit Exhibits

3:15 PM - 4:00 PM

Gonadal Hormone Effects on the Brain and Certain Disease Processes

James Mirabile, M.D., FACOG

3:30 PM Exhibits Close

4:00 PM - 4:45 PM

Quantum Interventional Endocrinology

John K. Crisler, D.O.

4:45 PM - 5:30 PM

Plant-based Nutrition and Medicine

Joseph P. Kitzmiller, M.D., Ph.D.

## Sunday, November 13<sup>TH</sup> General Session

8:00 AM - 9:00 AM

Minding the Gap: Supporting Memory, Sleep, and Attention

Kathy O'Neil-Smith, M.D.

9:00 AM - 10:00 AM

Prevention and Treatment of the Aging Brain

Andrew W. Campbell, M.D.

10:00 AM - 10:20 AM Break

10:20 AM - 11:20 AM

Strategies for Staying Young and Protecting Your Brain Function Along the Journey

Pankaj Vij, M.D., FACP

11:20 AM - 12:20 PM

Reducing Copper Toxicity Naturally - A New Therapy for Fibromyalgia?

Dan C. Purser, DC, M.D.

12:20 PM - 1:15 PM

Stress and Cardiovascular Disease: Is Cortisol the Key?

Sanjay Kapur, Ph.D., MBA

1:15 PM CONFERENCE CONCLUDES

The Complete Conference Syllabus including all PowerPoint presentations is available online at [www.agemed.org](http://www.agemed.org)

Connect with  
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# Hashtag: #AMMGFall2016

## IMPORTANT: CME CERTIFICATES

You must complete the online Conference Evaluation / Attendance form for CME credit

For your convenience, this is done entirely online.

CME certificates can be printed out *as soon as the evaluation form is submitted*.

Go to [www.AgeMed.org](http://www.AgeMed.org), click on November 2016 Conference, go to Accreditation and follow the screen prompts.

A secure login is required: *your access code is the full email address you used to register for the conference.*

NOTE: Attendees MUST submit the evaluation/attendance form online in order to be able to print their CME certificates.

### PLEASE NOTE:

No photography or video recording is permitted during conference sessions. Slides and other conference session materials may not be reproduced without express permission.

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# Non-CME Events Open to All Attendees

## THURSDAY, NOVEMBER 10<sup>TH</sup>

- 7:00 - 7:45 AM** **How Aging Changes the Biology of Skin and the Cosmeceutical Ingredients That Reverse It**  
Presented by Amy Colo, LE  
*Symposium sponsored by University Compounding Pharmacy - Includes a complimentary breakfast*
- 12:00 - 1:00 PM** **Telomeres and Telomerase Activation with TA-65MD - Science and Clinical Observations**  
Presented by Ron Rothenberg, M.D.  
*Symposium sponsored by T.A. Sciences - Includes a complimentary lunch*
- 5:30 - 7:00 PM** **AMMG Welcome Reception** for attendees, spouses and guests  
Please join your colleagues in the Conference Networking / Exhibits Center

## FRIDAY, NOVEMBER 11<sup>TH</sup>

- 7:00 - 7:45 AM** **How to Build a Strong Age Management Business by Implementing Medical Weight Loss**  
Presented by Kimball Lundahl, D.C.  
*Symposium sponsored by Healthy Habits - Includes a complimentary breakfast*
- 12:15 - 1:15 PM** **Sub-Cutaneous Hormone Pellet Therapy - Alternative Medicine or an Alternative to Bad Medicine**  
Presented by Gary S. Donovitz, M.D.  
*Symposium sponsored by BioTE Medical - Includes a complimentary lunch*

## SATURDAY, NOVEMBER 12<sup>TH</sup>

- 7:00 - 7:45 AM** **Bacterial Communication and Redox Supplementation, a New Foundation for Longevity and Human Health**  
Presented by Zach Bush, M.D.  
*Symposium sponsored by Biomic Sciences - Includes a complimentary breakfast*
- 12:00 - 1:00 PM** **Everyday Clinical Application of Telomere Support**  
Presented by Fred Pescatore, M.D., MPH, CCN  
*Symposium sponsored by DaVinci Laboratories - Includes a complimentary lunch*

## Conference Floor Map





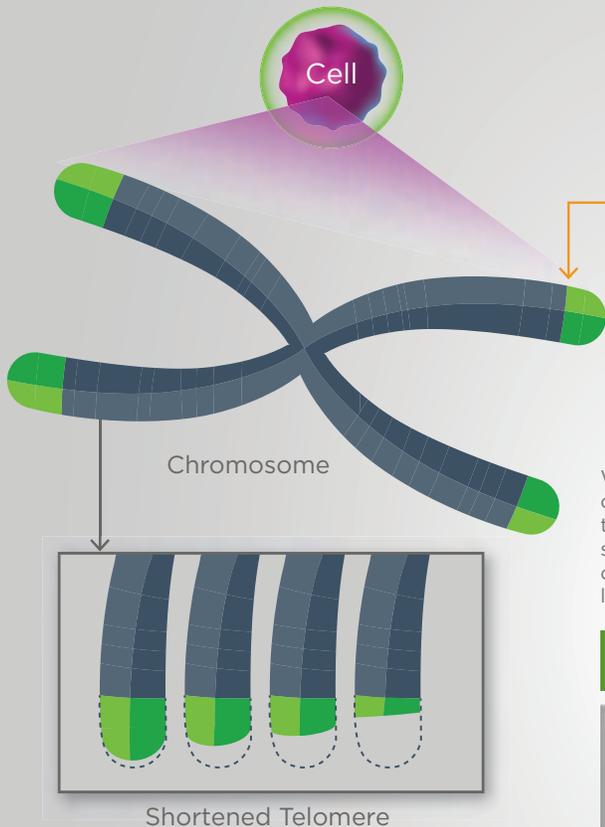
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**ASTRAGALOSIDE IV:**

Highly concentrated astragalus extract which supports telomere health\* (1)

**EGCG & QUERCETIN:** Both support healthy telomere length as well as healthy expression of telomeric repeat binding factor\* (2)

**FOLATE:** Folate deficiency may contribute to shortened telomere length and functionality\* (3)

**CURCUMIN:** Supports healthy expression of telomerase activity\* (4)

We now know that the ends of our DNA strands, the compound structures of the repeated TTAGGG sequence, act as a barrier to cell degradation, in that their shortening leaves our other DNA vulnerable. Telomeres represent specialized structures at each end of the DNA strand that protect chromosomes from degradation. Supporting telomere health is vital to longevity and healthy aging.

Please Join Us: Saturday | 11.12.2016



12:00 PM - 1:00 PM

Everyday Clinical Application of  
Telomere Support

Presented by Fred Pescatore, M.D., MPH, CCN  
Complimentary Lunch

Sponsored by DaVinci® Laboratories

1 Planta Med. 2012 Jan;78(2):115-21. 2 Int J Cardiol. 2013 Jan 20;162(3):199-209. 3 Ann N Y Acad Sci. 2011 Jul;1229:76-88. 4 PLoS One. 2014 Jul 1;9(7):e101251

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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# This year, half of all American women will experience menopausal symptoms

## Menopause causes the biggest change to skin that women will face in their lifetime.

These hormonal imbalances impact the skin's physiology, causing thinning and sagging skin, hyperpigmentation, adult acne, and accelerated aging. Skin care products that worked in the past may not be as effective for the future. Now more than ever, women need specialized skin care to deal with the visible effects of menopause.

## Specialized skin care uniquely developed for women's maturing skin.

We've personally witnessed issues that women face during menopause. In fact, that's how our company started. To help rejuvenate his mom's aging skin, compounding pharmacist Rick Rhoads developed formulations using the perfect combination of tried-and-true ingredients at high potency levels. The resulting products delivered benefits that far exceeded anyone's expectations, and a skin care line was born.



Rick Rhoads,  
Compounding Pharmacist

# CALM AMIDST THE CHAOS



### SPECIALLY FORMULATED

Compounding pharmacist Rick Rhoads personally invented and formulated BioRenew products to specifically target the needs of women during menopause.

### PROVEN INGREDIENTS

Our products contain ingredients that are time-tested and proven. We use high potencies of active ingredients for the best overall effectiveness to visibly rejuvenate skin.

### CLINICALLY PROVEN

We personally test every product before it ever touches your skin. In clinical studies, 90% of participants noticed a dramatic improvement in appearance after four weeks of use.\*

"I treat women who are navigating midlife changes, and I encourage them to use BioRenew products because of the results I've seen first-hand. I like that these products are specifically developed to help with menopausal changes, and the ingredients are proven. This is a great line of products to help my patients, and the perfect complement to my practice."

-Dr. Mary M. Dobry, MD, Dermatology

\*Data on file

  
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# CME Information

21st Clinical Applications for Age Management Medicine  
November 10-13, 2016 • Las Vegas, Nevada



## Target Audience

*21<sup>st</sup> Clinical Applications for Age Management Medicine* has been designed to meet the educational needs of Physicians, Nurses, Pharmacists, and other healthcare professionals who are interested in the specialty of Age Management Medicine.

## Educational Goal

The goal of *21<sup>st</sup> Clinical Applications for Age Management Medicine* is to provide healthcare professionals relevant clinically based content on a variety of topics in Age Management Medicine, including precision medicine, introduction to age management medicine, hormones and hormone replacement, preventive medicine, and disorders of aging.

## Learning Objectives

Upon conclusion of this program, participants should be able to:

- Describe the science of Telomere Biology
- Identify key aspects of Lifestyle Modification Techniques
- Recognize the link between traumatic brain injury (TBI) and the disruption of neurosteroid and hormone production
- Explain the evidence based science behind hormone replacement therapy and when it may be medically indicated as a treatment protocol
- Discuss new evidence based treatment concepts and scientific protocols in Age Management Medicine such as epigenetics & microbiome, early detection methods for brain health and fibromyalgia treatments

## Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of *CMEsolutions* and Age Management Medicine Group. The *CMEsolutions* is accredited by the ACCME to provide continuing medical education for physicians.

The *CMEsolutions* designates this live activity for a maximum of 26 *AMA PRA Category 1 Credits*.™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.



*CMEsolutions* is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program is approved for 26 contact hours (2.6 CEUs).

ACPE Program Number: 0274-9999-16-012-L04-P

This continuing nursing activity was approved by the Western Multi-State Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Arizona, Colorado, Idaho, and Utah Nurses Associations are members of the Western Multi-State Division. 26 contact hours provided. ID# 164-16

## Fees

The registration fees associated with this meeting are explained on the website: <https://www.agemed.org/>

## Participation Requirements

1. Complete sign in sheet
2. Attend credit designated sessions
3. Following the conference, you will be provided with a URL to Log in and complete evaluation, credit request form, and print credit statement
4. Pharmacy credit will be submitted to ACPE once participation has been verified and you have provided your NABP# and date of birth (MM/DD)

## Privacy Policy

*CMEsolutions* Privacy and Confidentiality Policy: [www.online-med-edu.com/privacypolicy.pdf](http://www.online-med-edu.com/privacypolicy.pdf)

*CMEsolutions* can be contacted at [info@cmesolutions.org](mailto:info@cmesolutions.org).

# Faculty and Planner Disclosures

**CMEolutions** requires everyone in a position to control the content of this activity to disclose any relevant financial conflict of interest they may have as related to the content of this activity. All identified conflicts of interest are thoroughly vetted by **CMEolutions** for fair balance, scientific objectivity of studies mentioned in the materials or used as the basis for content, and appropriateness of patient care recommendations.

## Conference Planning Committee

Florence Comite, M.D. No Relevant Financial Interest  
Mary L. Corry, R.N. No Relevant Financial Interest  
Derrick DeSilva, Jr., M.D. Consultant & Stock Options: C.S. Supplements  
Mark L. Gordon, M.D. No Relevant Financial Interest  
Edwin Lee, M.D. No Relevant Financial Interest  
John Rush, M.D. Cenegenics: Employee, LPIC: Owner, President, Managing Partner, VitTrackr: Board Member  
George Shapiro, M.D. No Relevant Financial Interest

*No member of CMEolutions or the Age Management Medicine Group has any relevant financial relationships to disclose in regards to this activity.*

## Faculty Oral Presentations

Zach Bush, M.D.	Owner, Biomic Sciences	Richard Lippman, Ph.D.	Paid Writer, International Anti-Aging Systems
Andrew Campbell, M.D.	Editor-in Chief, Innovision Health Media	Jeanette McCarthy, MPH, Ph.D.	Consultant, Omicia, Inc.
Ward Dean, M.D.	Medical Director, International Anti-Aging Systems & Life Enhancement	Mansoor S. Mohammed, BSc, Ph.D.	Founder & Creative Director, ManaGene
Derrick DeSilva, Jr., M.D.	Consultant: C.S. Supplements	Dan Purser, M.D.	For-Profit Educational Report on Fibromyalgia, Amazon
Gary Donovitz, M.D.	CEO and Medical Director, BioTE Medical, LLC	Joseph Raffaele, M.D.	Previous speaking honoraria, TA Sciences
S. Michal Jazwinski, Ph.D.	Stockholder, Consultant - Longevity Ventures, LLC	Neal Rouzier, M.D.	Previous honoraria, Medquest Pharmacy
Sanjay Kapur, Ph.D.	Owner, Ayumetrix, LLC		
Joseph Kitzmiller, M.D., Ph.D.	Employee, Ohio State University, Consultant, GenomeDx, LLC & Ohio Clinical Trials Inc.		

*The following faculty reported that they had No Relevant Financial Interest in any Products or Services to be discussed.*

William Andrews, Ph.D.	Edward J. James, M.D., MBA	Gregory Petersburg, D.O.
Florence Comite, M.D.	Kenneth Janson, M.D.	Kathryn Retzler, N.D.
Mary L. Corry, R.N.	Rob Kominiarek, D.O., FACOFP	Leah Sarris
John K. Crisler, D.O.	Jeffrey P. Leake, M.D.	Pankaj Vij, M.D.
Earl Eye, M.D.	Edwin Lee, M.D.	David M. Woynarowski, M.D., CPT
Mark L. Gordon, M.D.	James Mirabile, M.D., FACOG	
Rudy M. Inaba	Kathy O'Neil Smith, M.D.	

## Off-label Use

**21<sup>st</sup> Clinical Applications for Age Management Medicine** may contain discussion of unlabeled and/or investigational uses of agents not approved by the FDA. Please consult the prescribing information for each product.

