

Conference Guide

April 27 – 30, 2017

The Omni Hotel & Resort
Championsgate/Orlando, Florida



22nd Clinical Applications for Age Management Medicine Conference



www.AgeMed.org



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



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



Dear Colleague,

Welcome to our Spring 2017 conference at the Omni Orlando Resort at ChampionsGate, Florida. AMMG is proud to again deliver four exceptional days immersed in trending topics and emerging science.

Transform your career. Physicians like you are seeking change—a better way to practice medicine. And that's just what this dynamic conference delivers: breakthrough science, timely topics, interactive panel discussions, expert presentations, compelling research and much more. Take the next steps to move forward in this growing medical specialty.

A medical conference like no other. Age Management Medicine Group steps outside the routine healthcare narrative to provide an invigorating atmosphere infused with medical excellence—peer-reviewed presentations, expert lecturers, ear-to-the-ground insights, breakthrough science, and vetted vendors in our exhibit hall. With a welcoming atmosphere in which to network with colleagues and medical experts from diverse fields, our health-focused, age-management approach will not only help you gain a new perspective, but help reawaken your passion for medicine.

As always, we chose a multiple award-winning environment that is both relaxing and luxurious to host this conference. Enjoy the many amenities of the Omni Orlando Resort at ChampionsGate, with AAA Four Diamond accommodations equipped with every modern convenience, a host of luxury amenities, plus golf, multiple pools and many more recreational options

Become certified. Find out how AMMG Training & Certification in Age Management Medicine offers a multidisciplinary, advanced course that will move you to a higher level of understanding in this life-transforming medical specialty.

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.
Mark L. Gordon, M.D.
John J. Rush, M.D., FACEP
Mary Corry, R.N., BSN
Edwin N. Lee, M.D., FACE
George C. Shapiro, M.D., FACC

SAVE THE DATE

► **November 2 – 5, 2017** ◀

23RD CLINICAL APPLICATIONS FOR AGE MANAGEMENT MEDICINE

JW Marriott Starr Pass, Tucson, Arizona

Updates will be posted on our website www.agemed.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@agemed.org:

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

Age Management Medicine Group (AMMG)

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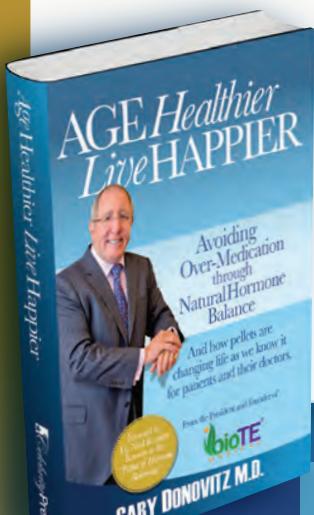
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Schedule At-A-Glance

Thursday, April 27TH

4 Concurrent Pre-Conference Tracks

Track 1: Fundamentals and Clinical Applications of IV Nutrient Therapy

This course is designed to familiarize physicians and healthcare professionals with the basics of IV Nutrient Therapy. Covers evidence basis, basic pharmacology of selected IV nutrients, common clinical uses of IV nutrients and clinical case examples. While limited in scope due to time available, the purpose of the instruction is to provide an overview of the topic with an eye to safety and efficacy of this modality in practice.
(Training certificate available upon course completion)

Track 2: Complex Case Studies and Discussion in Age Management Medicine

This session is designed for clinicians currently practicing Age Management Medicine either full or part time who would benefit from in depth, interactive discussions of cases involving various areas and clinical aspects of Age Management Medicine. This session will not include didactic lecture but focus exclusively on case presentations and interactive discussions. Presenters will be asked to provide a basic SOAP Note history of the patient case, and work through initial laboratory assessments, laboratory results, possible diagnoses, and development of an individual treatment plan of action.

7:00 AM - 7:45 AM

Forget What You Know About Probiotics!

Presented by Kiran Krishnan

Open to all attendees and includes a complimentary breakfast

Non-CME symposium sponsored by MegaSpore Biotic

8:00 AM - 8:45 AM

History, Indications and Scientific Evidence-Based Rationale for Clinical Use of IV Nutrient Therapy

Edwin N. Lee, M.D., FACE

8:45 AM - 9:45 AM

Assessing the Patient & Development of an Individualized Patient Treatment Plan: Proper Lab Tests, Understanding Lab Results, Developing an Appropriate Clinical Course of Action

Paul S. Anderson, N.M.D.

Dan Carter, N.D.

9:45 AM - 10:30 AM

Components of IV Nutrition and Equipment & Set-up Procedures: IV Bottles, Bags & IV Sets, Current FDA Rules for In-Office Compounding

Paul S. Anderson, N.M.D.

Dan Carter, N.D.

10:30 AM - 10:45 AM Break

10:45 AM - 12:00 PM

Considerations of IV Nutrition: Vitamins, Electrolytes, Trace Minerals, Amino Acids & Antioxidants

Paul S. Anderson, N.M.D.

Dan Carter, N.D.

12:00 PM - 1:30 PM Lunch Break

12:00 PM - 1:00 PM

Telomere Biology Today

Presented by Joseph Raffaele, M.D.

Open to all attendees and includes a complimentary lunch

Non-CME symposium sponsored by T.A. Sciences

1:30 PM - 2:45 PM

Properly Calculating Osmolarity and Potential Side Effects/ Problems During and After IVs—How to Identify and Treat Them

Kathryn Retzler, N.D.

2:30 PM Exhibits Open

2:45 PM - 3:30 PM Break / Visit Exhibits

3:30 PM - 4:15 PM

Complications of IV Nutrition and/or Nutrient Deficiency

Paul S. Anderson, N.M.D.

Dan Carter, N.D.

4:15 PM - 5:00 PM

Common IV Nutrition Protocols: Vitamin and Mineral Formulas, Custom Hydration Formulas, Low and High Dose IV Vitamin C, Glutathione, Lipoic Complexes, Phosphatidyl Choline

Paul S. Anderson, N.M.D.

Dan Carter, N.D.

5:00 PM - 5:30 PM

Case Studies

Paul S. Anderson, N.M.D.

Dan Carter, N.D.

5:30 PM - 7:00 PM

AMMG Welcome Reception

Held in Conference Networking and Exhibits Center

Open to all conference attendees, spouses and guests

8:00 AM - 8:45 AM

Healthy Longevity Precision Medicine Poster Child & The Complex Case

Francisco Carreño, Ph.D.

8:45 AM - 9:30 AM

Precision Medicine, Hormone Optimization & The Complex Case

L. Emma Brown, PA-C, MPT

9:30 AM - 10:15 AM

Flexible Dosing of Peptides in Complex Patient Cases

George C. Shapiro, M.D., FACC

10:15 AM - 10:30 AM Break

10:30 AM - 11:15 AM

An Integrative Nutrition Approach to Chronic Inflammation in the Complex Cancer Patient

Mark N. Mead, MSc

11:15 AM - 12:00 PM

Erectile Dysfunction: Exploring Multiple Etiologies and Treatment Strategies

Jeffry S. Life, M.D., Ph.D.

12:00 PM - 1:30 PM Lunch Break

1:30 PM - 2:15 PM

When Brains Collide: The Intersection of Concussions and the Aging Brain

Michael Lewis, M.D., MPH, MBA, FACPM, FACN

2:15 PM - 3:00 PM

Fibromyalgia and Metallothionein Dysfunction

Dan C. Purser, M.D.

2:30 PM Exhibits Open

3:00 PM - 3:40 PM Break / Visit Exhibits

3:45 PM - 4:30 PM

Significantly Elevated Homocysteine Levels: Exploring Methylation Pathways and Treatment Strategies

Bhavesh K. Patel, M.D.

4:30 PM - 5:30 PM

MTHFR and Other Genetic Issues: A Cause for Unexplained Hypogonadism?

Dan C. Purser, M.D.

Schedule At-A-Glance

Thursday, April 27TH 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

Forget What You Know About Probiotics!

Presented by Kiran Krishnan

Open to all attendees and includes a complimentary breakfast

Non-CME symposium sponsored by MegaSpore Biotic

8:00 AM - 9:00 AM

Laser Compliance Made Simple

John Cumiskey, D.C., CLSO

9:00 AM - 10:00 AM

PRP Used with Fillers

Charles Runels, M.D.

10:00 AM - 10:15 AM Break

10:15 AM - 11:15 AM

Human Adipose Derived Stem Cells (hADSCs) and Their Role in Healing and Skin Rejuvenation

Jordan R. Plews, Ph.D.

11:15 AM - 12:00 PM

Fat Grafting Outside the Box

Grant A. Fairbanks, M.D.

12:00 PM - 1:30 PM Lunch Break

12:00 PM - 1:00 PM

Telomere Biology Today

Presented by Joseph Raffaele, M.D.

Open to all attendees and includes a complimentary lunch

Non-CME symposium sponsored by T.A. Sciences

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

1:30 PM - 2:30 PM

Microneedling with Hands-on Procedure Demonstration

Marie Piantino, L.E.

2:30 PM Exhibits Open

2:30 PM - 3:15 PM

Light Emitting Diodes: Fact or Fiction

Bertica M. Rubio, M.D.

3:15 PM - 3:45 PM Break / Visit Exhibits

3:45 PM - 4:45 PM

Microneedling: Amplifying Results with Radiofrequency Energy

H. William Song, M.D.

4:45 PM - 5:30 PM

New Appeal of Private Label Brands

Sheila Malmanis, 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

wtaftbi.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, April 28TH 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 - 8:55 AM
Historical Progression and Progress of Age Management Medicine: Where Are We Today? An Update 10 Years Later
Derrick M. DeSilva, Jr., M.D.

8:55 AM - 9:55 AM
The Future: Precision Medicine Today
Florence Comite, M.D.

9:55 AM - 10:35 AM
Break / Visit Exhibits

10:35 AM - 11:15 AM
Precision Medicine at Geisinger: Experience in Identification of Inherited, Early Onset Cancer and Cardiovascular Disease in a Learning Healthcare System
David H. Ledbetter, Ph.D., FACMG

11:15 AM - 12:15 PM
Precision Pain Management: A Personalized Approach to Stem Cell Therapy
Drew DeMann, D.C., CCSP, MA, FNP, RMSK

12:15 PM - 1:30 PM **Lunch Break / Visit Exhibits**

12:15 PM - 1:15 PM
Sub-Cutaneous Hormone Pellet Therapy: Alternative to "Bad Medicine" and a "Fascinating" Way to Help Patients
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
Nitric Oxide Biochemistry and Physiology
David Lefer, Ph.D.

2:15 PM - 3:15 PM
Hypertension, Inflammation and Nitric Oxide
Nathan S. Bryan, Ph.D.

3:15 PM - 3:45 PM
Break / Visit Exhibits

3:45 PM - 4:40 PM
CBD and the Brain
Michael Lewis, M.D., MPH, MBA, FACPM, FACP

4:40 PM - 5:30 PM
Your Brain, Your Hormones: New Hope for Those at Risk
Gary Donovitz, M.D., FACOG, FRSRM

Saturday, April 29TH General Session

7:00 AM - 7:45 AM
How to Choose a Compounding Pharmacy
Presented by Joe Grasela, R.Ph.
Non-CME symposium sponsored by University Compounding Pharmacy
Open to all attendees and includes a complimentary breakfast

8:00 AM - 8:45 AM
A New Look at PCOS and Insulin Resistance: A Functional Approach to Differential Diagnosis and Treatment
Rebecca R. Murray, FNP-BC, CDE

8:45 AM - 9:30 AM
Extracorporeal Shockwave Therapy, a Cure for Erectile Dysfunction
Richard Gaines, M.D.

9:30 AM - 10:00 AM **Break / Visit Exhibits**

10:00 AM - 11:00 AM
Erectile Dysfunction: Causation and Clinical Treatment
Kathryn Retzler, N.D.

11:00 AM - 12:00 PM
What's New and What's Known: Impact of the Microbiome on Cardiometabolic Disease
Todd R. LePine, M.D.

12:00 PM - 1:15 PM **Lunch Break / Visit Exhibits**

1:15 PM - 2:00 PM
Optimizing Growth Hormone and Sex with Peptide Therapy
Edwin N. Lee, M.D., FACE

2:00 PM - 2:45 PM
The Thyroid, Adrenal, Pancreas Connection: A Synopsis of Metabolism, Energy, and Stress on the Human Body
Benjamin S. Gonzalez, M.D.

2:45 PM - 3:30 PM **Break / Visit Exhibits**

4:00 PM **Exhibits Close**

3:30 PM - 4:15 PM
Estrogen Metabolism
Jennifer Pearlman, M.D., CCFP, NCMP, FAARM

4:15 PM - 5:30 PM
Use of Low Dose Naltrexone and its Application to Inflammatory Bowel Disease, Cancer, and Autoimmune Diseases
Paul Battle, PA-C

The Complete Conference Syllabus including all PowerPoint presentations is available online at www.agemed.org

Sunday, April 30TH General Session

8:00 AM - 9:00 AM
The Science of Growth Hormone Secretagogue Technology
Mark L. Gordon, M.D.

9:00 AM - 10:00 AM
The Role of Estrogen in the Uro-Genital Health of Postmenopausal Women: Physiology, Pathology and Practical Recommendations
Israel Yoles, M.D.

10:00 AM - 10:30 AM **Break**

10:30 AM - 11:15 AM
Exercising is Medicine: Maximizing Patient Outcomes
J.R. Burgess, MS, CPT

11:15 AM - 12:00 PM
Exercise Prescription: A Precision Medicine Approach
Francisco Carreño, Ph.D.

12:00 PM - 12:45 PM
Sarcopenic Obesity: Evidence-Based Exercise Strategies
Joseph F. Signorile, Ph.D.

12:45 PM - 1:30 PM
The Therapeutic Potential of Nutritional Ketosis in Age Management
H. Douglas Woodford, M.D., FACOG

1:30 PM **CONFERENCE CONCLUDES**

Connect with AMMG Online



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Hashtag: #AMMGSpring2017

Instructions for Internet Access

Please connect to the Omni Meetings network and open your internet browser. If you are not automatically redirected to the Omni log-in page, please type in any non-secure internet website (like yahoo.com, google.com, etc.). When prompted, please enter the following credentials:

Username: **AMMG2017**

Password: **agemed**

If you require assistance with your internet connection, please contact Encore Event Technologies at (407) 238-6581 (house extension 6581) or (407) 413-6814.

Please note that usernames and passwords are case-sensitive.

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Non-CME Special Events Requiring Advance Registration

WEDNESDAY, APRIL 26TH

1:00 - 4:00 PM	Precision Medicine & Genomics Seminar Presented by Florence Comite, M.D.
6:30 - 8:30 PM	CERTIFICATION PROGRAM SPECIAL EVENT Strategies for Success in Navigating AMMG Certification Module 1 - Overview & Exam Prep Session Presented by Mary L. Corry, RN, BSN

Non-CME Events Open to All Attendees

THURSDAY, APRIL 27TH

7:00 - 7:45 AM	Forget What You Know About Probiotics! Presented by Kiran Krishnan <i>Symposium sponsored by MegaSpore Biotic - Includes a complimentary breakfast</i>
12:00 - 1:00 PM	Telomere Biology Today Presented by Joseph Raffaele, M.D. <i>Symposium sponsored by T.A. Sciences - Includes a complimentary lunch</i>
5:30 - 7:00 PM	AMMG Welcome Reception for attendees, spouses and guests Please join your colleagues in the Conference Networking / Exhibits Center

FRIDAY, APRIL 28TH

7:00 - 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. <i>Symposium sponsored by Healthy Habits - Includes a complimentary breakfast</i>
12:15 - 1:15 PM	Sub-Cutaneous Hormone Pellet Therapy: Alternative Medicine and An Alternative to 'Bad Medicine' and a 'Fascinating' Way to Help Patients Presented by Gary S. Donovitz, M.D. <i>Symposium sponsored by BioTE Medical - Includes a complimentary lunch</i>

SATURDAY, APRIL 29TH

7:00 - 7:45 AM	How to Choose a Compounding Pharmacy Presented by Joe Grasela, R.Ph. <i>Symposium sponsored by University Compounding Pharmacy - Includes a complimentary breakfast</i>
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Take Your Age Management Business to the Next Level



At Healthy Habits, our expertise in medical weight loss and age management will help your patients return to a vibrant, healthy lifestyle. With over 30 years of experience and helping over 100 clinics across the country, we provide a complete business system with everything you need to succeed.

We will teach you how to build a medical weight loss business to draw age-management patients. Our program has strong conversion rates to age-management services and maintaining a solid, long-term patient base.



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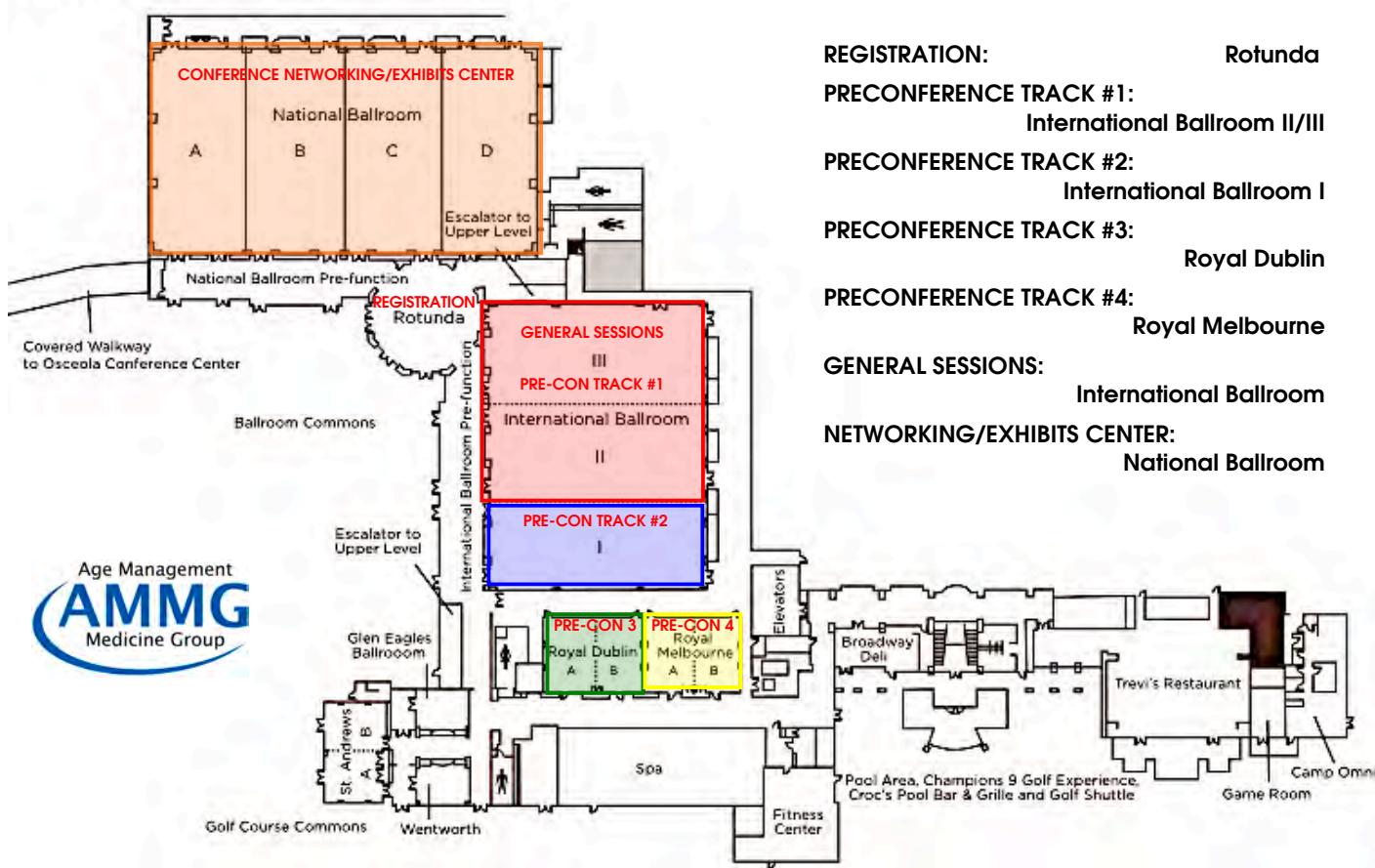
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Conference Floor Map



ChampionsGate Lower Level Ballrooms



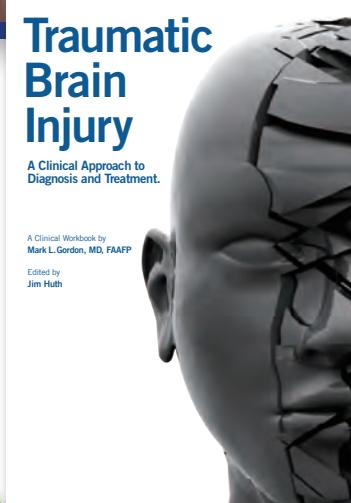
Join us at the UCP Booth for a Book Signing with Mark L. Gordon, MD
Friday, April 28th at 10am



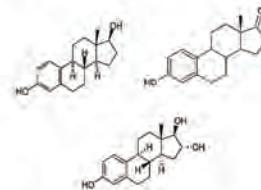
Mark L. Gordon, MD
Endocrinology and
Traumatic Brain Injury Specialist



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By Mark L. Gordon, M.D.
Medical Director, Millennium Health Centers, Inc.

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CME Information

22nd Clinical Applications for Age Management Medicine • April 27-30, 2017 • Orlando, Florida



Target Audience

This live educational program is designed for physicians and other healthcare providers involved in Age Management Medicine.

Educational Goal

The goal of the *Clinical Applications for Age Management Medicine* will be to provide relevant clinically based content on Age Management Medicine to improve patient care.

Learning Objectives

- Describe the science and the evidence basis for the use of IV Nutrient Therapy
- Discuss complex Age Management Medicine cases
- 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

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. CMEsolutions is accredited by the ACCME to provide continuing medical education for physicians.

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 26.0 contact hours (2.600 CEUs).

ACPE Program Number: 0274-9999-17-006-L04-P

This continuing nursing education 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 of the American Nurses Association.

Fees

There are registration fees for participation in this conference as outlined on the website, www.agemed.org.

Participation Requirements

1. Complete sign in sheet
2. Attend accredited sessions
3. For credit log on to URL: <http://agemed.org/April2017/Accreditation/>
4. **PLEASE NOTE: URL available beginning April 27, 2017**
5. Complete evaluation, credit request form, and download or print credit statement

Off-label Use

22nd *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.