## Unrestricted Educational Grants / Commercial Support

Unrestricted educational grants / commercial support for this live activity will be provided by: Life Length, TA Sciences & WorldLink Medical



## AMMG Training & Certification in Age Management Medicine

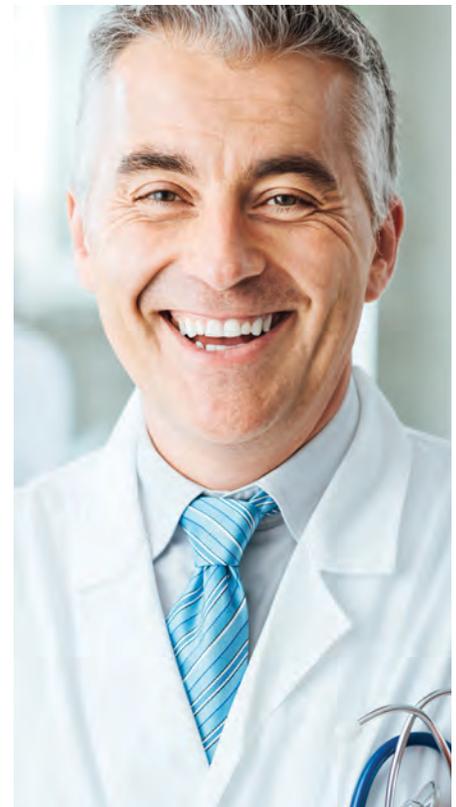
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*Unrestricted Educational Grants provided by BioTE Medical, CS Supplements, PreventMD, T.A. Sciences, University Compounding Pharmacy*

*\*By participating in the AMMG Certification Program you will be eligible to earn 82 AMA PRA Credits. To receive those credits, you must complete all participation requirements as outlined.*



To apply or get more information visit our Conference Registration Desk, email [certification@agedmed.org](mailto:certification@agedmed.org) or call 239-330-7495

# SHORT ABSTRACTS • Thursday, November 10th

## Pre-Conference Track #1: Telomere Biology: Applications for Clinical Practice

### Fundamentals of Telomere Biology

William H. Andrews, Ph.D. *President & CEO, Sierra Sciences, Reno, NV*  
We age because a clock ticks inside every dividing cell of our bodies. This clock is called the telomere clock and is found at the tips of our chromosomes. I will be discussing ways to slow down, stop, and even reverse this clock.

### Making the Case: Why Telomeres ARE Important to the Aging Process

Joseph M. Raffaele, M.D. *CEO, PhysioAge Systems, New York, NY*  
*Co-Founder, PhysioAge Medical Group, New York, NY*  
There is an ongoing debate about how important telomere length is in determining the rate of aging in humans. Resolution of this controversy is critical because it will determine if efforts to develop therapies to maintain and/or increase telomere length continue to be supported. I will present data from mortality and morbidity studies of humans with extremely short telomeres due to inherited monogenic telomere disorders, telomerase KO mouse models mimicking human aging, and successful reversal of aging in mouse models in support of the causal role that telomere length attrition plays in human aging. I will then discuss molecular (multigenic and mitochondrial) and cellular mechanisms through which telomeres might be causing aging in support of an integrated model of the role of telomeres in human aging.

### Telomere Measurement Technologies

William H. Andrews, Ph.D. *President & CEO, Sierra Sciences, Reno, NV*  
The importance of telomeres in health and longevity is now well established but in medical practice, selecting the best technology is crucial to getting clinically useful results. In this lecture, world-renowned expert Dr. Andrews will discuss the different techniques that exist and why some technologies are far more suitable for use in patient practice where  $n = 1$  and accurate results are vital in making treatment decisions.

### Clinical Outcomes with Interventions that Incorporate Telomere Activation

Florence Comite, M.D. *CEO & Founder, Comite Center for Precision Medicine, New York, NY; Member, AMMG Conference Planning Committee*  
The future of health care is already here. New tools and technologies have generated novel ways to detect, predict, and reverse disease—and aging itself—at the cellular level. Discover the power and promise of precision medicine to integrate and translate these “new world” technologies into actionable advice, tailored to the individual. This presentation will use clinical case studies to illustrate the practical application of telomere science in the clinic, as one of the integral components of an individual’s Precision Health Analysis.

### Telomere and Disease: Are Telomeres the Key to Cardiovascular and Pulmonary Disease?

Earl H. Eye, M.D., FACC *President, Cenegenics, Jacksonville, FL*  
Telomeres, the end-caps of our chromosomes, protect our genetic data, permit cell division, and hold the secrets to how we age. Certain lifestyle factors can cause our telomeres to prematurely shorten. These stunted telomeres trigger cell apoptosis, senescence, or oncogenic transformation of somatic cells. The end result: a decline in our health and lifespan. New studies reveal the extent to which telomeres play a role in our health. For example, recent research shows a direct effect between shortened telomeres and cardiac and pulmonary diseases. The good news is, lifestyle interventions, supplements, astragalus extracts and more can reverse telomere attrition. In this presentation, I will review the fundamentals of telomeres: what they do and why they’re important. In more depth, I’ll then highlight how cardiovascular and pulmonary diseases are directly affected by shortened telomeres. I’ll wrap things up by offering ways to maintain our telomere length.

### Telomere and Disease: Cancer

David Woynarowski, M.D., CPT *Anti-Aging Physician & Author of Immortality Edge, Philadelphia, PA*  
The association between telomere length, function and health and cancer is unequivocal. But what is the application of this in our particular practice of Age Management Medicine? What answers does

the literature provide to common associations and questions we have and get from our patients regarding telomere length, measurements and using the safety of telomere modification agents? Is there a role for telomere measurement and therapy in predicting or treating cancer?

### Interpreting Lab Results: Examination and Analysis of the Attendee Cohort

Joseph M. Raffaele, M.D. *CEO, PhysioAge Systems, New York, NY*  
*Co-Founder, PhysioAge Medical Group, New York, NY*  
The results of the lymphocyte subset (helper/suppressor ratio, senescent and naive suppressor cells) and telomere length (HT-QFISH) testing of the attendees who were tested prior to the workshop will be analyzed as a group and individual cases exhibiting interesting findings will be looked at in detail. The objective is to make attendees comfortable explaining the results of advanced immune function and telomere testing and its importance to patients. (Individual lab results provided to attendees who opted in to the Optional Lab Analysis)

### Telomere Maintenance: The Role of Stress, Exercise & Supplements

David Woynarowski, M.D., CPT *Anti-Aging Physician & Author of Immortality Edge, Philadelphia, PA*  
Ever since the Nobel Prize was awarded for the elucidation of Telomere/Telomerase biology a huge and growing interest in the role telomeres play in aging and disease has developed. There has been solid and exciting progress in literature supported life style modifications that may benefit telomere health and thus age management and regenerative medicine. When one examines what really is supported literature it is often different than what hears in the news. What should we practice personally and what should we tell our patients? How can we apply the literature to all of our mutual benefit?

### Telomere Treatment Strategies; Case Studies with Q & A

Joseph M. Raffaele, M.D. *CEO, PhysioAge Systems, New York, NY*  
*Co-Founder, PhysioAge Medical Group, New York, NY*

- 84 y.o. male, very healthy, active and regular intense exercise
- H/o early stage PCA rx’d xrt/seeds, CMV+.
- CD4:CD8 = 0.93, inverted
- Low naive T cell
- Senescent cytotoxic T cells 69% and 259 count

Florence Comite, M.D. *CEO & Founder, Comite Center for Precision Medicine, New York, NY; Member, AMMG Conference Planning Committee*

- 54-year-old male client presenting with poor diet and obesity. Precision Health Analysis consisted of advanced lab tests, diagnostic tests, blood and saliva genetic testing; and revealed metabolic risk syndrome and undiagnosed prostate cancer. Telomere assessment revealed biological age was two years older than chronological age. Precise intervention to and 12-month follow-up will be discussed.

Earl H. Eye, M.D., FACC *President, Cenegenics, Jacksonville, FL*

- 55 w/f, EHE on 11/09 • Weight gain, low energy, memory issues, vaginal dryness.
- SH: Past history of drug abuse, 20 pky smoker, minimal alcohol
- PMH: Abuse history, breast augmentation, facelift, MVA with concussion, left arm trauma-reconstructed
- FH: +CAD, Cancer, HTN, Neurological issues, multiple drug abuse nephrolithiasis, osteoporosis
- ROS: Allergic rhinitis, dry skin, losing hair, frequent colds/infections, irregular periods, monthly bloating, swelling, tender breasts, prior BC’s 70’s and 80’s.
- Exam: BP 100/68, T 98.7, HR 78, R 18.
- 118 lbs, 62 inches, hips 36, waist 25, 31% body fat, bone density 0.3 Student T, low conditioning, superior brain test, EXAM- minimal loss outer 1/3 eyebrows, scar left forearm, otherwise WNL
- Course: 09-11
- Great response, body building contest, good energy, good libido, likes program. Lots of stress, father died, mother with lung cancer, son with rhabdomyolysis, another sent to Afghanistan. Frequently runs out of hormones prematurely, less compliant with exercise.

### The Cortisol Meditation Connection

Mary L. Corry, RN, BSN *CNA Program Coordinator, Illinois Eastern Community Colleges; District Coordinator, Allied Health, Olney Central College, Olney, IL; AMMG Certification, Essential Knowledge in Age Management Medicine; Member, AMMG Conference Planning Committee*  
 During this presentation, the pathophysiology of cortisol will be reviewed and its physiological actions in regard to chronic diseases. Meditation as a clinical lifestyle intervention has been proven to reduce cortisol levels and improve chronic health issues. Different forms of meditation will be discussed and practiced in the course of this presentation. Some of the different types of meditation covered will be: Kundalini Yoga, tai chi and Qi gong. This presentation is interactive so bring a towel and be ready to participate. Participation is voluntary of course.

### Lifestyle Changes for Continual Healing

Edward J. James, M.D., MBA *Independent Health Researcher; Public Speaker*

The U.S. health care system is currently in crisis, principally due to a toxic food and water supply. Obstacles to meaningful health reform include many powerful corporations, too often incentivized by profit over the health and well being of our nation's citizens. These companies, including some large agribusinesses and pharmaceutical companies, exert considerable influence upon our nation's legislators, impacting dietary recommendations, agriculture subsidies, medical practice/education, and our environment, often to the health detriment of U.S. citizens. Disease should be addressed on a cellular level, principally through dietary and lifestyle changes, implementing organic, plant based, whole foods (OPBWF), in order to most effectively improve health outcomes and significantly reduce health care expenditures. Once our nation's significant nutritional deficiencies are addressed and toxins are removed from the food and water system, by implementing an OPBWF diet, bowel flora and immune function will be markedly improved, resulting in real opportunities for our nation's citizens to experience optimal health, and to escape food addiction. These steps will also help to preserve our planet, resulting in a more healthful living environment.

### Exercise Programs for Lifestyle Enhancement

Rudy M. Inaba *Director, Nutrition & Exercise, Cenegenics Elite Health; Instructor, AMMEF Certification Course*

After engaging in a physician-driven age management program, patients aim to improve their body composition, strength and conditioning. Although patients share similar goals, they do not share similar exercise experiences and have varying availability and accessibility to resources such as free weights and other fitness equipment. This presentation will review a variety of methods that may be used to provide strategic progressions in exercise programs for those with little to no history of structured exercise.

### The Art of 'Therapeutic Communication': Pragmatic Approaches to Enhance Clinical Outcomes and the Therapeutic Relationship

Gregory W. Petersburg, D.O. *Owner & Medical Director, Renaissance, Tucson, AZ; Owner, Living Younger Lifestyle & Proactive Aging Medicine System*

The patient's presenting problem, which can usually be handled with little difficulty, is frequently not the main reason for the patient's visit. Too often, patients are only treated with pills that relieve the most obvious symptoms, but do not treat the underlying condition. But, by "turning off" the symptom (which is a signal that something is wrong) the clinician removes the evidence without addressing the problem. By analogy, if you were to turn off the bell on your phone, you would never know when someone was calling and therefore you could not respond by either giving or receiving information. Patients' interpretations of subjective experiences are stored in their memories. This recorded information is used to develop expectations for subsequent events, becoming part of the patient's 'story.' These stories then continue to affect the patient's behavior and lifestyle choices, and cause expectations to become self-fulfilling prophecies. The problem is rooted in three perceptual filters influencing patients to choose lifestyle behaviors that are unhealthy or risky, because the context for the choices was not based in reality. This presentation teaches simple, pragmatic lifestyle and anti-aging practitioners new 'Therapeutic Communication' techniques that work: patients respond, practitioners save time, clinical outcomes improve, and provider-patient relationships become richer. gwpetersburg@msn.com

### Turbo Metabolism: 12 Steps to a New You

Pankaj Vij, M.D., FACP *Medical Director, Kaiser Medical Weight Management Program, Pleasanton, CA*

This presentation provides the outline for a 12 week transformation. It provides a stepwise approach to getting the patient on track with their health, fitness and weight goals. Harnessing the power of a nutrient dense plant rich real food diet, integrating components of emotional resilience: stress management and sleep, while making physical activity a part of life, it can help them get optimal results. By shifting the perspective, this presentation can move our patients from resisting change to collaborating with us while achieving their own higher purpose in life: to become who they want to be, to have more of what they want and to be able to give more of whatever it is that they would like to offer the world.

### Positive Effects of Lifestyle Modification on Sexual Function

Kenneth Janson, M.D., FACS *Senior Attending Physician, Northwestern Lake Forest Hospital; Chief Med. Officer, Prevent MD, Boca Raton, FL*

It has been clearly documented that sexual function in both men and women is an excellent barometer of overall health and well being. Healthy sexual function is the result of maintaining well balanced cardiovascular, neurological, psychological and hormonal/metabolic systems. Over the last several years there has been a great deal of emphasis on the association of hormone optimization with healthy sexual function. However, the positive effects of lifestyle modification on sexual function, with or without concurrent hormone optimization, has not been given nearly enough attention. Healthy lifestyle optimization is at least as important as hormone optimization, and best results can only be obtained when all areas of health are addressed appropriately. In this presentation, we will review the primary lifestyle modification issues that have a direct effect on sexual function. As a byproduct of improved sexual function, our patients also have the potential to experience dramatically improved overall health.