Commercial Support

There is no commercial support provided for this educational conference.

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Faculty and Planner Disclosures

CMEsolutions 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 CMEsolutions 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: President; LPIC: Founder, Chairman, CEO; VitTrackr: Board Member
George Shapiro, M.D.	No Relevant Financial Interest

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

Faculty Oral Presentations

Paul Anderson, N.M.D.	CME Consulting Fee: Imprimis Pharmaceuticals,
Nathan Bryan, Ph.D.	Royalty: University of Texas; Stock: HumanN, SAJE Pharma
J.R. Burgess	Consultant & Teaching Fees: MedFit
Derrick DeSilva, Jr., M.D.	Consultant: C.S. Supplements
Gary Donovitz, M.D.	CEO and Medical Director: BioTE Medical, LLC
Richard Gaines, M.D.	Co-Founder & CMO, Health Gains & Gainswave
Todd LePine, M.D.	Speaker: Genova Diagnostics
Michael Lewis, M.D., MPH, MBA	Board of Advisors: Plus+CBO Oils; Speaker: Nordic Naturals

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

Paul Battle, PA-C	David H. Ledbetter, Ph.D., FACMG	Dan Purser, M.D.
L. Amma Brown, PA-C, MPT	Edwin Lee, M.D.	Kathryn Retzler, N.D.
Francisco Carreno, Ph.D.	David Lefer, Ph.D.	George Shapiro, M.D.
Dan Carter, N.D.	Jeffry S. Life, M.D.	Joseph F. Signorile, Ph.D.
Florence Comite, M.D.	Mark Mead, MSc	H. Douglas Woodford, M.D., FACOG
Drew DeMann, DC, MA, FNP, RMSK, GCSRT	Rebecca Murray, APRN	Israel Yoles, M.D.
Benjamin S. Gonzalez, M.D.	Bhavesh K. Patel, M.D.	
Mark L. Gordon, M.D.	Jennifer Pearlman, M.D.	

SHORT ABSTRACTS • Thursday, April 27TH

Pre-Conference Track #1: Fundamentals and Clinical Applications of IV Nutrient Therapy

History, Indications and Scientific Evidence-Based Rationale for the Clinical Use of IV Nutrient Therapy

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

It is estimated that the human body consists of somewhere between 100-200 trillion cells conducting an excess of 500 billion chemical reactions each second. Our cells form the basic building blocks of life. For our cells to function properly one of the most basic ingredients that our cells need is nutrition. IV nutrition is the most effective way for our cells to receive nutrients. In addition IV nutrition is a powerful tool for regenerative medicine that can repair the body at a cellular level. Modern IV therapy has been around for about 50 years although the first IV infusion has been dated from 1665. A short history of IV nutrition, the science and indications for IV nutrition will be reviewed.

Assessing the Patient & Development of an Individualized Patient Treatment Plan: Proper Lab Tests, Understanding Lab Results, Developing an Appropriate Clinical Course of Action

Paul S. Anderson, N.M.D. Consulting Physician & Medical Director; CEO, Anderson Medical Group, Seattle, WA; Research Professor, Bastyr Integrative Oncology Research Center; Full Professor, Adjunct Faculty, School of Naturopathic Medicine, Bastyr University
Dan Carter, N.D. Medical Consultant, Dr. Carter Consults; Partner, International IV Nutritional Therapy for Professionals; Nutrition Instructor, Sage School of Massage

In this session Drs. Anderson and Carter will present evidence-based information regarding the initial assessment and proper prescription of IV nutrient therapy for patients. The compilation of a therapeutic direction and treatment plan including patient history, relevant physical exam and laboratory studies will be discussed. Cautions and contraindications will also be integrated in this overview.

Components of IV Nutrition and Equipment & Set Up Procedures: IV Bottles, Bags & IV Sets, Current FDA Rules for In-Office Compounding

Paul S. Anderson, N.M.D. Consulting Physician & Medical Director; CEO, Anderson Medical Group, Seattle, WA; Research Professor, Bastyr Integrative Oncology Research Center; Full Professor, Adjunct Faculty, School of Naturopathic Medicine, Bastyr University
Dan Carter, N.D. Medical Consultant, Dr. Carter Consults; Partner, International IV Nutritional Therapy for Professionals; Nutrition Instructor, Sage School of Massage

In this session Drs. Anderson and Carter will present evidence-based information regarding the current "best practices" of IV nutrient pharmacologic handling. Issues related to clean and sterile technique, sterile product handling and latest USP guidelines will be discussed.

Considerations of IV Nutrition: Vitamins, Electrolytes, Trace Minerals, Amino Acids & Antioxidants

Paul S. Anderson, N.M.D. Consulting Physician & Medical Director; CEO, Anderson Medical Group, Seattle, WA; Research Professor, Bastyr Integrative Oncology Research Center; Full Professor, Adjunct Faculty, School of Naturopathic Medicine, Bastyr University
Dan Carter, N.D. Medical Consultant, Dr. Carter Consults; Partner, International IV Nutritional Therapy for Professionals; Nutrition Instructor, Sage School of Massage

In this session Drs. Anderson and Carter will present evidence-based information regarding the pharmacology, solution kinetics and administration of the basic units of IV nutrients in common practice. Safe dosing and combinations of agents will be discussed.

Properly Calculating Osmolarity and Potential Side Effects/Problems During and After IVs—How to Identify and Treat Them

Kathryn Retzler, N.D. HormoneSynergy Clinic, Portland, OR

This lecture will offer a step-by-step guide in osmolarity calculation of IV formulas. Participants will also receive guidance on how to identify and manage possible complications and emergencies.

Complications of IV Nutrition and / or Nutrient Deficiency

Paul S. Anderson, N.M.D. Consulting Physician & Medical Director; CEO, Anderson Medical Group, Seattle, WA; Research Professor, Bastyr Integrative Oncology Research Center; Full Professor, Adjunct Faculty, School of Naturopathic Medicine, Bastyr University
Dan Carter, N.D. Medical Consultant, Dr. Carter Consults; Partner, International IV Nutritional Therapy for Professionals; Nutrition Instructor, Sage School of Massage

In this session Drs. Anderson and Carter will present evidence-based information regarding the potential complications encountered in IV nutrient therapy. They will use their combined decades of experience managing IV infusions and complications to present strategies for prevention of complications as well as intervention should those complications occur.

Common IV Nutrition Protocols: Vitamin and Mineral Formulas, Custom Hydration Formulas, Low and High Dose IV Vitamin C, Glutathione, Lipoic Complexes, Phosphatidyl Choline

Paul S. Anderson, N.M.D. Consulting Physician & Medical Director; CEO, Anderson Medical Group, Seattle, WA; Research Professor, Bastyr Integrative Oncology Research Center; Full Professor, Adjunct Faculty, School of Naturopathic Medicine, Bastyr University
Dan Carter, N.D. Medical Consultant, Dr. Carter Consults; Partner, International IV Nutritional Therapy for Professionals; Nutrition Instructor, Sage School of Massage

In this session Drs. Anderson and Carter will present evidence-based information regarding more specific and advanced IV nutrient therapies. These therapies are often considered "add on" or adjunctive therapies to the basic nutrients. They often carry specific pharmacologic and safety parameters which will be discussed.

Case Studies

Paul S. Anderson, N.M.D. Consulting Physician & Medical Director; CEO, Anderson Medical Group, Seattle, WA; Research Professor, Bastyr Integrative Oncology Research Center; Full Professor, Adjunct Faculty, School of Naturopathic Medicine, Bastyr University
Dan Carter, N.D. Medical Consultant, Dr. Carter Consults; Partner, International IV Nutritional Therapy for Professionals; Nutrition Instructor, Sage School of Massage

In this session Drs. Anderson and Carter will present evidence-based discussion of therapy implementation for the various IV nutrient strategies presented. These will be set in the context of their many years experience in managing IV cases.

The E-Journal of Age Management Medicine (Editor, Jeff Morris) is published monthly by AMMG. Now in its 11th 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.

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.

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).

SHORT ABSTRACTS • Thursday, April 27TH

Pre-Conference Track #2: Complex Case Studies and Discussion in Age Management Medicine

Healthy Longevity Precision Medicine Poster Child & The Complex Case

Francisco Carreño, Ph.D. *Exercise Physiologist, Comite Center for Precision Medicine, New York, NY*

Aging is inevitable. Aging optimally requires proactivity, personalization, and precision. In this advanced precision medicine case study, meet a male patient whose total health, at 81 years of age, rivals his 60-year-old self. The lecture explores how data from multiple precision health assessment tools—metabolomics, genomics, telomere biology, microbiology, and more—can be integrated, interpreted, and translated into an actionable plan for healthy longevity.

Precision Medicine, Hormone Optimization & the Complex Case

L. Amma Brown, PA-C, MPT *Physician Assistant, Comite Center for Precision Medicine, New York, NY*

This advanced precision medicine case involves a 41-year-old female presenting with menometrorrhagia, hot flushes, weight gain, biomarkers indicative of perimenopause, impaired carbohydrate metabolism, and a family history of cancer, diabetes, heart disease, hypertension, and liver disease. Our precision intervention involved lifestyle modifications, medications, and supplements to manage perimenopause and reverse a chronic disease trajectory at the cellular level, decades before symptoms.

Flexible Dosing of Peptides in Complex Patient Cases

George C. Shapiro, M.D., FACC *Adjunct Assistant Professor of Clinical Medicine, New York Medical College, Valhalla, NY; Founding Partner, Cenegenics, New York City; Member, AMMG Conference Planning Committee*

This talk will explore several patients who experienced restrictions and complications with several areas of traditional age management medicine. In particular, the discussion will be centered around patients who had limitations that prevented them from using traditional medications and how new peptide therapies allowed the flexible and precise dosing to address these limitations. The talk will be centered around alternatives and additives to traditional testosterone replacement, PDE5 inhibitors and sexual function medications, growth hormone alternatives, and neuroprotective treatments. It will involve four specific patient cases to gain insights into the new options which are available and culminate in a question and answer session to help physicians with their own difficult cases.

An Integrative Nutrition Approach to Chronic Inflammation in the Complex Cancer Patient

Mark N. Mead, MSc *Nutrition Educator & Integrative Medicine Research Consultant, Carolina Center for Integrative Medicine, Raleigh, NC; Integrative Cancer Support Services, Plum Spring Clinic, Chapel Hill, NC; Institute for Integrative Cancer Research & Education, Skokie, IL; Editorial Board Member, Integrative Cancer Therapies; Freelance Health Writer & Medical Editor*

This lecture uses case studies to explore the pivotal role of chronic inflammation (and related metabolic and physiologic issues) in the treatment and management of older cancer patients. Intravenous vitamin C therapy figures in prominently here, as does targeted nutritional and botanical supplementation and even, in some cases, anti-angiogenic therapy such as copper chelation with Tetrathiomolybdate.

Erectile Dysfunction: Exploring Multiple Etiologies and Treatment Strategies

Jeffry S. Life, M.D., Ph.D. *Clinic Physician, Apeiron, Charleston, WV; Board Certified, Family Medicine; Diplomate, American Board of Family Practitioners; Fellow, American Academy of Family Physicians*

This case involves a 58-year-old male physician presenting with a 3-month history of erectile dysfunction which he attributes to low testosterone levels, an impending divorce, and career changes. Further history and laboratory findings reveal multiple potential causes of his ED that are also profoundly impacting his life in many ways. Treatment strategies that will reverse his ED and improve his overall health, wellbeing, and longevity will be discussed involving audience participation.