### Lifestyle Genomics and Medicine - A Health Focused

#### Approach to Medicine

Mansoor S. Mohammed, BSc (Hons Mol Gen), Ph.D. *Founder & President, ManaGeneDx*

Do we aspire to simply live longer, or to live longer while maintaining vitality and health? Most would concur with the latter. Pan-ethnic, -culture and -geographic studies have affirmed a poignant truism: the individuals most likely to maintain health and vitality throughout their lives are those that adopt lifestyle and nutrition practices cognizant of their unique genomic legacy and environment. This axiom has served as the foundation of a new field in human genomics and medicine referred to as *Lifestyle Genomics*.

Lifestyle genomics is the study of how an individual's genomic legacy converges with lifestyle and environment to contribute to health and wellbeing. Importantly, it eschews dogmatic adherence to (often) outdated statistical, *population*-based, biomarker reference ranges, which may only poorly reflect the reality of the *individual*. The tenets of lifestyle genomics are particularly relevant to practitioners and patients alike who appreciate that the maintenance of health and wellbeing is a proactive pursuit as opposed to a reactive one. Lifestyle genomics acknowledges that most human diseases are in reality chronic diseases, and that the symptomatic presentation of disease is most often on a continuum that begins with health, progresses through early, and often missed, pathway/cellular/systemic dysfunction, escalates to measurable and observable symptoms, and culminates in disease. The insights gleaned from lifestyle genomics facilitate this continuum by recommending lifestyle, and where possible, environmental choices that are in optimal harmony with the genomic legacy of the individual. This presentation covers pertinent examples of the use of lifestyle genomics as they apply to a paradigm shift in anti-aging and functional medicine.

### Culinary Medicine as an Adjunct Clinical Protocol in Lifestyle Modification

Chef Lee Sarris *Chef & Program Director, Goldring Center for Culinary Medicine, Tulane University*

In 2012, Tulane University School of Medicine launched the nation's premier medical school-based teaching kitchen, The Goldring Center for Culinary Medicine (GCCM). The center focuses on teaching medical students, medical professionals and the community culinary skills and evidence-based nutrition practices to incorporate into everyday practices, a program which has now been licensed by 15% of the medical schools in the U.S. This presentation will review the programming and investigate the tenets of the Mediterranean Diet, the core of the curriculum at GCCM. We will investigate the successes and challenges of this hands-on learning approach as well as the literature and outcomes of the culinary medicine movement.

**SHORT ABSTRACTS • Thursday, November 10th**  
**Pre-Conference Track #3: Office Based Aesthetics for**  
**the Age Management Clinician (non-CME track)**  
in conjunction with the American Academy of Medical Microneedling

**Maximizing the Power of Microneedling**

Marie Piantino, L.E. *President, Aesthetic Education Group LLC; Founder, American Academy of Medical Microneedling*  
Micro Fractional Collagen Stimulation, also referred to as microneedling/stamping/rollers, has been around since 1950. A procedure by which the body's natural response to healing is used to increase the amount of extracellular matrix (such as collagen or elastin) in the skin, microneedling creates a fractional series of thousands of micro-channels, which allow for leakage of blood, serum and lymph in a controlled and temporary manner. These "injuries" are enough to initiate the "wound healing cascade." This is an overview of current microneedling technology used for Collagen Induction Therapy in Skin and how CIT fits into the aesthetic practice.

**Stem Cells for Aesthetics: What Are They? What Kinds Exist? What is their Biological Purpose?**

Jordan R. Plews, Ph.D. *Chief Scientific Officer & Co-Founder, XytoGen Biotech*  
Lecture will discuss Stem Cells: What are they? What kinds exist? What is their biological purpose? Including: adult (mesenchymal) vs embryonic stem cells and the relative abundance of stem cells in the body + differentiation capacity/potential. Proteins: Cytokines, Peptides, Growth Factors, etc. & Healing in relationship to; Natural (Wound) Healing Process; 4 Stages of Healing and the Role of Stem Cells; How mesenchymal stem cells catalyze and guide healing; Adipose Derived Stem Cell Secretome; and review of Mesenchymal Stem Cell treatments/research/advancements. Discussion will also include the results: The Power of Stem Cells for the Skin, review of latest research & results pertaining to stem cells & the skin.

**Optimizing Skin Health and Chemical Peels**

James S. Beckman, Jr., M.D. *CEO, Medical Director & Founder, Therapon Skin Health, Springdale, AZ*  
Sun exposure causes daily, incremental, and cumulative damage to skin over a lifetime. 90% of wrinkles, pigment dyschromia, skin laxity, and skin cancers result from cumulative damage caused by free radical formation. The daily inflammatory response by skin to the injury can be minimized through effective skincare product use, harnessing the immune system to our advantage. After damage has occurred, chemical peeling can be a part of reversing the potential for skin cancers and to restore a younger appearance. This presentation shares my proven personal technique for skin peels, preferences for peeling agents, and for product ingredients to optimize skin health!

The **E-Journal of Age Management Medicine** (Editor, Jeff Morris) is published monthly by AMMG. Now in its 11<sup>th</sup> year, this electronic publication is designed to introduce readers to the specialty of Age Management Medicine, whether they are healthcare professionals familiar with this proactive, preventative approach who have already incorporated it into their practice, or are among those interested in doing so. We acknowledge the medical professionals who have pioneered in this area, and our goal is to provide them and those who will follow in their footsteps with a reliable source of cutting edge news, practical advice and relevant information about Age Management Medicine—with the goal of superior patient care, increased practice revenue and greater job satisfaction. Your comments or suggestions are welcome at [journal@AgeMed.org](mailto:journal@AgeMed.org).

**CALL FOR ARTICLES AND PAPERS**

The **E-Journal of Age Management Medicine** encourages and invites authors interested in submitting articles for publication to email us at [journal@AgeMed.org](mailto:journal@AgeMed.org).

**Specifications:** Articles should be **non-commercial** and must be related to Age Management Medicine. Those articles offering clinical perspectives or original research are given priority. Articles should be submitted in an electronic format, preferably in Microsoft Word as an attached file. Articles of extreme length may be split and published as multi-part articles. Please limit or exclude graphics. Articles should include a short biographical sketch of all listed authors.

**Provisions:** AMMG retains the right to refuse any article that we determine to be outside our editorial mission or inappropriate for this publication. AMMG may approve selected articles for reprinting in other publications, providing proper accreditation to the original author(s).

**Hair Restoration**

Bertica M. Rubio, M.D. *Medical Director, Antiaging Regenerative Medicine Clinic, Redlands, CA; Medical Advisor, Rejuvenate Image Restoration, Refine and AQ Skin Solutions*  
Find out about all the available advancements in the hair restoration field. The use of Growth Factors, PRP, microneedling and transplants. How to diagnose each patient and plan a successful restoration program. This is an exciting emerging field.

**The Use of Platelet Rich Plasma (PRP) and Adipose Derived Regenerative Cells (ADRCs) in Aesthetic Medicine: Solving Cosmetic & Genital Problems with PRP - A Literature Review**

Charles Runels, M.D. *Founder, American Cosmetic Cellular Medicine Association; Founder, Runels Center for Lifelong Health*  
Platelet-Rich plasma (PRP) has been used for over 10 years in the areas of orthopedics, oral surgery, & wound care. These same tissue healing strategies are now increasingly being used for the treatment of facial cosmetics and for the relief of sexual dysfunction. Dr. Runels is an innovator of PRP techniques to improve facial aesthetics as well as sexual function in men & women and will review the current literature and offer a preview of what's coming.

**Numbing for Aesthetic Procedures**

Amy Frost, Pharm.D. *Chief Operating Officer & Pharmacist, Pinnacle Compounding Pharmacy, Missoula, MT*  
Aesthetic Numbing: What to use for what procedure? How do you dispense correctly? How do you compound what with what? What type of base petroleum? Cream or Gel? Find out the 101 on this from the expert, so there is no over-numbing creating vassal dilation or worse discomfort to the patient.

**Part II: Hormone Issues That Affect Your Skin**

Sanjay Kapur, Ph.D., MBA *CEO, Ayumetrix, Portland, OR*  
Skin health is a major concern, especially in aging women. It is no coincidence that the decline in hormone levels as people age parallels the decline in skin properties frequently associated with aging. Hormones are intrinsically involved with processes affecting the maintenance of skin health, such as collagen content, skin lipid levels, elasticity, wound healing, glycoaminoglycan content, and facial hair patterns. This program addresses the importance of hormones in skin wellness, but also cautions women and men seeking to reverse skin deterioration by using hormone replacement. Hormonal deficiencies can be identified with minimally invasive laboratory testing and treated with hormone replacement to improve overall health and wellness as well as to mitigate the effects of aging. However, hormone replacement should be done with appropriate monitoring to ensure physiological hormone levels are achieved. The irresponsible use of topical or systemic hormones for cosmetic purposes cannot be recommended, and it is important to understand the powerful effects of hormones throughout the body. The cosmetic and anti-aging industry is big business. Yet a major culprit for the skin thinning, wrinkling, and dryness associated with aging is the decline in hormones such as estrogen and progesterone in women, and testosterone in men. This program examines the relationship between hormones and skin properties and explores the effects of hormone replacement on some of the skin problems associated with hormonal decline. While hormone replacement cannot be recommended solely for cosmetic purposes, proper monitoring of hormone levels in an aging population can help identify deficiencies that can be resolved with judicious hormone use, which may have the added benefit of improving skin wellness and thereby saving substantial costs in cosmetic treatments.

**Putting This Aesthetic Information Together and Adding Office Based Aesthetics to Your Practice**

Marie Piantino, L.E. *President, Aesthetic Education Group LLC; Founder, American Academy of Medical Microneedling*  
Where do I start? How do I create a road map that is interesting and financially successful? What do I start with and why? Do I have staff that can help me or am I adding more? How do I create an aesthetic menu and what do I charge? How do I put packages together and to what type of patient do they apply? All these questions will be discussed and answered so you are better prepared to make financial choices.

## SHORT ABSTRACTS • Thursday, November 10<sup>TH</sup>

### Pre-Conference Track #4: Traumatic Brain Injury: A Clinical Approach to Diagnosis and Treatment

In conjunction with the Warrior Angels Foundation, a 501(c)(3) non-profit organization

Mark L. Gordon, M.D. *Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios; USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA; Medical Director of Education, Access Medical Laboratories, Jupiter, FL; Member, AMMG Conference Planning Committee; Life Member, AMMG*  
**NOTE: Dr. Gordon is faculty for ALL sessions in this track**

#### An Introduction to Traumatic Brain Injury

A 30-minute overview of trauma, inflammation, and how it impacts the cognitive and emotional functionality of the brain.

#### Neurology, Neuropathology and Neuroendocrinology in Traumatic Brain Injury

60-minute discussion based upon literature about the specific cellular and biochemical cascades that are initiated by neuro-trauma. Expanding discussion on the indolent and stealth progression of the initial injury (primary) and the years of damage produced by the secondary injury.

#### The Laboratory of Traumatic Brain Injury

The assessment of neurotrauma using trophic, neurosteroids, and neuroactive steroids as markers for hormonal deficiencies that are caused by both the primary and secondary injuries associated with neurotrauma (TBI). The literature supported view that the “standard reference” ranges and “normal” reference ranges are not relative to the patient. Interpretation of the lab results using the Median Theory of optimal levels.

#### Traumatic Brain Injury and Neurobehavior

The impact of Neurosteroid deficiencies on both personality and mental abilities is clearly discussed in peer-reviewed articles. Those same articles provide support for mood and anxiety disorders developing from loss of the regulatory effects of many of the neurosteroids that are produced in the brain.

#### Supplementation for Traumatic Brain Injury - Part I

The major impact of trauma is the production of secondary injury precipitated by free radicals and oxidative stress. The use of specific anti-oxidants and the regeneration of the glutathione system in the brain can help to regain a Neuro-Permissive Environment that can allow for cellular repair and regeneration.

#### Supplementation for Traumatic Brain Injury - Part II

Continuation of the 5th lecture with specific application and treatment of traumatic brain injury. A number of cases will be discussed.

#### Case Studies - Part I

15 comprehensive cases will be dissected and presented with attendees' participation as a means of consolidating the information that will be shared throughout the day.

#### Case Studies - Part II

Continuation of the cases with attendee participation and Q & A. The goal of these cases is to allow the audience an opportunity to work out with the lecturer the initial evaluation of the patient, laboratory testing, interpretation of the test results, and selection of an optimal treatment protocol.

## SHORT ABSTRACTS • Friday, November 11<sup>TH</sup>

#### Clinical Introduction to the Emerging Field of Precision Medicine

Florence Comite, M.D. *CEO & Founder, Comite Center for Precision Medicine, New York, NY; Member, AMMG Conference Planning Committee*

Jeanette McCarthy, MPH, Ph.D. *Adjunct Associate Professor, Center for Applied Genomics and Precision Medicine; Adjunct Associate Professor of Medicine, University of California, San Francisco, Division of Medical Genetics*

Precision Medicine is poised to redefine age management medicine. By integrating data about an individual's genetics, metabolism, hormones, family history, and lifestyle, precision medicine can optimize and sustain the health and vitality of each unique individual. This introduction to precision medicine lends powerful context to Friday's curriculum, which brings diverse perspectives from leaders in the field, beginning with a lesson in foundational genomics.

#### Genes and Epigenetic Mechanisms at the Interface of Metabolism and Biological Age

S. Michal Jazwinski, Ph.D. *Professor of Medicine, Director of the Center for Aging, Tulane University; Chief Science Officer, PreventMD, LLC, Boca Raton, FL*

Health is not simply the absence of disease, although that is how it has been described traditionally. Fitness does not fit the bill well either, because it is draped in the aura of excessive physical prowess. Recent research has shown that biological age can be objectively measured and juxtaposed with chronological age. Thus, biological age can be used as a measure of relative health. It is important to note that this measure relates the status of an individual with respect to peers in the population. Several measures of biological age or healthy aging have been described. The one we developed and characterized extensively is being used to understand the metabolic and genetic predictors of healthy aging across individuals from their 50's to 90's. Surprisingly, resting metabolic rate is closely associated with healthy aging, and this has important implications for physical function ability. Men and women manifest the relationship between resting metabolic rate and

healthy aging distinctly, both at the physiologic and genetic levels. The genes involved play roles in mitochondrial metabolism. Overall, this research suggests that physical exercise regimens should be personalized to achieve the desired effects. We have searched genome wide to identify other genetic determinants of healthy aging. This effort has uncovered a genomic region that has regulatory function, conjuring up a gene regulatory network associated with healthy aging. We are now examining the epigenetic mechanisms underlying this network and healthy aging in general.

#### The Bacterial Biome and Tight Junction Barriers - Ground Zero of Chronic Inflammation, Disease and Aging

Zach Bush, M.D. *Director of Clinical Affairs, Revolution Health Center, Charlottesville, VA*

Over the last 10 years there has been an explosion of basic science data that has revealed a link between the intestinal microbiome and systemic disease in the human host. The lack of some species, or the presence of other bacterial species correlates with the occurrence of metabolic diseases, immune dysfunction, and many cancers. This correlation has radically changed the landscape of anti-aging and cancer research, and broadened the potential adjuvant therapies and interventions to prevent and reverse chronic disease in the future. This lecture reveals new insights into direct and indirect mechanisms by which the bacterial biome may mediate systemic disease. The effects of a novel family of redox molecules produced by bacteria have been shown to mediate tight junction barrier systems in the human body, reactive oxygen production from the mitochondria, and balance bacterial flora.

FRIDAY, NOVEMBER 11<sup>TH</sup> CONTINUED ON NEXT PAGE

**Endothelial Dysfunction and Aging**

**Derrick M. DeSilva, Jr., M.D.** *Chairman, AMMG Conference Planning Committee; Co-Chair, Department of Complimentary Medicine and Senior Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ; Teaching Faculty, JFK Medical Center, Edison, NJ*

The endothelium is a type of epithelium (simple squamous cells) that lines the interior surface of blood vessels and lymphatic vessels, forming an interface between circulating blood or lymph in the lumen and the rest of the vessel wall. Many scientists believe that heart disease is an inflammatory disease, not an occlusive disease. If this is the case, the endothelium is where the damage will occur and where pathology begins. Once the pathology in this layer begins, the aging process has the potential to accelerate due to the inflammatory changes within this layer and systemically. There are various nutrients and lifestyle changes that preserve this critical vascular layer by reducing inflammation. Reducing inflammation at this layer will allow the entire vascular system to function optimally, allow proper blood flow and perhaps allow optimal aging.

**The Extinction of Men - The Role of Endocrine Disruptors**

**Edwin N. Lee, M.D., FACE** *Assistant Professor of Internal Medicine, University of Central Florida College of Medicine, Orlando, FL; Founder, Institute for Hormonal Balance; Member, AMMG Conference Planning Committee*

According to the World Health Organization there are more than 800 known Endocrine Disrupting chemicals. Endocrine disruption from environmental toxins has been linked to metabolic syndrome, obesity, hypothyroidism, autoimmune thyroid disease, low testosterone, estrogen dominance, and diabetes. Toxicants like parabens in cosmetic products, perchlorate in rocket fuel, BPA in plastic bottles, heavy metals and other toxins will be covered in this talk. The role of environmental toxins being the root cause of endocrine diseases is underappreciated in clinical practice. Diagnosis and treatment will be reviewed.

**Testosterone Therapy in Men - Who Sets the Standard of Care?**

**Gary Donovitz, M.D., FACOG, FRSM** *Founder and CEO, BioTE Medical, Irving, TX; Founder and President, Institute for Hormonal Balance*

The benefits of testosterone therapy have been reported extensively in the world literature. Unfortunately, self-elected non-regulatory associations have set policies and position statements that fall short of standard of care. This has diminished the Q.O.L. for the aging male.

**Is Estrogen Good or Bad? A Literature Review of the Controversies in Treating Men with Aromatase Inhibitors**

**Neal Rouzier, M.D.** *Director, The Preventive Medicine Clinics of the Desert, Palm Springs, CA*

Recent studies have demonstrated that elevated estrogen (estradiol) levels in men are associated with an increased risk of heart disease. A plethora of data supports this contention. Unfortunately these are only observational studies that do not prove that elevated levels of estrogen cause any increase in harm, rather it is only an association and does not prove causation. In order to prove causation, interventional trials must be done in order to establish causation. There are a multitude of studies that prove high estrogen levels are protective and beneficial and certainly not harmful as we have been falsely misled to believe. The purpose of this lecture is to review the most recent literature that proves high levels of estradiol are protective against cardiovascular disease, cancer, and osteoporosis. This is in contrast to current recommendations to keep estrogen levels low in men. Various observational studies will be compared to interventional trials to gain a better understanding of the difference in power between the two and the importance of not relying on just observation to prove causation. Observing that high baseline levels of estrogen are harmful in men and extrapolating that to indicate that raising estradiol levels by giving testosterone is also harmful is entirely incorrect and can lead to harm if estrogen is blocked. So much of the beneficial effect of testosterone is in the conversion (aromatization) into estradiol. The importance of estrogen in men will be reviewed as well as the harm of blocking the aromatization into estradiol. No study has ever demonstrated benefit to lowering estrogen levels. Every study demonstrates harm in blocking estrogen aromatization. Unfortunately most physicians remain unaware of this data and continue to prescribe aromatase inhibitors to block estrogen formation.

**Aldosterone, the Hearing Hormone; Vasopressin, the Memory Hormone**

**Richard Lippman, Ph.D.** *Retired Researcher, Department of Medical Cell Biology, University of Uppsala, Sweden; Associate, International AntiAging Systems, Sark, United Kingdom*

Researchers have discovered a hearing breakthrough thanks to the natural hormone aldosterone. With this new treatment, those with hearing loss caused by aging can enjoy increased sound volume and, more importantly, improved word recognition. As a result of their restored hearing and comprehension, those with hearing loss can become more sociable again without the need for hearing aids. Vasopressin is key to the architecture and function of the brain. Fourteen clinical studies attest to the fact that vasopressin supports long- and short-term memory, memory retrieval, and sound rapid-eye-movement (REM) quality of sleep. Vasopressin has even been successfully used to treat Alzheimer's patients for mild improvement in memory. For those with hearing loss, aldosterone will improve sound, volume and word recognition. For those with memory loss, bioidentical vasopressin will improve memory.

**SHORT ABSTRACTS • Saturday, November 12<sup>TH</sup>****Does Testosterone Increase the Risk of Blood Clots? A Literature Review of the Controversies of Polycythemia vs. Erythrocytosis**

**Neal Rouzier, M.D.** *Director, The Preventive Medicine Clinics of the Desert, Palm Springs, CA*

There are long term studies and literature support for testosterone improving longevity and decreasing the diseases of aging, which can lead to deterioration in our function and ultimate demise. However testosterone has also been implicated in significant side effects, the most common of which is termed polycythemia. Therefore it has become customary to phlebotomize men on testosterone with elevated hemoglobin/hematocrit, which is the most common side effect of testosterone therapy. The Endocrine Guidelines require regular monitoring of therapy for polycythemia. However, in spite of what most believe, testosterone does not cause polycythemia nor does it cause an increase in arterial or venous thrombosis. Nevertheless the erythrocytosis that testosterone does cause is commonly extrapolated to be just as harmful as polycythemia, which is a blood disorder that increases the risk of blood clots. This is both an incorrect and inappropriate extrapolation due to misunderstanding of the terms. In spite of the widespread use of phlebotomy as the treatment of erythrocytosis, erythrocytosis is not polycythemia. The literature supports no harm of physiologic erythrocytosis caused by either testosterone or living at altitude, and this

elevation of red blood cells does not require treatment in spite of the rest of the world thinking that it does. Erythrocytosis does not result in the same harm as true polycythemia and assuming that it does is both incorrect and leads to inappropriate treatment. We should not extrapolate or misconstrue the two entities. The purpose of this lecture is to present the lack of harm of erythrocytosis or the need to phlebotomize men with erythrocytosis, in spite of the universal requirement to do so as per AACE guidelines. The safety of erythrocytosis and the difference between erythrocytosis and thrombo-producing polycythemia will be reviewed. The importance of following evidence based standards, and not public opinion, will be explained and demonstrated. Reality is not consensus of opinion yet this seems to be the case when it comes to erythrocytosis caused by the use of testosterone. However it has become customary to phlebotomize men with an elevated hemoglobin, a common side effect of testosterone therapy. In spite of the widespread use of phlebotomy as the treatment for polycythemia, polycythemia is not erythrocytosis. The literature supports no harm of erythrocytosis caused by testosterone administration or living at altitude and that physiologic erythrocytosis does not require phlebotomy in spite of the rest of the world thinking that it does require phlebotomy.

**The Neuroendocrine Theory of Aging**

**Ward Dean, M.D.** *Medical Director, Ward Dean MD, Pensacola, FL*  
The Neuroendocrine Theory of Aging is based on the works of Professor Vladimir Dilman, M.D., Ph.D., DMSc, former Director, NN Petrov Institute of Oncology, St. Petersburg, Russia. Dilman proposed that development, aging and the diseases of aging are due to a programmed loss of hypothalamic receptor sensitivity to negative feedback inhibition. Three major neuroendocrine systems are involved: Reproductive, Adaptive, and Energy systems. Changes in these systems results in a constant shifting of homeostasis and aging-related adverse biochemical and physiological changes. Dilman designated these resulting changes as the *metabolic pattern of aging*, due to the similarity of these changes with aging and the chronic diseases of aging. He proposed that aging and the diseases of aging could be prevented, delayed or reversed by: (1) restoring hypothalamic and peripheral receptor sensitivity by using readily available drugs and nutraceuticals; (2) normalizing altered biochemical and endocrine parameters; and (3) restoring mitochondrial bioenergetics. Specific drugs and nutraceuticals that will be discussed include (but are not limited to) metformin, phenytoin, selegiline, nicotinic acid, and assorted hormones and mitochondrial enhancers.

**Pharmacogenics of the Androgen Receptor; Intracrinology and the Implications for Hormone Replacement Therapy**

**Jeffrey P. Leake, M.D.**, ISSA-CPT *Senior Institute Physician, Course Director for Physician Training and Certification in Age Management Medicine, Cenegegens Medical Institute, Las Vegas, NV*  
The lecture will introduce the concept of intracrinology and discuss the mechanisms that influence hormone receptor activation within the cell. Using the example of the androgen receptor, we will highlight the difficulties of using objective assays of hormone levels to guide treatment plans for individuals suspected of having sub-optimal hormone function.

**Recognizing Stages of the Overtraining Syndrome Causing Hormonal and Neurologic Disruption**

**Rob Kominiarek, D.O., FACOFP** *Director, ReNue Health, Springboro, OH; Assistant Clinical Professor, Ohio University College of Osteopathic Medicine*

Overtraining syndrome can have various signs and symptoms, depending on the individual. The overtraining syndrome is an imbalance in the Autonomic Nervous System (ANS) and in a simple equation: Training = Workout + Nutrition + Recovery. The imbalance in both workout intensities and inadequate recovery along with food sensitivities, adrenal fatigue, nutrient deficiencies, and hormonal imbalance leads to the various stages of overtraining syndrome. Those attending this lecture will learn to identify the stages of overtraining syndrome:

Stage 1: Also called functional overtraining. The onset and earliest stage where very subtle signs and symptoms can indicate you are starting overtraining.

Stage 2: Also called sympathetic overtraining. A more obvious stage associated with specific nervous, hormonal and mechanical imbalances causing a variety of signs and symptoms.

Stage 3: Also called parasympathetic overtraining. A serious end-stage of overtraining associated with the exhaustion of neurological and hormonal factors, typically with serious physical, hormonal and psychological injuries.

Attendees will further learn implementation to recovery of hormonal, neurologic, and physical functioning thorough laboratory testing, exercise protocols, biofeedback, strategic supplementation, hormone supplementation and replacement when necessary.

**The Complete Conference Syllabus  
including all PowerPoint presentations is  
available online at [www.agedmed.org](http://www.agedmed.org)**

**Estradiol & Testosterone Therapy in Women: Benefits, Risks, Options**

**Kathryn Retzler, N.D.** *HormoneSynergy Clinic, Portland, OR*  
This lecture will cover the functions of estradiol and testosterone supplementation in peri and postmenopausal women. Benefits, risks, and side effects of estradiol and testosterone supplementation will be reviewed including key points of major studies. Oral, sublingual, topical / transdermal, vaginal, injectable, and pellet implant options will be discussed with special coverage of injectable therapies. Participants will be given dosage ranges and be able to prescribe estradiol and testosterone therapy with appropriate follow-up after attending.

**Gonadal Hormone Effects on the Brain and Certain Disease Processes**

**James Mirabile, M.D., FACOG** *Board Certified Gynecologist; Medical Director, SottoPelle, Scottsdale, AZ; Mirabile, M.D. Beauty, Health & Wellness, Private Practice, Overland Park, KS*

The usage of gonadal hormone is essential for normal brain function and protection against developing the predisposing factors that could lead to dementia and Alzheimer's. There has been little said about the beneficial effect of gonadal hormone on the brain and its protective effect against neurodegenerative disorders. Health care providers need to learn and understand about the action of hormones on other organ systems.

**Quantum Interventional Endocrinology**

**John K. Crisler, D.O.** *President, Founder & CMO, All Things Male Center for Men's Health, Lansing, MI; Dept. of Family and Community Medicine, Michigan State University-College of Osteopathic Medicine*

A new perspective for best directing the care of our hormonal patients, loosely analogous to quantum physics, which describes reality by explaining the simultaneous existence of that which appear as mutually exclusive conditions. Lecture will describe and explain the limitations of both traditional Endocrinology and Epidemiology with respect to advancing the field of Interventional Endocrinology and build upon the works of the greatest minds in our field, such as Drs. Dach, Gordon, Mintz, Rouzier, Shippen and Pati to provide an incrementally more unified theory of actions within the hormonal matrix. That while a fundamental understanding of the workings of the body will always be foundational to the practice of medicine, getting the "feel" for actions within the hormonal matrix is necessary in a field where we have just begun to scratch the surface with respect to our understanding of same. At this point the top Thought Leaders agree achieving the best results sometimes seem more an art than a science, after dedicated and constant study, combined with years of acquired clinical experience. This always has been how clinicians evolve into true healers. Abundant application of some of the latest techniques in Interventional Endocrinology, in illustrating the above points, will provide the participant with practical clinical "pearls" they may immediately implement into their own practices. Case studies will be provided.