When Brains Collide: The Intersection of Concussions and the Aging Brain

Michael Lewis, M.D., MPH, MBA, FACP, FACN *Colonel (Ret.), U.S. Army; President and Founder, Brain Health Education and Research Institute; Physician, Cenegenics, Washington, D.C.*

Over 3 million head injuries occur each year and millions of people are living with consequences of those injuries. Using a case study format, Dr. Michael Lewis will help the audience understand the role concussions can play in the aging brain, what initial laboratory and diagnostic assessments should be considered, the development of an individual treatment plan of action to include nutritional support, and how the interplay of neurotropic hormones can influence the outcome of therapy.

Fibromyalgia and Metallothionein Dysfunction

Dan C. Purser, 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*

Recent amazing groundbreaking research has shown that fibromyalgia symptoms may be caused by excess non-ceruloplasmin bound copper (i.e. hypercuprosis), while the cause of hypercuprosis has been undetermined (other than some genetic causes), Dr. Purser determined that the root cause of fibromyalgia is most likely a metallothionein dysfunction. His soon to be published study confirms this and he goes through proofing, then a patient case example, leaving you with an understanding that fibromyalgia can be easily treated with natural metallothionein supporting supplements that will almost always resolve the fibromyalgia.

Significantly Elevated Homocysteine Levels: Exploring Methylation Pathways and Treatment Strategies

Bhavesh K. Patel, M.D. *Founder and CEO, Cenegenics, Chicago, IL*
Abnormally high homocysteine has been associated with significantly increased risk of dementia and heart disease, most likely due to its effect on the health of arteries. While many studies have been mixed regarding its cardiovascular interventional value, optimal values and challenges with treatment have confounded the results. However, high homocysteine levels can be a sign of much more insidious problems with the methionine-homocysteine pathways that are responsible for neurotransmitter production, methylation of DNA, detoxification and glutathione synthesis. Solving the riddle requires consideration of nutritional, physiologic and genetic factors, as well as an understanding of the underlying pathways. We'll cover the symptoms and biochemical markers relevant to this pathway, as well as treatment strategies.

MTHFR and Other Genetic Issues: A Cause for Unexplained Hypogonadism?

Dan C. Purser, M.D. *(see above)*

After years of pituitary endocrinology research, it became clear that many male (and female) patients who presented had hypotestosteronism and/or hypogonadism (i.e. in women this also presented as ovarian insufficiency of unknown etiology) of unexplained etiology (not primary or secondary) (50% or more of the population who presented). When repeated intracellular (Spectracell) vitamin deficiencies were noted and then found to be very similar across a significant percentage of the population, an underlying cause was sought. Dietary and nutritional issues were examined but were excluded as diets were felt to be too variable to be the answer. The vitamin deficiencies discovered were very similar. What were the most common deficiencies noted? B12, pantothenate, and folate deficiencies, all somewhat difficult to amend with the usual therapy. The team then looked at MTHFR as a genetic condition that could lead to this kind of resistant deficiency. All but two of the patients (out of more than 300) were either heterozygous (carrying one of the errors) or homozygous (carrying two of the errors). Fatigue that was severe in nature was also the most common complaint. Conclusion: These patients were then treated aggressively with complex vitamin regimens appropriate for MTHFR. The treatment was based on the belief that if these patients had the deficiencies corrected, their testosterone levels should improve accordingly. Most had significant improvement in testosterone levels, libido, fatigue, and quality of life. This lecture is designed to review the scientific literature on causes of hypogonadism and MTHFR and subsequently review case studies and treatment plans designed to get patients feeling better and greatly improving their quality of life.

SHORT ABSTRACTS • Thursday, April 27TH
Pre-Conference Track #3: Office Based Aesthetics for
the Age Management Clinician (non-CME track)
In conjunction with the American Academy of Medical Microneedling

Laser Compliance Made Simple

John Cumiskey, D.C., CLSO Certified Laser Safety Officer and Instructor, Co-Owner, Integrated Laser Solutions, LLC

This course will address laser compliance as it relates to medical and cosmetic lasers. It will classify laser compliance into two parts—laser safety and laser science—and the correlation between the two. The elements of laser safety and laser science will be highlighted as they relate to the medical or cosmetic laser operator. Laser Safety Officer rules and regulations as mandated by the American National Standards Institute and the Occupational Safety and Health Administration will be discussed. Examples will be given regarding the subjects that are included in basic laser science including basic laser physics and tissue interaction, as an example. The misconceptions on the requirements for Laser Science and Laser Safety will be illuminated. Examples and suggestions of how simple it is to become laser safety compliant are given. And finally, a brief mach course in laser science and laser safety will be conducted to allow attendees to understand the need for laser compliance.

PRP Used with Fillers

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.

Human Adipose Derived Stem Cells (hADSCs) and Their Role in Healing and Skin Rejuvenation

Jordan R. Plews, Ph.D. Chief Scientific Officer & Co-Founder, Xylogen Biotech

Human stem cells hold a lot of potential, but many of the advancements made in the last 10 years have not made it beyond the academic laboratory. This presentation reviews human stem cells, including pluripotent and mesenchymal stem cells, with specific emphasis on adipose derived stem cells (ADSCs) and their potential for healing and rejuvenating the skin. The proteins produced by mesenchymal stem cells, their role in the natural healing process of the skin, and the results from their topical application will also be discussed.

Fat Grafting Outside the Box

Grant A. Fairbanks, M.D. Founder, Fairbanks Plastic Surgery; Adjunct Assistant Professor in Surgery, University of Utah School of Medicine; Faculty, AAEG

Fat grafting has become significantly important in plastic surgery. Traditional uses were mainly for reconstruction of tissue volume loss. This has expanded to aesthetic cases. With better understanding, fat grafting is being used to improve tissue quality to include scar. It is suggested that adipose derived stem cells play an important role in the repair and regeneration of acute and chronically damaged tissues. Indications for fat grafting is expanding as demonstrated in this presentation.

Microneedling with Hands-on Procedure Demonstration

Marie Piantino, L.E. President, Aesthetic Education Group LLC; Founder, American Academy of Medical Microneedling

Nadia Bixler, L.E.I. Owner, Halo Aesthetics Essentials, Boise, ID; Instructor, North West Laser Institute, Meridian, ID

Microneedling, CIT (collagen induction therapy) or vertical needling is a method of using an automatic device to perforate the tissue on the face and/or body. Tiny "micro" needles are used to create microchannels in the tissue which start a controlled wound healing action. This healing action is a natural process the body goes through after injury. Microneedling creates hundreds of thousands of microchannels in the dermas which heal themselves over the next several weeks. These tiny perforations also aid in product absorption, therefore peptides, hyaluronic acids & PRP (Platelet

Rich Plasma) is topically applied during the microneedling process. Microneedling is gaining popularity in the medical aesthetic field because it can treat a variety of skin indications, and it is a high profit, non-invasive procedure that can be delegated to a nurse, MA or aesthetician.

Light Emitting Diodes: Fact or Fiction

Bertica M. Rubio, M.D. Medical Director, Antiaging Regenerative Medicine Clinic, Redlands, CA; Medical Advisor, Rejuvenate Image Restoration, Refine and AQ Skin Solutions

LED or Light Emitting Diodes was first used in a NASA program for healing. How do we choose the right equipment and what are the key factors to look for? What do we use it for and what are the protocols for each treatment? Does price reflect quality? What wavelengths are needed and how many photons per square centimeter? All these questions will be answered in this lecture, as LED is rapidly becoming a vital part of the aesthetic menu and is an inexpensive addition to the physician office based protocols.

Microneedling: Amplifying Results with Radiofrequency Energy

H. William Song, M.D. Founder and CEO, Omni Aesthetics, Oakland, NJ

Creating a controlled injury to activate the healing cascade is the basis behind most of the non-surgical skin treatments in aesthetic medicine. The microneedling procedure is a very popular way of utilizing this concept because of the relatively low cost and rapid recovery time. The down side is the need for multiple treatments and a long lag time between receiving the treatment and seeing results. Fractionated laser treatments are available for those seeking faster and more robust results. Unfortunately, the cost, risks and down time associated with a laser makes it a less attractive option for most clinicians. Combined microneedling / radiofrequency devices are now available to bridge the gap between these approaches. Dr. H. William Song will discuss the mechanism of action of microneedling and radiofrequency and explain how this combination can be a safe and very effective way to amplify the results for common conditions like skin laxity and acne scars.

New Appeal of Private Label Brands

Sheila Malmanis, L.E. President, MS Skintechnical, Inc., Phoenix, AZ

This informative lecture will introduce the multiple facets as to why physicians and spas are moving towards branding themselves through their own product line. Learn how the growth of private label has surpassed most premium brands in the medical aesthetic products market. Making the right choice and knowing the right questions to ask when researching a manufacturer or compounding pharmacy, knowing the percentages of active ingredients required when making claims, and knowing where to look for sources to research packaging are key to marketing your brand to make it successful.

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SHORT ABSTRACTS • Thursday, April 27TH

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, April 28TH

Historical Progression and Progress of Age Management Medicine: Where Are We Today? An Update 10 Years Later

Derrick M. DeSilva, Jr., M.D. *Chairman, AMMG Conference Planning Committee; Senior Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ; Teaching Faculty, JFK Medical Center, Edison, NJ*

A look into my crystal ball at the next 10 years in age management medicine shows great promise. The promise of a better understanding of the aging process and the new technologies that will allow us to live a better quality of life. Yes, I see organs being grown and transplanted curing diabetics. Engineering hearts that are immunologically identical to the recipient and taking heart disease out of the #1 spot for death. Perhaps a pill that will clean out our arteries of plaque without all the side effects that actually increase morbidity. I also see the simpler technologies coming back. For example, a deeper understanding of how sugar kills us and hoping that we finally get IT. The "getting IT" part about sugar will likely take another three to four decades until we find a way to transplant "brains." THE FUTURE IS BRIGHT.

The Future: Precision Medicine Today

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

Imagine a world where you can detect, predict and reverse diseases of aging, decades before symptoms emerged; a world where proactive health interventions are precisely tailored to each patient's distinct metabolism, hormonal profile, genetics, personal and family history, lifestyle, and environment. From disease care to health care—finally! That world is here. Precision Medicine is the future of medicine now. This lecture explores the power and practical application of precision medicine in the clinic. Understand how the physician can employ the best traditional medicine tools with cutting-edge health technologies, including genomics and metabolomics, to generate a precise understanding of each patient at the cellular level, and develop an actionable plan to reverse disease and optimize healthy longevity.