**Plant-based Nutrition and Medicine**

**Joseph P. Kitzmiller, M.D., Ph.D.** *Assistant Professor, College of Engineering, College of Medicine, The Ohio State University, Columbus, OH; Medical Supervisor, Ohio Clinical Trials & Premier Laser Spa; Physician, Gnome Diagnostics*

Nutrition is an absolute cornerstone of age management medicine. Our patients demand clear and comprehensive nutritional guidance based on strong scientific evidence, and many are currently prescribed (or may benefit from) plant-based options for the prevention and treatment of common diseases. Strong scientific evidence from pre-clinical studies and from epidemiologic, case-control, cohort, and randomized controlled clinical trials repeatedly demonstrates the important health benefits of plant-based nutrition. Likewise, the number of herbal treatments with demonstrated efficacy continues to increase. More importantly, patients more frequently demand approaches to medicine that are more natural and holistic. This presentation offers the clinician an up-to-date overview of plant-based nutrition, discussing important results from pre-clinical and clinical investigations of the effects of plant-based nutrition on many common chronic diseases including cancer, cardiovascular disease, autoimmune disease and obesity.

**Minding the Gap: Supporting Memory, Sleep, and Attention**

**Kathy O'Neil-Smith, M.D.** *Private Internal, Integrative and Regenerative Medicine Practice, Newton, MA*

Our medical system is designed to treat disease not optimize health. Dr. O'Neil-Smith will review how she focuses on attaining patient's health, not simply treating disease. She will review her proactive approach to identify the individual factors that can lead to impaired memory, altered sleep and poor attention. By diagnosing and treating the earliest signs of decreased performance, clinicians can prevent a decline in peak status as we age or are affected by other health concerns. Aging and debility are not inevitably linked; they can be prevented or modified. Nutritional deficiencies, environmental toxins, changes to the hypothalamic-pituitary-adrenal axis, immune reactions to food, and GI dysfunctions may all play a multi-faceted role. Specialty diagnostic testing may aid in guiding clinicians to determine root causes of dysfunction. Specialty diagnostics are an integral part of a personalized and comprehensive approach to patient care.

**Prevention and Treatment of the Aging Brain**

**Andrew W. Campbell, M.D.** *Editor-in-Chief, Alternative Therapies in Health and Medicine Medical Journal & Advances in Mind-Body Medicine Journal; Editorial Board, Integrative Medicine: A Clinician's Journal; Medical Editor, Natural Solutions and Alternative Medicine Magazines*

This presentation begins with an overview of the brain and its functions. A discussion of aging population follows, continued with a review of dementia and its various forms. Environmental factors contributing to neurotoxicity and chronic neurological problems are presented, as well as other important associated factors. How to clinically assess patients age 65 and older, and what appropriate testing to order are reviewed. What measures are needed to prevent the brain from aging and what can be done to reverse cognitive decline are discussed with studies from the literature. Following this is a review of probiotics and supplements to aid in the prevention of accelerated aging.

**Strategies for Staying Young and Protecting Your Brain Function Along the Journey**

**Pankaj Vij, M.D., FACP** *Medical Director, Kaiser Medical Weight Management Program, Pleasanton, CA*

An evidence-based review of the science and tools to train our brains for optimal health. Practical tips and tricks integrating the effects of super foods, physical activity, emotional resilience and social connections to promote brain health as an essential component of enhancing health span. Learn to turn back the clock by harnessing the body and the brain's remarkable capacity to grow and heal by adopting behaviors that nourish the mind, body and spirit – and contribute to a healthier brain.

**Reducing Copper Toxicity Naturally - A New Therapy for Fibromyalgia?**

**Dan C. Purser, DC, M.D.** *Medical Director; Physician, Clinical Practice, Provo, UT; Research Assistant to Nabil Gemayel, M.D. (Pituitary Endocrinology and Cardiology) USC Keck School of Medicine; President, Professional Nutraceutical Design*

Approximately one in 50 Americans are estimated to have Fibromyalgia, or between 3-6 million people in the U.S. (American college of Rheumatology, 2004). Fibromyalgia is the 2nd most common ailment affecting the musculoskeletal system after osteoarthritis (American College of Rheumatology, 2004). It has

been well documented that essential transition metals such as copper or nonessential metals such as cadmium, mercury or lead can be toxic at the cellular, tissue, and organ level when present in excess. Excess copper has even been shown to be the probable cause of trigger points, a common and the main diagnostic sign and symptom in myofascial pain syndrome (i.e. fibromyalgia). In mammalian pathways copper is partially detoxified through sequestration of in the metal-binding and metallothioneins. In return these metallothioneins and the metal-binding systems critically require certain key substances to function - such as vitamin B6, zinc, molybdenum, and certain key amino acids, and a deficiency of any of these substances causes the process to be dysfunctional. The most critical measurement in these cases is the non-ceruloplasmin-bound-copper (NCC) level and if above 20% (upper limit of normal) then they are considered to be copper toxic. This study looked at 43 patients with various stages of severe myofascial pain syndrome (fibromyalgia), many with severe vascular headaches, measuring their NCC level, and treating with a combination supplement designed to optimally repair or aid metallothionein functionality. The endpoint of the trial was modification of pain levels. **Results:** All 43 patients reported past diagnosis of fibromyalgia (many with chronic severe headaches of various sorts), and all 43 had moderately to severely high NCC (non-ceruloplasmin-bound-copper or free copper) copper levels, and all reported significant pain and trigger points. After and during therapy all 43 reported a significant improvement in pain, and headaches, and resolution of trigger points - approaching nearly 95% reduction overall (many with almost complete resolution of pain). This information suggests that copper (or certainly the possibility of some other heavy metal) might be responsible for the main symptoms of myofascial pain syndrome or fibromyalgia and deserves more investigation. This lecture is designed to review the scientific literature on fibromyalgia and copper toxicity and subsequently review case studies and treatment plans designed to get patients feeling better and greatly improving their quality of life.

**Stress and Cardiovascular Disease: Is Cortisol the Key?**

**Sanjay Kapur, Ph.D., MBA** *CEO, Ayumetrix, Portland, OR*

High cortisol levels can be seen as a result of some rare forms of cancer affecting the hypothalamic-pituitary axis, but most commonly they are a result of persistent emotional or physical stress. Whatever the cause, high cortisol induces sweeping changes in the body's chemistry that, under normal conditions, would prepare the body for "fight or flight." When stress conditions persist, these changes are sustained and start to affect long-term health. Reproductive and immune functions are suppressed, bone density decreases, and abdominal fat increases. Many of these changes lead ultimately to an increased risk of diabetes and cardiovascular disease. The problem of high cortisol levels is now a significant health problem in societies characterized by stressful lifestyles, and we could see a big impact on health as a result of the current economic crisis in many countries around the world. Treatment of stress can be an important part of reducing diabetes and cardiovascular disease risk. Emotional and physical stress can lead to chronically high cortisol levels, which have a huge impact on overall health. Cortisol is central to many biochemical processes and is not supposed to remain high for long periods. This presentation outlines what happens when this hormone is out of balance, and how it creates ripple effects that ultimately impact cardiovascular health.

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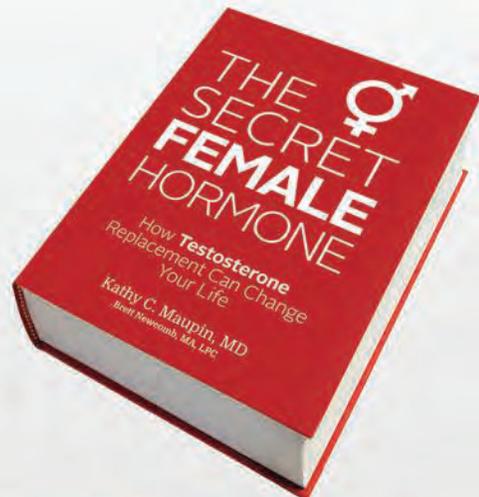
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**Kathy C. Maupin MD and Brett Newcomb, MA, LPC**  
*Authors will be signing and giving away books  
at the College Pharmacy Booth*

**Thursday 2:00 PM to 4:00 PM**  
**Friday 10:00 AM to 10:50 AM**



# Faculty Biographies



## **William H. Andrews, Ph.D.**

*President & CEO, Sierra Sciences, Reno, Nevada*

Dr. William H. Andrews has worked in the biotech industry for over 30 years, focusing the last 18 years on finding ways to extend human life through the intervention of telomere shortening in human cells. Dr. Andrews earned his Ph.D. in Molecular and Population Genetics at the University of Georgia in 1981. He was a Senior Scientist at Armos Corporation and Codon Corporation, Director of Molecular Biology at Codon and at Geron Corporation, and Director of Technology Development at EOS Biosciences. He is presently the founder, President and CEO of Sierra Sciences, a biotech company in Reno, Nevada focused exclusively on finding drugs that will transiently induce the expression of endogenous telomerase in human cells. Sierra Sciences has already identified more than fifty such drugs and is presently characterizing their mechanism of action. 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 U.S.-issued telomerase patents.

## **James S. Beckman, Jr., M.D.**

*CEO, Medical Director & Founder, Therapon Skin Health, Springdale, AR*

Dr. Beckman received a chemistry degree at the U. of Arkansas before completing medical school and general surgery residency at UAMS. Then, following plastic surgery residency at UT in Memphis, he returned to Arkansas to practice for nearly 40 years. Since 1988 he has been active in biomedical research and developing cutting-edge skin care products to provide his own patients and other physicians with medical grade skin care products to prevent and/or reverse sun damage and aging changes in skin. His research has led to granting of two patents for nanoparticles based on quantum physics. One is related to trapping UV energy before it can enter skin. Another is for killing cancer cells using visible halogen light to cause apoptosis of cancer cells. A current pending patent is a method to reverse the inflammatory process and prevention of permanent tissue damage caused by energy injury from sunburn, radiation therapy, or thermal burn.



## **Zach Bush, M.D.**

*Director of Clinical Affairs, Revolution Health Center, Charlottesville, VA*

Zach Bush, M.D. is one of the few triple board certified physicians in the country, with expertise in Internal Medicine, Endocrinology and Metabolism, and Hospice/Palliative care. The breakthrough science that Dr. Bush and his colleagues have delivered offer profound new insights into human health and longevity. In 2012 he discovered a family of carbon-based redox molecules made by bacteria, and his team has subsequently demonstrated that this cellular communication network functions as an antidote to glyphosate, and many other dietary, chemical, and pharmaceutical toxins that disrupt our body's natural defense systems. This science has resulted in a revolutionary class of dietary supplements, including the product, RESTORE. Dr. Bush points to his kids, ages ten, sixteen, and eighteen as the driving force behind his passion for change. He is fiercely motivated by a desire to have them experience a much brighter and healthier future.

## **Andrew W. Campbell, M.D.**

*Editor-in-Chief, Alternative Therapies in Health and Medicine Medical Journal & Advances in Mind-Body Medicine Journal*

*Editorial Board, Integrative Medicine: A Clinician's Journal*

*Medical Editor, Natural Solutions and Alternative Medicine Magazines*

Dr. Campbell was born in Beirut, Lebanon, graduated from private school in Switzerland when he was 14, and completed college in 3 years. He trained at the Orlando Regional Medical Center and at the Medical College of Georgia. He was medical director for the Medical Center for Immune and Toxic Disorders in Houston for over 20 years. His practice was in immunology and toxicology. Dr. Campbell served both on the faculty and as a member on the admissions committee for the University of Texas Medical School. He founded the St. John Vianney Clinic for the indigent 27 years ago. He has served as president or vice-president of a number of medical organizations, both national and international. Dr. Campbell is fluent in English, French, Spanish, German and Hungarian. He has been on several television shows, including 20/20, the Montel Williams Show, 24 Hour Investigative News and has been interviewed by NBC, ABC and CBS affiliates throughout the United States as well as television programs in Canada and Mexico. Dr. Campbell has published over 80 peer-reviewed journal articles and medical textbook chapters. He is currently the editor-in-chief of two peer reviewed and indexed medical journals, and serves as medical advisor to several entities.



## **Florence Comite, M.D.**

*CEO & Founder, Comite Center for Precision Medicine, New York, NY  
Member, AMMG Conference Planning Committee*

Florence Comite, M.D. is a leader and innovator in the field of Precision Medicine with extensive experience detecting and reversing disease at the cellular level. In 2005, Dr. Comite established the Center for Precision Medicine in New York City, where she integrates and interprets individual genomic, metabolomic, and phenotypic data to provide health analyses and actionable, personalized guidance to some of the nation's top executives, physicians, and clients worldwide. Dr. Comite is a graduate of Yale School of Medicine where she was a faculty member for 25 years and founder of Women's Health at Yale. She is an endocrinologist with multidisciplinary training in Internal Medicine, Pediatrics, Gynecology, and Andrology at the National Institute of Child Health and Human Development, NIH. She has contributed original research to numerous clinical journals and is the best-selling author of *Keep It Up*, a book about Precision Medicine and men's health.

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# Faculty Biographies

## Mary L. Corry, RN, BSN

*CNA Program Coordinator, Illinois Eastern Community Colleges  
District Coordinator, Allied Health, Olney Central College, Olney, IL  
AMMG Certification, Essential Knowledge in Age Management Medicine  
Member, AMMG Conference Planning Committee*

For the past seven years, Mary Corry has been working as the Coordinator of Allied Health at Olney Central College in Olney, IL. She has organized, conducted, and facilitated over 30 nursing education workshops on various healthcare topics. In 2014, she was promoted to the CNA Program Coordinator for all four community colleges in the Illinois Eastern Community Colleges District. Since 2011 she has served on the Illinois Department of Public Health Basic Nursing Assistant Advisory Committee. Mary has been a speaker at the State CNA Educators Conferences and has lectured on Age Management and Restorative Care. She presented and moderated for a Wellness Symposium in West Virginia in the summer of 2014. Mary Corry joined the Age Management Medical Group and completed her Certification in Essential Knowledge in Age Management Medicine in January of 2015. She received her Bachelor of Science Degree in Nursing from Indiana State University and has been certified as a Personal Trainer through the American Council on Exercise for over 10 years. Mary's passion is to teach lifestyle modification.



## John K. Crisler, D.O.

*President, Founder & CMO, All Things Male Center for Men's Health, Lansing, MI  
Dept. of Family and Community Medicine, Michigan State University-College of Osteopathic Medicine*

"Dr. John" Crisler is an Osteopathic Physician located in Lansing, MI. Dr. Crisler got his start in hormone modulation and recovery therapies protecting professional and non-professional athletes from the adverse affects of anabolic steroid use. He has distinguished himself in the field of Age Management Medicine by developing new treatment protocols for Testosterone, and Thyroid optimization, which have influenced the way physicians all over the world treat their patients. His patients also derive the benefits of his substantial experience in treating Adrenal Fatigue, and is one of few physicians who address the dreaded Post Finasteride Syndrome (PFS). Commanding a substantial Internet following, Dr. Crisler founded the first Internet Forum on TRT moderated by a physician, and has answered more medical questions pro bono than any doctor in the history of the Internet. Dr. Crisler is a strong advocate for TRT, which he describes as "the most significant advancement in men's health in history." His ethical standards led to a feature article in Playboy magazine in April 2007, called "Dr T to the Rescue" ("Dr T" standing for testosterone, is Dr. John's nickname). Dr. Crisler has proudly become a mainstay at medical conferences in our field, for whom he has lectured, co-hosted and moderated across the country and around the world. His paper, "Testosterone Replacement Therapy: A Recipe for Success" after becoming the most highly read in the history of the field of Endocrinology, has now been expanded into a very popular book. Dr. John enjoys training fellow physicians, as well as the public.



## Ward Dean, M.D.

*Medical Director, Ward Dean MD, Pensacola, FL*

Dr. Dean graduated from the U.S. Military Academy (West Point) in 1967, and spent six years as an infantry officer (including a tour in Vietnam as a Ranger battalion advisor). He attended Han Yang University College of Medicine in Korea, and spent seven years as an Army Flight Surgeon. He was the first surgeon for Delta Force (1982-1985). He transferred into the Navy in 1990, from which he retired as a commander in 1996. He is currently in private practice in Pensacola, Florida, where he specializes in the prevention and treatment of chronic degenerative diseases—focusing on the most common of these diseases—the aging process. Dr. Dean served on the founding Board of Directors of the American Academy of Anti-Aging Medicine (A4M), was the first vice president of A4M, and organized A4M's first scientific program in Cancun, Mexico, as well as the first two Monte Carlo Anti-Aging Conferences in Monaco. He is the Medical Director for International Anti-Aging Systems (publisher of the journal, Aging Matters). Dr. Dean's publications include: Biological Aging Measurement - Clinical Applications; Smart Drugs & Nutrients; Smart Drugs II; and The Neuroendocrine Theory of Aging and Degenerative Disease.



## Derrick M. DeSilva, Jr., M.D.

*Chairman, AMMG Conference Planning Committee  
Co-Chair, Department of Complimentary Medicine and Senior Attending Staff, Raritan Bay  
Medical Center, Perth Amboy, NJ  
Teaching Faculty, JFK Medical Center, Edison, NJ*

Dr. DeSilva is a practicing Internist at the Raritan Bay Medical Center in Perth Amboy, NJ. As an adjunct professor at JFK Medical Center in Edison, NJ, he has lectured on various topics in medicine, nationally and internationally, and is an avid member of The American Medical Association, American Diabetes Association, American Heart Association, and Society of Internal Medicine, as well as past president of the American Nutraceutical Association. He is the 2010 recipient of the Alan P. Mintz, M.D. Award for Clinical Excellence in Age Management Medicine and recipient of the Best Doctor Award by Castle Connolly for the past 15 consecutive years. Dr. DeSilva has authored and published "Coping with Lyme Disease" and "Ask the Doctor." He has his own radio talk show, "Ask the Doctor" which airs on WCTC Radio in New Jersey (1450 AM), and is a medical correspondent for Cablevision (News12 New Jersey) and host of "12 to Your Health." He has also attained national television exposure by hosting medical segments on CNN and appearing as a guest on numerous programs, including ABC Night Line. Dr. DeSilva has been instrumental in the formulation of over 100 different natural products. He is currently Chair of the AMMG Conference Planning Committee.



## Gary Donovitz, M.D., FACOG, FRSM

*Founder and CEO, BioTE Medical, Irving, TX  
Founder and President, Institute for Hormonal Balance*

Dr. Gary Donovitz has been an innovator in bioidentical hormone replacement for over 20 years. Founder and CEO of BioTE® Medical, Dr. Donovitz is also the Medical Director for The Institute for Hormonal Balance. Over the past seven years he has championed the mission of changing healthcare through an individualized, comprehensive method of hormone optimization. He is considered an expert in the field of subcutaneous hormone pellet therapy and is an international lecturer on the subject. Dr. Donovitz has performed more than 60,000 pellet insertions. He was given the award for best teaching resident at Tulane University in New Orleans, LA, and is a Fellow of the American College of Obstetrics and Gynecology and a Fellow of the Royal College of Medicine, and delivered 7500 babies in Arlington, TX. Dr. Donovitz was a pioneer in robotic surgery and trained physicians across the country. His book "Age Healthier Live Happier - How to Stop Overmedicating Through Natural Hormone Balance" was a best seller in 2015. Dr. Donovitz is offering free signed copies at the BioTE® booth at this year's AMMG.



# Faculty Biographies



## **Earl H. Eye, M.D., FACCPC** *President, Ceneogenics, Jacksonville, FL*

Dr. Earl Eye graduated magna cum laude from West Virginia University and completed his training at the University of Florida-Shands Hospital in Jacksonville, FL. Dr. Eye is board certified in Internal Medicine, Critical Care, Infectious Diseases, and Pulmonary Medicine, and is AMA certified in Age Management Medicine. He has particular expertise in hormone optimization, nutraceuticals and proper dietary habits. Disillusioned with constantly treating younger, critically-ill patients in the ICU, whose problems could have been prevented, Dr. Eye transitioned from traditional medicine to proactive medicine in 2000. In 2001 he opened a health and wellness practice which focused on correcting nutritional imbalances in his patients. In 2005, Dr. Eye joined the Ceneogenics family as an affiliate, and in 2010 became a Ceneogenics partner. He is currently the President of Ceneogenics Jacksonville and is committed to helping patients maintain health and live well, longer. Additionally, Dr. Eye is an

institute physician for Ceneogenics' corporate headquarters in Las Vegas.

## **Amy Frost, Pharm.D.**

### *Chief Operating Officer & Pharmacist, Pinnacle Compounding Pharmacy, Missoula, MT*

Amy Frost is the chief operating officer and pharmacist of Pinnacle Compounding in Missoula, MT. Amy received her bachelors in Chemistry and Microbiology at MSU Bozeman. She attended pharmacy school at the University of Montana where she remains an associate professor of pharmacy practice. She began her career in retail pharmacy and consulting for long term care facilities in geriatric medicine. In 2013 she transitioned into specialty compounding as a way to advance her skills and provide patients with the knowledge they need to understand medication alternatives as it relates to them individually.



## **Mark L. Gordon, M.D.**

### *Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios; USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA; Medical Director of Education, Access Medical Laboratories, Jupiter, FL; Member, AMMG Conference Planning Committee; Life Member, AMMG*

Originally residency trained and board certified in Family Medicine (1984), Dr. Mark L. Gordon continued his medical education in Clinical Orthopedics (1990), Cosmetic Dermatology (1993), and Sports Medicine (1995) prior to culminating in Interventional Endocrinology (1997) - a term which he coined in 2003. In 2005, Dr. Gordon received his exempt Pharmacist license from the State of California. After 15 years as a general consultant to the Medical Board



of California, he was enlisted as a consultant in Endocrinology, Internal Medicine and Alternative medicine in 2015. Dr. Gordon has been a strong advocate of preventive medicine through the optimization of neuroactive and neurosteroids. He was instrumental in increasing the recognition of Traumatic Brain Injury (TBI) as a cause of hormonal deficiency in the hallmarked presentation on ESPN's Outside the Lines (2007). His first book, *The Clinical Application of Interventional Endocrinology* (2008), is recognized by his peers as a dissertation on the standards of care and assessment for Hormone Replacement Medicine. His academic standards and medical knowledge had been recognized by USC, where he holds the position as Voluntary Associate Clinical Professor (1998) in the USC Keck School of Medicine. As medical director of CBS Studios (2001), he has participated in studio projects in addition to outside projects with HBO, CBS, ESPN, CNN, FOX, and a number of international programs. In 2004, Dr. Gordon recognized the association between TBI, hormonal imbalances and neurobehavioral conditions. Since then he has focused attention on this association lecturing to both national and international organizations. In 2015, he was invited to

give his TBI - A Hormone Dysfunctional Syndrome at UCLA under the late Dr. Stephen L. Coles. Dr. Gordon is Medical Director of Millennium Health Centers, Inc. - Medicine for the 21st century, in Encino CA. In 2010 he became the Medical Director of Education for Access Medical Laboratories of Jupiter, FL, helping to promote the newest technologies in laboratory science. In 2015, Dr. Gordon released his newest book, *Traumatic Brain Injury - A Clinical Approach to Diagnosis and Treatment*, presenting the science and his experience treating all precipitating causes of traumatic brain injury in both military, veteran, sports, and civilian populations. Presently, Dr. Gordon has joined with charitable organizations Warrior Angels Foundation and Task Force Dagger to provide services to members of the armed forces both active and veterans.

## **Rudy M. Inaba**

### *Director, Nutrition & Exercise, Ceneogenics Elite Health; Instructor, AMMEF Certification Course*

Rudy holds a Bachelor of Science in Exercise Science with a concentration in Cardiac Rehabilitation from Bloomsburg University of Pennsylvania where he cofounded the Bloomsburg Iron Club, a university recognized student organization that promotes sport nutrition and advanced resistance training protocols. Following graduation, Rudy relocated to Las Vegas where he completed post-graduate coursework in clinical exercise physiology at the University of Nevada, Las Vegas. He also worked as a personal trainer, helping clients at all levels of health. In 2009, Mr. Inaba joined Ceneogenics. As Director of Nutrition and Exercise, Rudy oversees a team of 30 nutrition and exercise counselors at 20 Ceneogenics locations. Rudy has been instrumental in the revitalization of Ceneogenics Living Online, developing an extensive exercise video library, recipes and exercise and nutrition tips. In his CERF Clinical Instructor role, he educates training physicians in nutrition and exercise prescription and holds live demonstrations of physiological assessments, such as maximal oxygen uptake and resting metabolic rate.



## **Edward J. James, M.D., MBA** *Independent Health Researcher; Public Speaker*

Dr. Edward Joseph James is passionate about empowering Americans, through nutrition and lifestyle education, to live considerably healthier and longer lives. He embraces a rapidly expanding body of unbiased, compelling scientific research which strongly indicates that many diseases which impact the lives of Americans are usually preventable, very often reversible, and even curable through diet and lifestyle changes alone. Dr. James is a retired, board certified, general diagnostic radiologist and neuroradiologist, who diagnosed many chronic diseases, during more than 16 years of clinical practice. Personally cured of obesity, pre-diabetes and food-addiction by diet and lifestyle changes, Dr. James now inspires and educates others on natural approaches to preventing and treating these and many other diseases. Certified in plant-

based nutrition by the T. Colin Campbell Center for Nutrition Studies at Cornell University, Dr. James has hosted a weekly radio program, and has authored wellness magazine articles on nutrition, lifestyle, and health. Dr. James envisions and advocates for a U.S. health care system that addresses disease on a cellular level, by implementing diet and lifestyle interventions as first-order strategies. In a practical sense, his commitment to empowering Americans to make healthful food and lifestyle decisions means teaching them about how to interpret food labels at grocery stores, and educating them about how to prepare healthful meals in their kitchens, in order to achieve positive, actionable health results. He supports initiatives of communities and locally owned businesses, socially responsible companies, organizations, and foundations, and also individuals, who aspire to protect our environment and to assure that our nation's food and water supply is rich in nutrients, but free of toxins.

# Faculty Biographies

## **Kenneth Janson, M.D., FACS**

*Senior Attending Physician, Northwestern Lake Forest Hospital  
Chief Medical Officer, PreventMD, LLC, Boca Raton, FL*

Dr. Janson brings his extensive experience in clinical science and evidence-based medicine to the field of age management, where his goal is to develop and provide comprehensive preventative treatment programs. He seeks to combine the best of traditional medicine with clinically proven, state-of-the-art progressive methods that have the potential to improve quality of life and decrease the risk of disease. After graduating from the Tulane University School of Medicine and serving as a Captain in the U.S. Air Force, Dr. Janson practiced as a surgeon and urologist for several decades in the Chicago area. He was a founding member of Uropartners, LLC, currently one of the largest urology groups in the country. He has published numerous medical articles in surgical and urological journals, and earned the highest award from the American Urological Association for his original laboratory research. He served as Chairman of the Department of Surgery at Northwestern Lake Forest Hospital, was former Chairman of the Dean's Council of the Tulane University School of Medicine, and is currently a member of the Board of Governors, Tulane University School of Medicine. He received his certification in age management medicine in 2008 and is a frequent speaker at Age Management Medicine Group national conferences. He is the Chief Medical Officer for Prevent MD, an affiliate of Longevity Ventures, LLC, with offices in Boca Raton, FL, and Lake Forest, IL.



## **S. Michal Jazwinski, Ph.D.**

*Professor of Medicine, Director of the Center for Aging, Tulane University  
Chief Science Officer, PreventMD, LLC, Boca Raton, FL*

After receiving his Ph.D. from Stanford University, Dr. Jazwinski received additional research training at The Rockefeller University where he later joined the faculty. He moved to Louisiana State University Health Sciences Center and finally to Tulane University in New Orleans where he is the John W. Deming, M.D. Regents Chair in Aging, Professor of Medicine and Director of the Tulane Center for Aging. Dr. Jazwinski has published over 160 research articles, and he is a member or fellow of several scientific societies. His research focuses on the biology and genetics of aging, with a particular emphasis on human healthy longevity.