Precision Medicine at Geisinger: Experience in Identification of Inherited, Early Onset Cancer and Cardiovascular Disease in a Learning Healthcare System

David H. Ledbetter, Ph.D., FACMG *Executive Vice President & Chief Scientific Officer, Geisinger Health System, Danville, PA*

Geisinger Health System is a large, integrated healthcare delivery system in Pennsylvania and New Jersey with comprehensive electronic health information going back to 1996. A precision medicine program, including a DNA biobank and genomic analyses, was initiated in 2007 to determine when and how genomic information can identify disease risk prior to clinical presentation and allow earlier detection and treatment or prevention of disease. To date, our MyCode Community Health Initiative has recruited and consented >130,000 patient-participants. In partnership with the Regeneron Genetics Center in New York, we have completed whole exome sequencing on over 50,000 of these participants. Using guidelines from the American College of Medical Genetics, we identify 3.5% of adults in our population with clear disease-causing mutations in genes known to cause early-onset cancer (BRCA breast/ovarian cancer, Lynch syndrome colon cancer) or cardiovascular diseases (familial hypercholesterolemia or FH; hypertrophic cardiomyopathies, cardiac arrhythmias). We have provided clinical genetics laboratory reports and genetic counseling to >200 participants and to their primary care providers with very positive acceptance by both groups. Although our experience is early, we anticipate that this population screening approach will identify a large percentage of inherited cancer and cardiovascular disease risk and significantly improve health outcomes for these individuals and their family members.

Precision Pain Management: A Personalized Approach to Stem Cell Therapy

Drew DeMann, D.C., CCSP, MA, FNP, RMSK, GCSRT *Director, Board Certified Pain Management, Manhattan Medicine, New York, NY*

Orthopedic pain management has traditionally been focused on "the management of pain" rather than providing patients with real solutions

FRIDAY, APRIL 28TH CONTINUED ON NEXT PAGE

FRIDAY, APRIL 28TH CONTINUED

to their individual problems. Patients are generally treated with generic care plans centered around symptom management rather than restoring health and function. The result has been disastrous. More patients today rely on opiate pain medications than ever before. More patients are turning to surgical options, some of which unfortunately often lead to more pain and loss of function. A breakthrough came with simultaneous advancements in both high-resolution ultrasound imaging and stem cell therapies. New point of care ultrasound imaging with resolutions 10x greater than current MRI technology can often identify elusive sources of acute or chronic pain. This very same imaging can then be used to guide treatment in real time with pinpoint accuracy. Unrelated advancements in stem cell treatment and regenerative medicine now give the clinician something that can be administered under ultrasound guidance to actually repair the root cause of pain, not just suppress it. Regenerative therapies harness the body's own inherent capabilities using stem cells to heal damaged or injured tissue relieving symptoms permanently. This presentation will review some of these new techniques in precision pain management, discussing both advancements in diagnosis and management with regenerative stem cell therapies.

Nitric Oxide Biochemistry and Physiology

David Lefer, Ph.D. Professor, Department of Pharmacology, LSU Health Sciences Center, New Orleans, LA; Director, LSU Cardiovascular Center of Excellence, LSU Health Science Center
Nitric oxide (NO) is generated in the circulation from the precursor, L-arginine, via the actions of endothelial nitric oxide synthase (eNOS). Nitric oxide exerts a number of protective effects on the heart and circulation including: antioxidant, anti-inflammatory, vasodilatory, and anti-platelet. These actions are required to maintain cardiovascular homeostasis and when NO bioavailability is reduced cardiovascular disease progression occurs. Aging and cardiovascular diseases are characterized by reductions in NO levels and reductions in nitric oxide are thought to contribute to and cardiovascular diseases. Current preclinical and clinical research is aimed at the investigation of novel nitric oxide based therapies to treat cardiovascular diseases including acute myocardial infarction, heart failure, hypertension, and stroke. Development of nitric oxide based therapies is very difficult due to the very short half-life (i.e., 1-2 seconds) of nitric oxide in biological systems. Nitric oxide is converted to stable metabolites that can be stored in the blood and tissues and utilized as an alternate source of nitric oxide. Nitrite is a stable nitric oxide metabolite that is generated with nitric oxide reacts with oxygen in the circulation and is then stored in the blood and tissues. Nitrite can be converted back into nitric oxide under conditions of hypoxia or tissue ischemia to exert protective effects. We have extensively investigated the cardioprotective actions of nitrite in experimental models of

myocardial infarction and heart failure. Our data indicate that nitrite ameliorates the severity of acute myocardial infarction and heart failure. The protective actions of nitrite appear to be a result of cytoprotective actions mediated by nitric oxide generated from nitrite. Data will be presented describing the biochemistry of nitric oxide, the physiological actions of nitric oxide, and the cardioprotective effects of nitric oxide based therapeutics.

Hypertension, Inflammation and Nitric Oxide

Nathan S. Bryan, Ph.D. Professor, Department of Molecular and Human Genetics, Baylor College of Medicine, Houston, TX

Loss of nitric oxide (NO) production is recognized as the earliest event in the onset and progression of cardiovascular disease. Hypertension and inflammation are hallmarks of insufficient nitric oxide production and the primary risk factors for the development of cardiovascular disease. Restoring production of nitric oxide can inhibit sources of inflammation, reduce markers of inflammation, lower blood pressure and enhance vascular integrity. This lecture will discuss mechanisms of vascular inflammation and nitric oxide production and the clinical consequences of loss of NO production. New therapeutic strategies will be introduced including diet and lifestyle changes to enhance NO production.

CBD and the Brain

Michael Lewis, M.D., MPH, MBA, FACPM, FACN Colonel (Ret.), U.S. Army; President and Founder, Brain Health Education and Research Institute; Physician, Cenegenics, Washington, D.C.

Recently, there is much renewed interest in industrial hemp-derived cannabidiol, or CBD. Seventeen years ago, a Nobel prize winning neuroscientist at the National Institutes of Health filed for a patent describing CBD oil as a nonpsychoactive neuroprotectant and antioxidant. Dr. Michael Lewis will describe the patent that has application in limiting neurological damage following ischemic insults, such as stroke and trauma, or in the treatment of neurogenerative diseases such Alzheimer's and Parkinson's diseases. Additionally, he will discuss his personal clinical experience with TBI patients and the use of CBD particularly for anxiety.

Your Brain, Your Hormones: New Hope for Those at Risk

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

As your patients age the brain begins to suffer cognitive decline and loss of brain cells. The result can be mild cognitive decline, Alzheimer's disease, Parkinson's disease, and other neurologic ailments. In addition, our veterans are suffering increasing PTSD from TBI and the suicide rate is astounding. Is Big Pharma helping or hurting? Is hormone optimization the unknown underutilized prevention and therapy? This review will be both provocative and hopefully change your practice patterns.

SHORT ABSTRACTS • Saturday, April 29TH

A New Look at PCOS and Insulin Resistance: A Functional Approach to Differential Diagnosis and Treatment

Rebecca Murray, FNP-BC, CDE Endocrine Nurse Practitioner, Institute for Hormonal Balance, Orlando, FL; Assistant Clinical Professor of Nursing (Adjunct Faculty), Yale University, New Haven, CT; Medical Director, Ward-Murray HealthCare Consulting, Groton, CT
Symptoms associated with menstrual dysfunction are the number one reason for visits to a gynecological office and Polycystic Ovary Syndrome is the number one endocrine problem in women of childbearing age. The most common and accepted treatment is that of NSAIDS and/or birth control pills, neither of which solve the problem. The purpose of this presentation is to review the physiology of the functional abnormalities that result in the symptoms of PMS, dysmenorrhea, menorrhagia, oligomenorrhea, and amenorrhea/infertility and to discuss the tools available to us for an in-depth work-up and individualized treatment plan. Differential diagnoses will be reviewed in terms of the etiology of insulin resistance, defects in insulin signaling, enzymatic defects, and autoimmunity that can result in "premature ovarian failure".

Extracorporeal Shockwave Therapy, a Cure for Erectile Dysfunction

Richard Gaines, M.D. CMO, Sexual MD Solutions, Aventura, FL; CMO, AAG HealthGAINS, Aventura, FL
Sexual dysfunction in men is a growing problem in which Big Pharma is making billions without getting to the root of the issue. However,

there's a potential cure for ED that's been in Europe for 15 years called extracorporeal shockwave therapy. This is a painless and non-invasive in-office procedure that is proven effective by treating the root cause of the issue.

Erectile Dysfunction: Causation and Clinical Treatment

Kathryn Retzler, N.D. HormoneSynergy Clinic, Portland, OR

This lecture will cover the pathophysiology of ED including one common cause/contributing factor most physicians do not know. Screening questionnaires will be provided and all available treatment options including dosages will be discussed.

What's New and What's Known: Impact of the Microbiome on Cardiometabolic Disease

Todd R. LePine, M.D. Private Practice Internal Medicine, Stockbridge, MA; Staff Physician, UltraWellness Center, Lenox, MA

Research has indicated that altered gut microbial composition may be a primary contributor to increased global incidence of metabolic disorders. Reduced microbial diversity and abundance has been implicated in immune reactions and cardiometabolic disease. The gut microbiota plays a number of important roles including digestion, metabolism, extraction of nutrients, synthesis of vitamins, prevention against pathogen colonization, and modulation of the immune system. Early studies first supported a role for gut microbes in both affecting host energy metabolism and modulating lipid levels. An important clinical implication from studies on gut microbiota is

how to leverage findings for therapeutic purposes. In this lecture we will review accepted and effective clinical applications and treatments that can help to modulate the gut microbiome and its impact on the risk for cardiometabolic disease.

Optimizing Growth Hormone and Sex with Peptide Therapy

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*

Growth hormone is an essential hormone in lowering body fat, improving on lipids, keeping muscles healthy and improving on bone density. Adult growth hormone deficiency symptoms will be reviewed and the association of higher mortality with growth hormone deficiency. Unfortunately the treatment with recombinant human growth hormone is not covered under most insurance plans and is also expensive for most people to pay for in cash. There is an alternative to the expensive recombinant human growth hormone mostly commonly used for boosting IGF-1 and has the advantage of inducing all five of the hGH isoforms rather than just the one that is found in the synthetic form. CJC-1295, Ipamorelin and Teslomorelin are peptides that have been shown to help improve IGF-1 levels. Bremelanotide PT141 will be discussed to help with sexual function in men and in women.

The Thyroid, Adrenal, Pancreas Connection: A Synopsis of Metabolism, Energy, and Stress on the Human Body

Benjamin S. Gonzalez, M.D. *Medical Director, Atlantis Medical Wellness Center, Silver Spring, MD*

Basic endocrine system review. Specific review of pancreas, thyroid and adrenal glands. Discuss the cortisol and insulin effects on the body. Review the difference between short term physical stress and long term physiological stress. Discuss the role of cortisol in obesity.

Review the failure of the carbohydrate-insulin hypothesis as it relates to obesity. Discuss the role of insulin resistance in the aging process. Summarize the practical application of understanding the pancreas, thyroid and adrenal gland triad.

Estrogen Metabolism

Jennifer Pearlman, M.D., CCFP, NCMP, FAARM, ABAARM *Attending Staff Physician, Menopause Clinic, Mount Sinai Hospital, Toronto, Canada; Owner and Medical Director, Pearl MD Rejuvenation, Toronto, Canada*

Estrogen metabolism is one of the most poorly understand and recognized area of human health yet has far reaching impact on health, risk of disease and cancer. Learn how to improve hormone health in your patients by augmenting the body's innate detoxification systems involved in estrogen metabolism that allow us to detoxify, inactivate and eliminate endogenous and exogenous estrogens as well as xenoestrogens. Lecture will cover innate detoxification, steroidogenic hormonal pathways, estrogen metabolism, genetic determinants of estrogen metabolism, epigenetic factors, environmental exposures, impaired estrogen metabolism, and clinical cases using a functional approach to optimize estrogen metabolism.