## **Sanjay Kapur, Ph.D., MBA**

*CEO, AYUMETRIX, Portland, OR*

Dr. Sanjay Kapur is an entrepreneurial executive with over 25 years of experience in research and clinical laboratories, contract research organizations, diagnostics and biomedical device industries. Dr. Kapur co-founded AYUMETRIX, a research and diagnostic organization that offers specialized high complexity functional laboratory consulting services for platform technology firms and diagnostic companies. He is also involved as scientific and marketing advisor and consultant for various medical device and diagnostic groups, helping with strategic planning, resource allocations, new business development and achieving timeline/milestones by partnering with ongoing relationships within targeted accounts. Sanjay spent the last 10 years of his career growing a diagnostic company. At ZRT Laboratory he was responsible for managing activities to commercialize the company's service portfolio. He developed new anti-aging testing methodologies, innovative laboratory procedures and conducted research into new applications of clinical laboratory testing. He managed research and business collaborations, international business strategy and PMA submission. Prior to helping ZRT, he had extensive experience in hormone research and served in several lead positions, managing multi-disciplinary teams working to identify, develop novel laboratory tests and technologies in a wide range of disease areas. Dr. Kapur is an internationally known and recognized anti-aging expert, with dozens of peer-reviewed publications and abstracts, as well as numerous invited presentations. He is a highly sought speaker on health and wellness at national and international medical conferences. Dr. Kapur's strong desire and passion to educate physicians all around the world motivated him to found the Society for Regenerative, Aesthetics and Anti-Aging Society of India. He also serves on editorial and scientific boards of several scientific journals and international anti-aging societies. Sanjay Kapur holds a Doctorate in Biochemistry and Masters in Business Administration.



## **Joseph P. Kitzmiller, M.D., Ph.D.**

*Assistant Professor, College of Engineering, College of Medicine, The Ohio State University, Columbus, OH  
Medical Supervisor, Ohio Clinical Trials & Premier Laser Spa  
Physician, Gnome Diagnostics*



As an NIH Translational Scholar in Pharmacogenomics and faculty member at The Ohio State University (Colleges of Engineering and Medicine), Joseph Kitzmiller, M.D., Ph.D., F.C.P. focuses his research effort on investigating the interplay among genetics and cardiovascular pharmacotherapies. With active funding from the American Heart Association and the National Institute of General Medical Sciences, Dr. Kitzmiller leads basic, translational, and clinical research of the largest classes of cardiovascular medications, statins and beta-blockers. He is a board-certified Pharmacologist (American Board of Clinical Pharmacology) and supervises implementation of clinical pharmacogenetic testing for Gnome Diagnostics and drug-development pharmaceutical trials for Ohio Clinical Trials. At the Ohio State University, he is Associate Director of the Center for Pharmacogenomics and Director of the Clinical Pharmacology Fellowship Training Program (1 of only 9 programs accredited by The American Board of Clinical Pharmacology). In 2014, Dr. Kitzmiller completed Physician Training and Certification in Age Management Medicine.

## **Rob Kominiarek, D.O., FACOFP**

*Director, ReNue Health®, Springboro, OH  
Assistant Clinical Professor, Ohio University College of Osteopathic Medicine*

Dr. Rob Kominiarek, D.O., FACOFP is a board certified Fellow of the American College of Osteopathic Family Physicians and a Fellows Crest Award Winner in Family Medicine with advanced training in Age Management Medicine and Hormone Optimization. He is president and medical director of ReNue Health®. Dr. Rob is a graduate of the Nova-Southeastern University College of Osteopathic Medicine in Fort Lauderdale, FL. He completed his residency training at Ohio University, Grandview Hospital and Medical Center in Dayton, OH and is an Assistant Clinical Professor at Ohio University. An Amazon bestselling author and Executive Producer of a weekly health segment, "Dr. Rob In the House" on NBC2 in Dayton, OH, Dr. Rob is a medical advisor and director to emergency medical services, police departments and radio and television shows across the country. He is a veteran of the United States Army with a passion directed towards overall health of the mind and body through proper nutritional habits, regular exercise, appropriate supplementation, and the intelligent optimization of hormones when clinically indicated. An avid athlete who enjoys cycling, swimming, triathlons, soccer, tennis, soaring, skiing Utah, Italian motorcycles, and automobile racing, Dr. Rob is a dedicated father who believes in practicing what he preaches, and as such lives a lifestyle dedicated towards healthy living and regular exercise.



# Faculty Biographies

## Jeffrey P. Leake, M.D., ISSA-CPT

*Senior Institute Physician, Course Director for Physician Training and Certification in Age Management Medicine, CeneGenics Medical Institute, Las Vegas, NV*



Jeffrey Park Leake, M.D. is a senior physician in clinical practice at the CeneGenics Medical Institute in Las Vegas, Nevada, where he specializes in age management medicine and also serves in the capacity of Course Director for Physician Training and Certification in Age Management Medicine. He completed his undergraduate degree at the Ohio State University with a major in molecular genetics. He went on to do research in oxalate metabolism in the Department of Physiological Chemistry at OSU and teach biochemistry to first-year medical students at the Ohio State University College of Medicine. He received his Doctor of Medicine at OSU, and entered an anesthesiology residency at the Ohio State University Hospitals, becoming chief resident and later accepting a faculty appointment as a clinical instructor in anesthesiology. After completing his board certification in anesthesiology, he spent 27 years as a practicing anesthesiologist at Harrison Medical Center in Washington, becoming the first Director of Surgical Services there. In 2009, Dr. Leake transitioned from a career

in anesthesiology to join the CeneGenics Medical Institute as a clinical physician in age management. His interest in exercise and fitness developed naturally from his athletic career while at OSU, and he is certified by the International Sports Sciences Association as a personal trainer. His personal fitness regime includes weight training, plyometrics, yoga, sprint interval training and Krav Maga.

## Edwin N. Lee, M.D., FACE

*Assistant Professor of Internal Medicine, University of Central Florida College of Medicine, Orlando, FL  
Founder, Institute for Hormonal Balance  
Member, AMMG Conference Planning Committee*

Dr. Edwin Lee is an endocrinologist, author and international speaker who - thanks in part to his groundbreaking insight in his field, and his many significant presentations at major medical conferences around the world - is a respected proponent and authority on hormonal balance and wellness, and a leader in defining the future of regenerative and functional medicine. Dr. Lee founded the Institute for Hormonal Balance, Orlando, FL in 2008, is board certified in Internal Medicine, Endocrinology, Diabetes and Metabolism, and has completed special training in Regenerative and Functional Medicine. Currently, he is the assistant professor of Internal Medicine at the University of Central Florida College of Medicine. In addition to writing his award winning books, "Your Amazing Heart, Your Awesome Brain," "Feel Good Look Younger: Reversing Tiredness Through Hormonal Balance," and "Your Best Investment: Secrets to a Healthy Body and Mind," Dr. Lee has published many articles on internal medicine and endocrinology. He was also an author in the fourth edition of "Textbook of Critical Care." His passion is healthy living and he practices what he preaches. Dr. Edwin Lee resides in Orlando, FL and has a wife and two young boys - for whom he coaches their soccer team and caddies their golf tournaments.



## Richard Lippman, Ph.D.

*Retired Researcher, Department of Medical Cell Biology, University of Uppsala, Sweden  
Associate, International AntiAging Systems, Sark, United Kingdom*

Born December 18, 1944 in Stockholm, Sweden, Dr. Lippman attended Sveaplan Vuxen Gymnasium where he graduated with honors in all courses. After attending Arizona State University and Cornell University and graduating with a Bachelor of Science degree in 1968, he was employed as a chemical researcher at the Royal Institute of Technology, Stockholm. He attended medical school at Biomedicum, Uppsala, Sweden, where he specialized in measurement and monitoring of free radicals and their effects upon aging at the Departments of Histology and Medical Cell Biology. Dr. Lippman is a member of the Swedish Medical Association. He has authored over 37 peer-reviewed scientific articles in leading gerontological journals such as *Experimental Gerontology*, *Mechanisms of Ageing and Development*, the *Journal of Gerontology*, and others. In 1984, he invented the nicotine patch. He has led clinical

double-blind, cross-over investigations, especially in regard to transdermal Vitamin B12, weight loss, and melatonin patches. In 1985, he invented the first jet-lag kit employing the then unknown hormone, melatonin. In 1987, he was awarded numerous world patents for the special free-radical inhibitor, NDGA. This invention yielded the only patent ever awarded by the US Patent Office with claims to retard human aging. During the '80s, he invented two separate non-invasive methods that probe and monitor cascading free radicals in vivo in both humans and lab animals. In recognition of these last two achievements, Dr. Lippman was nominated for the Nobel Prize in Medicine in 1996. Dr. Lippman has written over 50 anti-aging articles for International Antiaging Systems Ltd, United Kingdom. Despite semi-retirement, Dr. Lippman continues to lecture, write, and conduct anti-aging research.

## Jeanette McCarthy, MPH, Ph.D.

*Adjunct Associate Professor, Center for Applied Genomics and Precision Medicine, Duke University  
Adjunct Associate Professor of Medicine, University of California, San Francisco, Division of Medical Genetics*

Jeanette McCarthy is a UC Berkeley trained genetic epidemiologist and spent the early part of her career in industry at Millennium Pharmaceuticals before transitioning to academia. She currently holds adjunct faculty positions at UCSF and Duke University. Her previous research had focused on the genetic underpinnings of complex diseases, both infectious and chronic. More recently, she has become a leading educator in the field of genomic and precision medicine involved in both health care consumer and provider education. She was the Editor-in-Chief of the first consumer-facing magazine in this field, *Genome*, launched in 2014. She teaches genomic and precision medicine through UCSF and UC Berkeley Extension, and online through Coursera ([www.coursera.org/course/genomicmedicine](http://www.coursera.org/course/genomicmedicine)). She also designs and delivers workshops, symposia and webinars to various stakeholders through her consulting business, Precision Medicine Advisors ([precisionmedicineadvisors.com](http://precisionmedicineadvisors.com)).



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# Faculty Biographies



## **James Mirabile, M.D., FACOG**

*Board Certified Gynecologist*

*Medical Director, SottoPelle, Scottsdale, AZ*

*Mirabile, M.D. Beauty, Health & Wellness, Private Practice, Overland Park, KS*

James Mirabile, M.D. is a board certified Gynecologist. He is well respected among patients and colleagues in the Kansas City metro area for his work in obstetrics, gynecology, bio-identical hormone therapy, medical cosmetics and medical weight loss. Dr. Mirabile began providing obstetrics and gynecology in 1992. He has built a reputation of providing a professional, friendly atmosphere. After delivering over 7,500 babies, Dr. Mirabile stopped Obstetrics and now concentrates his areas of expertise in Gynecology including minimally invasive gynecological treatment and bio-identical hormone therapy to treat peri-menopausal and menopausal women. In 2013, Dr. Mirabile's team began offering bio-identical hormone replacement therapy to men who are suffering from low testosterone and andropause (the male equivalent to menopause). Dr. Mirabile is

one of five physicians who sits on the national SottoPelle Bio-Identical Hormone Replacement Therapy Advisory Board and was named SottoPelle Medical Director in December of 2015. Dr. Mirabile and his team provide training to SottoPelle providers from all across the United States. Nationally, Dr. Mirabile is known as a pioneer in cosmetic laser treatments. Dr. Mirabile was on the forefront of laser technology in the 1990's and has trained thousands of doctors around the country on laser treatments and incorporating non-surgical cosmetics into their practice. Since opening MedCosmetic in 1999, Dr. Mirabile and his team have offered patients effective, non-surgical cosmetic treatments for many common skin conditions. Dr. Mirabile is listed as one of the "Top Physicians" in the United States by the Center for the Study of Services in Washington, DC. He has also been awarded the "Physician of the Decade Award", voted upon by his peers, and listed in Squire Magazine. Dr. Mirabile's peers have also consistently voted him "Top OB/GYN" since 1994. Dr. Mirabile completed his undergraduate work at Creighton University and earned his medical degree from the University of Missouri at Kansas City. He trained in Chicago, Illinois at Mt. Sinai Hospital and St. Joseph Medical Center, an affiliate of Northwestern University.

## **Mansoor S. Mohammed, BSc (Hons Mol Gen), Ph.D.**

*Founder & President, ManaGeneDx*

Dr. Mansoor S. Mohammed is a recognized authority in the fields of medical genomics and personalized medicine. Prior to cofounding Younique Genomics, Dr. Mohammed served as the President and CEO of CombiMatrix Diagnostics where he oversaw the development of one of the most comprehensive genomics testing menus in the diagnostic industry. He was previously the Director of Advanced Technologies at Quest Diagnostics, North America's largest reference laboratory where he was honored with the Medical Innovation Award, the highest accolade given for excellence in medical research. Prior to that, Dr. Mohammed was a co-founder and Director of Research and Development at Spectral Genomics. Dr. Mohammed pioneered the development of commercial Comparative Genomic Hybridization (CGH) array technologies and was responsible for the design and launch of the industry's first commercially available CGH arrays. He was the co-primary author of the first peer-reviewed study utilizing CGH arrays in the clinical diagnosis of developmental abnormalities (2002) and later (2008) was the senior author of the first peer-reviewed study utilizing CGH arrays for clinical oncology purposes. Moreover, the CGH array technologies Dr. Mohammed helped to innovate became the basis for the discovery of genome copy number variations (CNVs). The latter has fundamentally altered and improved the way the human genome is viewed and interpreted, and has spawned thousands of studies and publications worldwide. Most recently, Dr. Mohammed has worked with leading medical practitioners to become one of the first in the world to incorporate genome CNV analyses into a comprehensive approach to personalized medicine.



## **Kathy O'Neil-Smith, M.D.**

*Private Internal, Integrative and Regenerative Medicine Practice, Newton, MA*

Dr. Kathleen O'Neil-Smith is a magna cum laude graduate of Boston University Medical School. She completed an internship in pathology at Massachusetts General Hospital followed by an internship and residency in internal medicine at the Brigham and Women's Hospital in Boston. Dr. O'Neil-Smith has completed a two-year fellowship in functional medicine through the American Academy of Anti-Aging and Regenerative Medicine and has an extensive background in nutrition, applied physiology and sports medicine. She has been on the faculty at Tufts University School of Medicine and Boston University School of Medicine. She competed as a member and later coach, of the United States Women's National Rowing Team. Dr. O'Neil-Smith is a compassionate, innovative, and conscientious physician. Her goal is to educate the public about the paradigm shift from focus on illness to preservation of health and vitality. She hopes to build a legacy of wellness medicine, helping to create a stronger, healthier population.

## **Gregory W. Petersburg, D.O.**

*Owner & Medical Director, Renascence, Tucson, AZ*

*Owner, Living Younger Lifestyle & Proactive Aging Medicine System*

Dr. Gregory Petersburg is a popular international speaker, educator, and consultant for physicians, medical professionals, and the public on lifestyle, proactive aging medicine, the 'art' of medicine, and providing unique patient experiences. He has appeared on radio, television, and in print publications and lectured nationally and internationally. Dr. Petersburg is the author and owner of the Living Younger Lifestyle & Proactive Aging Medicine System, and conducts intensive hands-on clinical practice training programs for both new and seasoned lifestyle & proactive aging practitioners. Other workshops re-train physicians in the core competencies of medicine - values, provider-patient relationships, compassion, empathy, caring, patient-centeredness, creativity, art, humor - to become more effective change-agents for their patients. He provides practice consulting services internationally, and is sought out as a 'Designed Patient Experience' expert for healthcare organizations seeking to create captivating and transformative patient and employee experiences. He is a graduate of the Michigan State University College of Osteopathic Medicine, is board certified by the American Board of Anti-Aging Medicine and by the American Board of Osteopathic Family Physicians, and is a former Clinical Assistant Professor of Family Medicine for the Oklahoma State University College of Osteopathic Medicine and Western University of Health Science College of Osteopathic Medicine of the Pacific. His 37 years of clinical experience includes lifestyle & proactive aging medicine, family medicine, and emergency medicine. He maintains an active clinical practice in Tucson, AZ, recognized as one of the top ten customer experience providers in the U.S.



## **Marie Piantino, L.E.**

*President, Aesthetic Education Group LLC*

*Founder, American Academy of Medical Microneedling*

Marie Piantino is currently President of Advanced Aesthetic Education Corp. Co-Founder of DermaMD Skincare, she is recognized globally for her comprehensive and direct training style. Her vast knowledge and 25 years experience has allowed her to be published in and serve on the advisory board of monthly periodicals such as Healthy Aging magazine. She has lectured at some of the world's most sought after events such as the A4M and AMMG where she also serves on the Board of Directors. Whether educating a physician, nurse or aesthetician, Marie's ability to provide technical knowledge with inspiration for microneedling/pre

post care programs for treatments/ingredient knowledge/product selection/use of Growth Factors and camouflage is simply outstanding.

# Faculty Biographies

## Jordan R. Plews, Ph.D.

### *Chief Scientific Officer & Co-Founder, Xytogen Biotech*

Dr. Plews is Chief Scientific Officer of Xytogen Biotech and its subsidiary, FactorFive Skincare. Before developing stem cell based skincare products, he spent over 10 years doing basic research involving human stem cells, cancer, cell therapy, genomics, and bioprocess design. He received a bachelor's degree with 1st class honors in Biochemical Engineering from University of London, then worked at Pfizer as part of their Bioprocess Development Group before being invited back to London where he completed his doctorate in Stem Cell Research and Bioprocess Management from University College London (UCL). Dr. Plews went on to train Ph.D. students and continue his research at the Stanford School of Medicine. Following many years of research utilizing various types of stem cells to treat a variety of health issues, Dr. Plews co-founded Xytogen Biotech in 2015 with the goal of developing and launching next generation topical, stem cell based solutions.



## Dan C. Purser, DC, M.D.

### *Medical Director / Physician, Clinical Practice, Provo, UT*

### *Research Assistant to Nabil Gemayel, M.D. (Pituitary Endocrinology and Cardiology) USC Keck School of Medicine President, Professional Nutraceutical Design*



A 1981 graduate of Brigham Young University. Dr. Purser then graduated from "Old Miss" (the University of Mississippi, School of Medicine) near the top of his class. Dr. Purser began with a practice in family medicine with an emphasis on geriatrics during the 1980's. In the late 1990's, coupled with his prior education and vast experience with aging patients, Dr. Purser continued with in-depth medical studies and interests in neurological studies, with an emphasis in pituitary dysfunction, as well as intensive preventive care of the body, and how these inter-relate. With Dr. Purser's vastly accumulated experience, he's enjoyed tremendous success with his patients in both his preventive medicine and traumatic brain injury practices since the late 1990's. Currently his "day job" involves work in a plastic surgery group where he deals with complex wound healing issues. He also consults for, and designs products that you can feel working for a number of nutraceutical companies. His intense studies and long standing experience in the medical profession have led Dr. Purser to be a unique contributor to a textbook for physicians, "Program 120: A Physician's Handbook on Proactive Preventive Medicine" and 15+ other books that have been bestsellers on Amazon ([www.greatmedebooks.com](http://www.greatmedebooks.com)) and iBooks.

Dr. Purser's current writings include a book directly addressing natural options for osteoporosis (for those women with side effects from bisphosphonates) and a bestselling book on MTHFR with protocols for confused patients and physicians. Dr. Purser is a longstanding Utah Medical Association delegate with honors, certificates and outstanding achievements from the American Medical Association and has been the Utah County representative for physicians practicing there to the Utah Medical Association the last several years.

## Joseph M. Raffaele, M.D.

### *CEO, PhysioAge Systems, New York, NY*

### *Co-Founder, PhysioAge Medical Group, New York, NY*

Dr. Raffaele received his B.A. in philosophy from Princeton University and his M.D. from Hahnemann University Medical School in 1989. Dr. Raffaele did his residency at The New York Hospital/Cornell University Medical Center and was formerly a clinical assistant professor of medicine at Dartmouth Medical School while in practice at the Hitchcock Clinic. Dr. Raffaele is a member of the American College of Physicians, is board certified in internal medicine, and is a diplomate of the American Board of Anti-Aging Medicine. In 1995 Dr. Raffaele began researching and developing a scientifically based treatment program and co-founded PhysioAge Medical Group. Since 1997 Dr. Raffaele has been exclusively focused on anti-aging medicine and bioidentical hormone replacement therapy.



## Kathryn Retzler, N.D.

### *HormoneSynergy Clinic, Portland, OR*

Kathryn Retzler, N.D. received her doctorate from the National College of Naturopathic Medicine in Portland, OR in 2001. After completing an internship in integrative medicine with Andrew Weil, M.D., and a residency in McMinnville, OR with Bruce Dickson, N.D., she decided to focus her enthusiasm, talents, and knowledge in building bridges between conventional and alternative medicine. She founded HormoneSynergy to help people achieve vibrant health, ideal brain function, and longevity. As a specialist in holistic medicine, she understands the role balanced hormones and neurotransmitters play in all areas of health. Dr. Retzler completed a fellowship in preventive cardiology through the American Academy of Anti-Aging Medicine with Mark Houston, M.D. and attends several age management and brain health seminars and conferences yearly. She acknowledges the mentors who have influenced her work: Rebecca Glaser, M.D.,

Thierry Hertoghe, M.D., and Daniel Amen, M.D. I recommend effective, evidence based natural therapies, lifestyle changes, and bioidentical hormones to address the underlying causes of hormone imbalance and restore health and vitality.

## Neal Rouzier, M.D.

### *Director, The Preventive Medicine Clinics of the Desert, Palm Springs, CA*

Neal Rouzier, M.D. is still a practicing board certified emergency physician and former assistant director of a large trauma center in Southern California. After completing residencies in family practice and emergency medicine at UCLA, he has practiced emergency medicine for over 30 years. In addition, Dr. Rouzier is the medical director of the Preventive Medicine Clinic of Palm Springs that specializes in hormone replacement for both men and women. He is the author of the popular book on hormone replacement entitled "How to Achieve Healthy Aging for Men & Women" which introduces BHRT. Dr. Rouzier teaches the most popular and successful courses in the U.S. on bioidentical hormone replacement and preventive medicine that focus on the research and EBM supporting hormone replacement. Dr. Rouzier teaches all the complexities of BHRT as well as the nuts and bolts of prescribing, monitoring, adjusting, and all there is to know about hormones. His basic, advanced, and complex age management courses are accompanied by 300-page workbooks referencing the medical literature that provide the basis and science behind this new paradigm in preventive medicine. Dr. Rouzier lectures at various medical academies in the U.S. and abroad and uniquely critiques the medical literature to provide the audience with insight into treatments that are not understood by most practitioners. His unique and passionate teaching style has been enjoyed by attendees to AMMG conferences since their inception.



# Faculty Biographies

## Bertica M. Rubio, M.D.

*Medical Director, Antiaging Regenerative Medicine Clinic, Redlands, CA  
Medical Advisor, Rejuvenate Image Restoration, Refine and AQ Skin Solutions*

Born in Cuba, Dr. Rubio came to the U.S. as a political refugee. She graduated from Loyola Marymount with a B.S. in Science and subsequently received her M.D. from Dartmouth Medical School. Dr. Rubio practiced traditional medicine until 2006, and now concentrates on Regenerative Medicine.



## Charles Runels, M.D.

*Founder, American Cosmetic Cellular Medicine Association  
Founder, Runels Center for Lifelong Health*

Dr. Charles Runels was born in Birmingham, AL, received his BS in Chemistry from Birmingham-Southern College and attended medical school and performed his residency in Birmingham as well. He was a research chemist for three years in the physical chemistry department of Southern Research Institute in Birmingham, and earned Board Certification in Internal Medicine in 1993. Dr. Runels practiced emergency medicine for seven years at Mobile Infirmary in Mobile, AL, as well as at Thomas Hospital in Fairhope and at Thomas Urgent Care in Daphne for two years. He spent two years practicing hyperbaric medicine (chamber used to treat scuba diving injuries, carbon monoxide poisoning, and serious infections) at Springhill Hospital in Mobile, and founded LifeStream Medical, Inc. for the purpose of education and medical research. He is the inventor of the Vampire Facelift®, the O-Shot®, the Priapus Shot®, and the Vampire Breast Lift®, and designed the 3-Day Fat Burn. Dr. Runels founded the American Cosmetic Cellular Medicine Association and the Runels Center for Lifelong Health. He published "Anytime...for as Long as You Want: Strength, Genius, Libido & Erection by Integrative Sex Transmutation (A 15-Day Course for Men to Improve Life and Sex)" in December 2004. Having worked 12 years as an inner-city emergency room physician, Dr. Runels has seen an ugly side of life and knows that after disease reaches a point, no advice can help: the person in cardiac arrest needs drugs and electrical cardioversion, not advice. But, correct and motivating advice 20 years before cardioversion may have prevented the ER visit. He hopes that Thomas Edison's prediction will be proven, and future doctors will offer more advice than drugs.

## Chef Lee Sarris

*Chef & Program Director, Goldring Center for Culinary Medicine, Tulane University*

Chef Leah obtained her BS in Culinary Nutrition from Johnson & Wales University. Besides her schooling, her love of food, nutrition and agriculture stem from her past years spent teaching students and the community in the university and non-profit sectors; her work in agriculture through farming and involvement in the Farm to School program; and her experience working in the food service industry, in both the restaurant and manufacturing sectors. She is very enthusiastic and dedicated to the program at Tulane, and excited to be part of such a forward-thinking endeavor. To our knowledge, she is the first chef to be formally employed by a medical school. As program director, Chef Leah spends a lot of time developing and teaching curriculum for medical students, the community and continuing education for the healthcare and food service industry. She is working continuously to build community partnerships with local and national organizations and to get students hands-on experience in community outreach, so they too can also understand the rewards and challenges of nutrition intervention.



## Pankaj Vij, M.D., FACP

*Medical Director, Kaiser Medical Weight Management Program, Pleasanton, CA*

A physician with passion for nutrition and fitness, interested in slowing down the aging process and optimizing human performance, Dr. Vij received Bachelor of Medicine and Bachelor of Surgery (MBBS) degrees at the All India Institute of Medical Sciences (AIIMS), New Delhi, India. Dr. Vij was House Officer in Clinical Pathology at AIIMS, and subsequently performed an Internal Medicine residency at William Beaumont Hospital, Royal Oak, MI. Now researching ways to enhance health span, not just life span by following a low glycemic, anti-inflammatory diet, regular physical activity, meditation and sleep; (adding music and humor for good measure). Bringing evidence based integration to health and wellness. Integrating the latest science and technology with age old wisdom to achieve balance in psycho-neuro-endocrine systems which are intimately inter-connected. Strong interest in mind body medicine, stress management and mindfulness as ways to quell the fire within and turn the body clock backwards.

## David Woynarowski, M.D., CPT

*Anti-Aging Physician & Author of Immortality Edge, Philadelphia, PA*

"Dr. Dave" Woynarowski was raised in a family of doctors and scientists and continued the tradition, graduating from Temple Medical School after earning his Bachelor of Arts degree at the University of Pennsylvania with a dual major in Biology and English. Today Dr. Dave credits his English degree for his prolific writing skills and famous ability to communicate effectively with everyone from those with no education to the most highly-credentialed specialists. After completing his Residency in Internal Medicine, Dr. Dave passed the Internal Medicine Boards and joined his father who had been practicing Family Medicine for three decades. Together they brought their own special blend of medicine to the community. Dr. Dave's father passed away in the year 2000, after practicing medicine for nearly 45 years and up until just a few weeks before he died. Dr. Dave's older brother, John, also an internist, passed away in 1982. "I think it was these tragedies that gave me the drive to help people not only live longer, but to have more quality in their lives," says Dr. Dave. "Their lives serve as a continuing inspiration to me." Dr. Dave embarked on a worldwide pursuit, researching the best-of-the-best in anti-aging medicine. His exhaustive search has made him one of the foremost authorities in preventative health, anti-aging, and nutritional supplements. In addition to study and research, Dr. Dave began the development of a new category of nutritional supplements, formulated from his expertise as a physician, and made from only pharmaceutical-grade ingredients. Dr. Dave has participated in numerous conferences, is often asked to speak as a consultant on various drug therapies and disease states, and was nominated for the prestigious Physician of the Year Award by the President's Committee on Health Care Reform in 2004.



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## ***Biomic Sciences***

PO Box 4574, Charlottesville, VA 22905

Website: [restore4life.com](http://restore4life.com)

Phone: 844-HEAL-GUT

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Common Sense Supplements is a natural supplement wholesaler and online retailer of the high-quality Common Sense Supplements line. We sell exclusively to physicians and other medical professionals. In addition to the many products we carry, Common Sense Supplements is also dedicated to continuing education for our partners.

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