Use of Low Dose Naltrexone and its Application to Inflammatory Bowel Disease, Cancer, and Autoimmune Diseases

Paul Battle, PA-C *Rocky Mountain Pediatric Orthopedics, Denver, CO*

There are many applications for this drug. It has been used for 200 different autoimmune diseases, and now recent research in England has shown it to kill cancer cells. It has been used for cancer when patients have been told they have a fatal several month life expectancy and they have survived 10 years, i.e. pancreatic cancer.

SHORT ABSTRACTS • Sunday, April 30TH

The Science of Growth Hormone Secretagogue Technology

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*

The recognition and acceptance of non-peptide, synthetic complexes as potent growth hormone (GH) secretagogues has been less than positive due to a number of perceived limitations. These perceptions were based upon our lack of scientific evidence to support the supposition that something other than a complex peptide, such as growth hormone releasing hormone (GHRH) could increase a hormone's production. Additionally, we lacked the scientific knowledge about flexible receptors that could accept a broad range of chemical structures that would lead to the stimulated production or suppression of a hormone. Finally, we are starting to understand more about the complex influences that hormones, peptides, and amino acids have on the hypothalamic-pituitary axis. Firstly, past research data was based upon small test groups of individuals that were given large quantities of mixed amino acids designed to enhance GH production and release. Although many of these compounds demonstrated a measurable elevation in the GH/ insulin-like growth factor 1 (IGF-1) axis, many were also associated with osmotic diarrhea, making it a difficult pill to swallow. Secondly, delivery of amino acids by mouth has a poor bioavailability due to its destruction and inactivation by gastric acid. A large compensatory dose is then needed to correct for this diminished availability, thereby leading to the side-effect of diarrhea. Thirdly, since the action of a secretagogue is to increase the amplitude and duration of intrinsic GH secretion, the normal regulatory or homeostatic mechanism (positive feedback and negative feedback) is preserved. When a secretagogue elevates the intrinsic production of GH above the body's inherent set-point, Somatostatin release (also known as somatotropin release inhibiting factor (SRIF)) causes the suppression of intrinsic GH production. This, in turn, can lead to the waxing and waning of GH/IGF-1 levels, making it difficult to accurately assess the net effect. These issues have generated the majority of resistance to the use of secretagogue in healthy individuals with low GH, IGF-1, and insulin-like growth factor binding protein 3 (IGFBP-3) levels. This presentation will provide current, evidence-based scientific literature, and clinical results to support the use of a secretagogue as a logical "first step" approach to the treatment of GH deficiency in healthy individuals.

The Role of Estrogen in the Uro-Genital Health of Postmenopausal Women: Physiology, Pathology and Practical Recommendations

Israel Yoles, M.D. *Chief Gynecologist, Central District of Clalit Health Services & Head of the Center for Women's Health, Clalit Health Services, Israel; Certified Menopause Practitioner, North American Menopause Society (NCMP)*

The vital role of estrogen on vaginal health and on the urinary tract, will be discussed. Physiological and functional effects of estrogen on vaginal mucosa and local vascularity, will be reviewed. Additionally, we will discuss Genitourinary Syndrome of Menopause caused by the drop in estrogen levels during the perimenopause and menopausal stages. This syndrome affects at least half of postmenopausal women but is often undertreated. The pathological symptoms and findings as well as treatment options will be discussed at length.

Exercising is Medicine: Maximizing Patient Outcomes

J.R. Burgess, MS, CPT *CEO, Rejuv Medical, Waite Park, MN; Fitness Professional, Health and Wellness Coach*

Exercise and proper nutrition is the foundation to all Functional Medicine and Anti-Aging treatments as well as a necessity for healing and preventing injuries in patients. It is also one of the most difficult areas to train and teach our patients to do successfully. As we optimize body composition through increasing lean muscle mass while decreasing the fat mass, many of the hormone imbalances that are causing chronic disease can be eliminated. As specialists in our field, we need to have the tools to educate and train our patients on proper exercise and lifelong nutrition to maximize the healthy changes in the lives of our patients. As physicians we have the ability to influence our patients to make positive changes in their fitness and nutrition that will impact their clinical outcomes. We just need to implement those into our current practice models. With the uncertainty regarding the future of the healthcare system, physicians and private practices are looking for solutions during these fearful and uncertain economic times. There is fear that the Affordable Healthcare Act will make it difficult for private

SUNDAY, APRIL 30TH CONTINUED ON NEXT PAGE

SUNDAY, APRIL 30TH CONTINUED

practices to survive, and for doctors to make the living they deserve. Facts are, with rising costs, reimbursements are sure to be cut. Fortunately there is a new cash-based model that doctors are implementing that can have both a positive financial outcome for your practice and provides a solution to rising health care costs by reducing obesity. The obesity epidemic and the incidence of disease and injury have forced the need for a preventable, medically integrated, outcome based model of medical fitness. Today's crisis leads to a new spectrum that will combat rising health care costs and lower reimbursements. It's my focus along with several other affiliations such as the Medical Fitness Association to help bridge the gap between traditional treatments and long-term prevention.

Exercise Prescription: A Precision Medicine Approach

Francisco Carreño, Ph.D. *Exercise Physiologist, Comite Center for Precision Medicine, New York, NY*

Exercise is a critical element in the proactive prevention of many diseases of aging, as well as a treatment modality. A personalized plan precisely tailored to an individual's unique genetic, metabolic, and phenotypic makeup contributes to optimum benefit. This lecture explores the mechanistic role of exercise to optimize healthy longevity, and the precise considerations necessary to customize exercise and nutrition interventions and therapies for disparate patients. A series of case studies will illustrate the practical application of precision exercise prescriptions in the clinic.

Sarcopenic Obesity: Evidence-Based Exercise Strategies

Joseph F. Signorile, Ph.D. *Professor, Department of Kinesiology and Sport Sciences, University of Miami, Miami, FL*

Part of the aging process in our industrialized world is an untenable condition known as sarcopenic obesity. Sarcopenic obesity can be thought of as having the "worst of both worlds." The loss of muscle mass (sarcopenia), and the associated loss in function, has been

reported for decades. However, the increase in fat mass has only recently been recognized as synergistic factor having an exponential negative effect on both physical function and metabolism in older persons. In fact, thanks to their loss of muscle mass and increase in adipose tissue, the "fat-frail" are at greater risk for metabolic syndrome, reduced independence and the probability of injurious falls. This lecture examines the prevalence of sarcopenic obesity in older persons living in industrialized societies. It also explores the spiraling effects which inactivity can have on this condition. And finally, the presentation explores the exercise and dietary interventions that may be used to effectively address this condition.

The Therapeutic Potential of Nutritional Ketosis in Age Management

H. Douglas Woodford, M.D., FACOG *Clinical Director; Physician, Full Life Wellness Center, Florence, AL*

The Low Carbohydrate/High Fat diet, producing the unique metabolic state of nutritional ketosis, is currently one of the most active areas of medical research. This lecture will help healthcare providers understand the epigenetic effects of keto-adaptation, how to achieve and maintain nutritional ketosis and explore effects of ketone metabolism on aging, metabolic disease, neurological disease and cancer. Aging: Beta-hydroxybutyrate has been shown to increase the lifespan of C. elegans up to 26%. It has also been shown to inhibit histone deacetylase and activate the genes encoding for oxidative stress resistance. Diabetes/Metabolic Syndrome: A recent Journal of Nutrition article published by 26 of the best MDs and PhDs in the field of nutrition reviewed 12 points of evidence supporting the ketogenic diet as the first approach in diabetes management. This evidence will be reviewed.

Neurological disorders: The ketogenic diet has been used to treat seizures since the 1920s. This lecture will review some of the latest research on early Alzheimer's reversal, treatment of brain trauma and Parkinson's disease. Cancer: This lecture will review the effects of ketone metabolism on cancer cells and discuss cancer as a metabolic disease.



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Faculty Biographies

Paul S. Anderson, N.M.D.

Consulting Physician & Medical Director/CEO, Anderson Medical Group, Seattle, WA

Research Professor, Bastyr Integrative Oncology Research Center

Full Professor, Adjunct Faculty, School of Naturopathic Medicine, Bastyr University

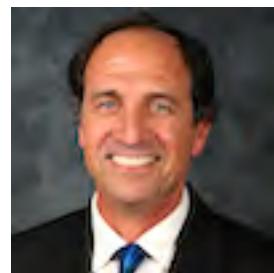


Paul Anderson, N.M.D. is CEO of the Anderson Medical Group which includes Advanced Medical Therapies, a state of the art medical center providing fully compliant IV, Hyperbaric and Mild Hyperthermia therapies. He brings his forty years' experience in medicine to allow his clinical and educational presence to grow and serve patients and physicians in the best way possible. Dr. Anderson is former Chief of IV (intravenous therapy) Services for Bastyr Oncology Research Center and a past Professor at Bastyr University. He has participated in ground breaking integrative oncology research and is author to numerous clinical oncology monographs. He completed his medical degree at NUNM and trained at multiple hospital and clinical sites in Portland, OR. He began instructing classes at medical schools in the early 1990's. Additionally he is a medical author and speaks in many continuing medical education courses and events. He is extending his medical education mission through the Anderson Medical Group CE site 'ConsultDrA.com' a web based educational platform.

Paul Battle, PA-C

Rocky Mountain Pediatric Orthopedics, Denver, CO

Paul Battle, PA-C is a physician assistant who combines both traditional and nontraditional medical treatment to help maximize the health of patients throughout the country. He has more than 30 years of physiology and medical and surgical experience. He has advanced certification in Bioidentical Hormone Therapy from Dr. Neil Rouzier, one of the world experts on hormone therapy. This training is based on science published in the medical literature. He obtained national certification by the American Academy of Anti-Aging Medicine in 2010. He also is certified by the American Board of Regenerative Medicine. He lectures at national and international meetings concerning autoimmune diseases, cancer, the use of Low Dose Naltrexone, and bone physiology. He was selected Affiliate Staff Member of the year for Group Health Cooperative of Puget Sound in June 1995. He is known internationally as an expert in low-dose naltrexone and its applications for treating many diseases. In addition to his unique medical approaches for menopause, low energy, low libido, autoimmune diseases, he works at Rocky Mountain Hospital for Children Pediatric Orthopedic department.



Nadia Bixler, L.E.I.

Owner, Halo Aesthetics Essentials, Boise, ID

Instructor, North West Laser Institute, Meridian, ID



Nadia Bixler, LEI has over 17 years' experience practicing esthetics and educating in both advanced & undergrad. Nadia is a licensed esthetician and licensed esthetic instructor in the State of Idaho. She has educated for professional skincare companies, aesthetic device companies and written curriculums bridging estheticians into medical aesthetic practices. Nadia is now the founder/owner of Halo Aesthetics Essentials Inc. Halo Aesthetics provides consulting & sales support to skincare professionals, spas and medical offices with the latest technologies, trending devices, and products on the market today.

L. Amma Brown, PA-C, MPT

Physician Assistant, Comite Center for Precision Medicine, New York, NY

Amma serves as Physician Associate at Comite Center for Precision Medicine. A native of Finland, she received a Bachelor of Science degree in Exercise Physiology from Brigham Young University in Provo, UT, where she was also a full scholarship athlete in volleyball. She went on to receive a Master's degree in Physical Therapy from Governors State University in University Park, IL, and consequently worked as a physical therapist in both outpatient and acute orthopedic settings for 12 years. Amma later received a Master of Science in Health Sciences for Physician Assistants from Cornell University. Before joining the Comite team, Amma worked in dermatology and as a surgical physician assistant.



Nathan S. Bryan, Ph.D.

Professor, Department of Molecular and Human Genetics, Baylor College of Medicine, Houston, TX

Dr. Bryan earned his undergraduate Bachelor of Science degree in Biochemistry from the University of Texas at Austin and his doctoral degree from Louisiana State University School of Medicine in Shreveport where he was the recipient of the Dean's Award for Excellence in Research. He pursued his post-doctoral training as a Kirschstein Fellow at Boston University School of Medicine in the Whitaker Cardiovascular Institute. After a two year post-doctoral fellowship, in 2006 Dr. Bryan was recruited to join faculty at the University of Texas Health Science Center at Houston by Ferid Murad, M.D., Ph.D., 1998 Nobel Laureate in Medicine or Physiology. During his tenure as faculty and independent investigator at UT, his research focused on drug discovery through screening natural product libraries for active compounds. His nine years at UT led to several discoveries which have resulted in seven issued US patents and nine pending worldwide. He is also a successful entrepreneur who has commercialized his nitric oxide technology through the formation of Human, to the Power of N, Inc (formerly Neogenis Medical) where he is Co-founder and Chief Science Officer. Dr. Bryan has been involved in nitric oxide research for the past 16 years and has made many seminal discoveries in the field. These discoveries and findings have transformed the development of safe and effective functional bioactive natural products in the treatment and prevention of human disease and may provide the basis for new preventive or therapeutic strategies in many chronic diseases. Dr. Bryan has published a number of highly cited papers and authored or edited 5 books. He is an international leader in molecular medicine and natural product chemistry.

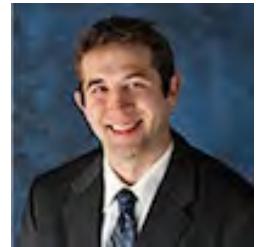
Faculty Biographies

J.R. Burgess, MS, CPT

CEO, Rejuv Medical, Waite Park, MN

Fitness Professional, Health and Wellness Coach

J.R. Burgess joined the Rejuv Medical Team in September of 2009 to assist with the development of the Weight Loss and Performance Center. Born and raised in Keewatin, Minnesota, J.R. started his career in the medical fitness industry after his successful career as an athlete led him to a passion for personal training. "I help get people started on their journey of a healthier lifestyle. I find what program and time frame would be best for each patient. As the CEO, I hold my staff accountable to seeing success with each patient. I also love to help any patient work through any struggle they may have."



Francisco Carreño, Ph.D.

Exercise Physiologist, Comite Center for Precision Medicine, New York, NY



Dr. Francisco Carreño serves as Clinical Exercise Physiologist at Comite Center for Precision Medicine, where he crafts precise, science-backed dietary solutions and fitness plans to support an individual's needs and goals. Dr. Carreño earned his Doctorate in Exercise Physiology from the Universities of Granada (Spain) and Pablo de Olavide in Seville (Spain); he is a certified Cellular Nutrition Specialist. Francisco has contributed to the health and wellness industry for more than 12 years as a private consultant, academic lecturer, and published author. He is deeply passionate about the power of personalized nutrition to optimize health.

Dan Carter, N.D.

Medical Consultant, Dr. Carter Consults

Partner, International IV Nutritional Therapy for Professionals

Nutrition Instructor, Sage School of Massage

Dan Carter, N.D., graduated from National University of Naturopathic Medicine and completed a 2-year family practice residency. He was appointed to a full-time faculty position in 1997 and served as a core faculty member through 2003. He created the I.V. services department at NUNM Health Centers where he was a clinical supervisor. In 2003 he moved to Bozeman, MT where he owned a family practice clinic focusing on cardiovascular disease, metabolic syndrome, hormone restoration and IV nutrient therapies. 2016 saw him (partially) retire and move to central Oregon where he enjoys outdoor activities, doing online nutrition research, and teaching nutrition classes in the Bend/Redmond, OR area. He is a co-founder and partner of International IV Nutritional Therapy for Professionals (IIVNTP), an organization teaching intravenous therapy seminars since 2001. Current roles within IIVNTP include seminar content/research, newsletters, blog, and webmaster.



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.



Mary L. Corry, RN, BSN

Medical Education Specialist, Worldlink Medical

Member, AMMG Certification Committee

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 Cumiskey, D.C., CLSO

Certified Laser Safety Officer and Instructor, Co-Owner, Integrated Laser Solutions, LLC



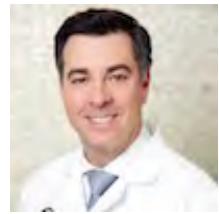
Dr. Cumiskey is from Southern California. He holds a Doctor of Chiropractic Degree, a Bachelor of Science Degree, Biology and is a Certified Laser Safety Safety Officer and Instructor. Dr. Cumiskey has been practicing for 30 years and has been teaching Laser Science and Laser Safety for 3 years. He co-founded Integrated Laser Solutions, LLC, a laser education training company based in Phoenix, AZ.

Faculty Biographies

Drew DeMann, D.C., CCSP, MA, FNP, RMSK, GCSRT

Director, Board Certified Pain Management, Manhattan Medicine, New York, NY

Dr. DeMann is a healthcare specialist with a diverse background. While he began his career as a Doctor of Chiropractic, he then practiced as a Family NP and then on to Pain Management and the specialty of Regenerative Medicine. This includes cutting edge treatments such as Stem Cell and Platelet Rich Plasma (PRP) injections for care of physical injuries and pain. Dr. DeMann has been recently chosen by Harvard Medical School to be part of their elite Global Scholar Research Program. Dr. DeMann is Board Certified in Pain Management, holds two bachelors degrees, a masters degree in Family Practice, a master's degree in Orthopedic Biomechanics, a doctor of Chiropractic, and a post-graduate certification in both Sports Medicine and musculoskeletal ultrasound. Dr. DeMann's past and present clinical affiliations are as diverse as his educational background. They include Postgraduate Professor at NYCC, Post Graduate Professor of Neurophysiology at Touro College, Member Board of Advisors Oxford Health Plans, Director of the Post Graduate Electrophysiology Program at NYCC. He is a member of numerous professional and academic associations participating in international research training for physicians and clinicians. Dr. DeMann enjoys a successful pain management and sports injury practice, working with members of professional teams such as the New York Rangers, the New York Knicks, the Indiana Pacers, the New York Mets, and the New York Giants. He has worked with professional dancers from the New York City Ballet, Martha Graham Dance Company and the American Ballet Theater. Additionally he has been named doctor to several "on" and "off" Broadway shows and been featured several times in The New York Times, The Wall Street Journal and on ABC, CBS, and FOX News.



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

Chairman, AMMG Conference Planning Committee

Senior Attending Staff, Dept. of Medicine, Raritan Bay Medical Center, Perth Amboy, NJ

Teaching Faculty, JFK Medical Center, Edison, NJ

Dr. DeSilva is a practicing Internist and part of the Senior Attending Staff at Raritan Bay Medical Center in Perth Amboy, NJ. He is also on the teaching faculty at JFK Medical Center in Edison, NJ. He has lectured on various topics in medicine, nationally and internationally. Past president of the American Nutraceutical Association and in 2010 was the recipient of the Alan P. Mintz, M.D. Award for Clinical Excellence in Age Management Medicine. He has received 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 hosted his own radio talk show, "Ask the Doctor" for the past 25 years which airs on WCTC Radio in New Jersey (1450 AM), and is the 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 national television programs, including ABC Night Line. Dr. DeSilva has been instrumental in the formulation of over 200 different natural products. He is currently Chair of the AMMG Conference Planning Committee.

Gary Donovitz, M.D., FACOG, FRCR

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 eight 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.



Grant A. Fairbanks, M.D.

Founder, Fairbanks Plastic Surgery

Adjunct Assistant Professor in Surgery, University of Utah School of Medicine

Faculty, AAEG

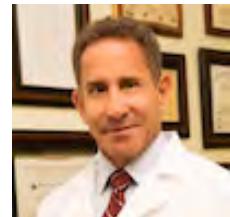
Dr. Grant A. Fairbanks received his Medical Degree from Eastern Virginia Medical School in Norfolk, VA. Following his graduation from medical school, he completed an internship at William Beaumont Army Medical Center in El Paso, TX. Subsequently, Dr. Fairbanks served in the U.S. Military as a General Medical officer at Raymond W. Bliss Army Community Hospital at Fort Huachuca, AZ. He completed his training in General Surgery and Plastic Surgery at Lehigh Valley Hospital in Allentown, PA, which is affiliated with Penn State University. He completed his boards, becoming certified by the American Board of Plastic Surgery. Subsequently, he furthered his training with a fellowship in Craniofacial Surgery at Riley Hospital for Children at Indiana University in Indianapolis. Following the completion of his Plastic Surgery and Craniofacial Surgery training, he returned to Salt Lake City to practice Plastic Surgery. He is the past president of the Utah Plastic Surgery Society and the Salt Lake Surgical Society. Although Dr. Fairbanks is in the private practice of plastic surgery, he has continued his academic interest and serves as an adjunct assistant professor of surgery at the University of Utah.

Richard Gaines, M.D.

CMO, Sexual MD Solutions, Aventura, FL

CMO, AAG HealthGAINS, Aventura, FL

Richard Gaines, M.D., FAARM, ABAARM, is a leading practitioner of the rapidly evolving science of physician-guided age management. He has been administering bioidentical hormone therapy since 1993. After a distinguished thirty-year career as a physician and healthcare executive, Dr. Gaines became president and chief medical officer of the age management medical practice HealthGAINS, which he founded in 2005. Dr. Gaines graduated from Boston University School of Medicine in 1981, completed his internship at Tufts University School of Medicine and his residency at Harvard Medical School and earned a fellowship in cardiac and obstetric anesthesia at Brigham and Women's Hospital. He subsequently served as a physician at Huntington Memorial Hospital and as an anesthesiologist at Harvard Community Health Plan and Sheridan Healthcorp. Today, Dr. Gaines is at the forefront of this rapidly evolving science of age management medicine. His certifications include a Fellowship in Anti-Aging and Regenerative Medicine (FAARM) from the American Academy of Anti-Aging Medicine, Board certification from the American Board of Anti-Aging & Regenerative Medicine (ABAARM), and Certification as a Functional Medicine Practitioner with advanced training at The Institute for Functional Medicine.



Faculty Biographies



Benjamin S. Gonzalez, M.D.

Medical Director, Atlantis Medical Wellness Center, Silver Spring, MD

Dr. Gonza'lez is an Integrative and Functional Health Provider professionally born out of the necessity to optimize patient care. He earned his M.D. from the University of Arizona College of Medicine and practiced as one of our U. S. Military's leading emergency medicine and trauma physicians. He taught medicine at Walter Reed Army Medical Center and Penn State Hershey Medical Center and served as chief of the largest emergency and trauma service in the Iraq War. After recognizing the need for an emphasis in disease prevention rather than waiting for disease to occur, he founded the Atlantis Medical Wellness Center where he has developed and honed an integrative medical practice based on optimizing an individual's health. As a Black Belt in Karate, Tae Kwon Do, and Kung Fu, a concert violinist, pilot, linguist, and teacher of these skills he is not only a true "Renaissance Man," but Dr. Gonza'lez is a "Renaissance

Man's" doctor skilled in treating a wide range of medical conditions. He emphasizes an overall optimal and functional approach to an individual's health at any age. Catching disease before it happens is his mantra. Dr. Gonza'lez teaches other health care providers the skills to integrate both evidence based medicine and experience based medicine.

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 hallmark 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 intensely 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.



David H. Ledbetter, Ph.D., FACMG

Executive Vice President & Chief Scientific Officer, Geisinger Health System, Danville, PA

Dr. Ledbetter is executive vice president and chief scientific officer at Geisinger Health System. Previously he held academic and leadership positions at Emory University, the University of Chicago, and the National Center for Human Genome Research at NIH. He is a graduate of Tulane University and earned his Ph.D. at the University of Texas-Austin. He is an internationally recognized expert in Precision Medicine, having focused his early research efforts on discovering the genetic causes of childhood neurodevelopmental disorders such as autism, and the translation of new genomics technologies into clinically useful genetic tests for early diagnosis and intervention. His current research interest includes leveraging longitudinal electronic health information with large-scale DNA sequencing to determine the clinical utility and cost-effectiveness of precision medicine approaches in a real-world health system setting.

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.



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Faculty Biographies

David Lefer, Ph.D.

*Professor, Department of Pharmacology, LSU Health Sciences Center, New Orleans, LA
Director, LSU Cardiovascular Center of Excellence, LSU Health Sciences Center*

David Lefer received his Ph.D. in Physiology-Pharmacology at Wake Forest University and performed a Fellowship in Molecular Cardiology at John Hopkins University School of Medicine. Dr. Lefer has been working in the fields of myocardial protection and coronary physiology for over 20

years and has made important contributions to these fields. Dr. Lefer's laboratory was among the first to demonstrate the profound loss of endothelial cell derived nitric oxide (NO) from the coronary circulation following coronary artery occlusion and reperfusion. A series of subsequent studies in both small and large animal models clearly demonstrated that oxidative stress occurring within the first few minutes of reperfusion significantly impaired NO generation by coronary endothelial nitric oxide synthase (eNOS). Dr. Lefer's laboratory was the first to report on the potent cardioprotective actions of NO in the setting of acute myocardial infarction and congestive heart failure in both small and large animal models. Dr. Lefer has investigated nitrite-based therapies in a number of models of chronic tissue ischemia and ischemia-reperfusion injury. Nitrite has emerged as a safe and efficacious therapy to augment endogenous nitric oxide levels and attenuate the severity of various forms of cardiovascular disease. Several nitrite therapies are currently in clinical trials in the United States and Europe. In 2005, Dr. Lefer's laboratory initiated investigations of the potential cytoprotective actions of a second gaseous signaling molecule, hydrogen sulfide (H₂S).

Work performed in Dr. Lefer's laboratory was among the first to demonstrate the potent protective actions of H₂S in acute myocardial infarction and heart failure model systems. Dr. Lefer's research investigations have determined that H₂S possesses a physiological profile that is very similar to nitric oxide and protects cells via a number of overlapping mechanisms including: attenuation of oxidative stress and apoptosis, mitochondrial protection, and upregulation of pro-survival signaling proteins and pathways.

Todd R. LePine, M.D.

*Private Practice Internal Medicine, Stockbridge, MA
Staff Physician, UltraWellness Center, Lenox, MA*

Dr. LePine graduated from Dartmouth Medical School and is Board Certified in Internal Medicine, specializing in Integrative Functional Medicine. Additionally he has advanced clinical training through the Institute for Functional Medicine. Dr. LePine is a staff physician with Dr. Mark Hyman at The UltraWellness Center located in Lenox, MA in the Berkshires. Prior to joining the UltraWellness Center Dr LePine worked as a staff physician at Canyon Ranch Health Spa in Lenox, MA, consulting with patients from around the world looking for optimal health. He is a faculty member of the American Academy of Anti-Aging Medicine. In addition he is a clinical speaker for Genova Diagnostic Lab and the former clinical medical director for Metamatrix Laboratory and teaches clinical seminars to physicians on the clinical application of advanced biochemical laboratory testing. The focus of his practice is to help patients achieve optimal health by restoring balance to nutritional biochemistry in the body and to teach patients how to adopt healthy lifestyle habits. His areas of interest within medicine include: Optimal Aging, Bio-Detoxification, Exploration of the Human Microbiome and its effect in both health and disease, autoimmune disorders and the neurobiology of mood and cognitive disorders.



Michael Lewis, M.D., MPH, MBA, FACPM, FACN



*Colonel (Retired), U.S. Army
President and Founder, Brain Health Education and Research Institute
Physician, Cenegenics, Washington, D.C.*

Michael Lewis is an expert on nutritional and nonpharmaceutical interventions for brain health. In 2012, upon retiring as a Colonel after a distinguished 31 year career in the U.S. Army, he founded the nonprofit Brain Health Education and Research Institute. Dr. Lewis is a graduate of the U.S. Military Academy at West Point and Tulane University School of Medicine. He is board-certified and a Fellow of the American College of Preventive Medicine and American College of Nutrition. He completed post-graduate training at Walter Reed Army Medical Center, Johns Hopkins University, and Walter Reed Army Institute of Research. Dr. Lewis is in private practice in Potomac, Maryland, and is the author of the recent Amazon #1 Hot Seller book, When Brains Collide: What every athlete and parent should know about the prevention and treatment of concussions and head.



Jeffry S. Life, M.D., Ph.D.

*Clinic Physician, Apeiron, Charleston, WV
Board Certified, Family Medicine*

*Diplomate, American Board of Family Practitioners
Fellow, American Academy of Family Physicians*

Dr. Life is the 2007 recipient of the first AMMG Alan P. Mintz, M.D. Award for Clinical Excellence in Age Management Medicine. He was the former Chief Medical Officer at Cenegenics Medical Institute and ended his association with Cenegenics on March 1, 2014. Dr. Life is board-certified in family medicine and is a Diplomat of the American Board of Family Practice and a Fellow of the American Academy of Family Physicians. After receiving his medical degree from the University of Iowa, Dr. Life completed his residency in family medicine and internal medicine at West Virginia University. He also attained a Ph.D. in environmental sciences and health at The University of Michigan. During his career he was a full-time family physician and a part-time Assistant Professor at Marywood University in Pennsylvania, teaching graduate courses in nutritional science and exercise physiology. In 1998, after reaching a lifetime high in body weight, percentage of body fat and level of deconditioning, Dr. Life entered the EAS National Body-for-LIFE Challenge, at age 60. He won the contest and became a Grand Champion and has continued to live a lifestyle promoting health and fitness. His book, The Life Plan, was released in 2011 and became a New York Times Best Seller. His second book, Mastering The Life Plan, was released in March of 2013 and his third book, The Life Plan Diet, was released in 2014. Men's Fitness magazine selected him among movie stars and athletes in their 20s and 30s as one of the 25 fittest guys in 2012 when he was 72 years old. He has appeared on Inside Edition, The Dr. Phil Show, The Doctors, Anderson Cooper's AC 360, The Steve Harvey Show and several others that can be viewed on his website. He is passionate about preventing heart attacks and strokes and is a speaker for The Bale/Doneen Method for the Prevention of Heart Attacks and Strokes.

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Faculty Biographies



Sheila Malmanis, L.E.

President, MS Skintechnical, Inc., Phoenix, AZ

Sheila Malmanis is a Licensed Aesthetician. She is President and Founder of MS Skintechnical, Inc., based in Phoenix, AZ since 2001. She was formerly an L.P.N. in the state of Tennessee. Licensed in 1993 as an aesthetician, she has 30+ years combined in sales and marketing experience. Sheila works with chemists nationwide to assist her in private label formulations of products developed for physicians, spas & salons throughout the USA and internationally. Sheila has lectured at multiple aesthetic conferences and been published in the UK Medical Cosmetic Journal and Healthy Aging Magazine, and sat on the advisory board of Healthy Aging Magazine. She is a member of NAPW (National Association of Professional Women), Worldwide Branding Organization, eWomen Network™ and United Aesthetics Organization.

Mark N. Mead, MSc

Nutrition Educator & Integrative Medicine Research Consultant, Carolina Center for Integrative Medicine, Raleigh, NC; Integrative Cancer Support Services, Plum Spring Clinic, Chapel Hill, NC; Institute for Integrative Cancer Research & Education, Skokie, IL

Editorial Board Member, Integrative Cancer Therapies

Freelance Health Writer & Medical Editor

Since the early 1990s, integrative cancer coach Mark N. Mead has been educating cancer patients and researching innovative natural therapies and self-care strategies for optimal cancer prevention, control and treatment. For the past 14 years, Mark has served as an editor for the peer-reviewed medical journal Integrative Cancer Therapies (Sage Publications) and as a research associate for the Institute of Integrative Cancer Research and Education, the research arm of the Block Center for Integrative Cancer Treatment in Skokie, Illinois. He earned his Master of Science degree in Nutrition from the UNC Gillings School of Global Public Health. Mark has lectured on nutrition and natural medicine at both Duke and UNC medical schools, as well as at the National University of Natural Medicine in Portland, OR. Since 1997, Mark has had the opportunity to work closely with leading authorities in the field of integrative cancer medicine. In the course of writing Alternative Medicine Definitive Guide to Cancer (Future Medicine) for W. John Diamond, MD, Mark interviewed and profiled leading holistic cancer doctors around the world. Other books to which he has contributed include Breast Cancer Beyond Convention (Pocket Books 2002), Life Over Cancer by Keith I. Block, MD (Random House 2009), Clinicians' Complete Reference to Complementary & Alternative Medicine (Mosby Inc., Harcourt Health Sciences 2000), and Essentials of Complementary and Alternative Medicine (Lippincott, Williams & Wilkins 1999). Mark currently has over 40 scientific articles listed on PubMed, including papers published in the International Journal of Cancer, Journal of the National Cancer Institute, Integrative Cancer Therapies, and Cancer Treatment Reviews.



Rebecca R. Murray, FNP-BC, CDE

Endocrine Nurse Practitioner, Institute for Hormonal Balance, Orlando, FL

Assistant Clinical Professor of Nursing (Adjunct Faculty), Yale University, New Haven, CT

Medical Director, Ward-Murray HealthCare Consulting, Groton, CT

Rebecca Murray APRN, is the Medical Director for CT Holistic and Integrative Medicine in Groton, CT and Assistant Clinical Professor of Nursing (Adjunct Faculty) at Yale University in New Haven, CT. After graduating from Columbia University, she spent 12 years in Critical Care Medicine overseeing the care of patients with debilitating medical problems that could have been prevented. Wishing to change her professional career to that of preventing disease processes, she obtained her MS in Primary Health Care/Family Nurse Practitioner and furthered her training in holistic medicine by attending "Applying Functional Medicine to Clinical Practice" and numerous other conferences, seminars, and self-study programs focused on preventative medicine and also becoming certified in Diabetes Management. In 2001 she joined CT Holistic and Integrative Medicine and has since become the Medical Director. The practices concentrates on Metabolic Syndrome/Hyperinsulinemia, Obesity, Diabetes Management (focusing on lifestyle and nutritional supplements), Autoimmune Diseases (focus on gluten sensitivity, silent celiac disease), Hormonal Balancing/Anti-Aging Medicine, and Breast Cancer Risk Reduction by thoroughly assessing ALL the risk factors (both genetic and environmental) and formulating an individualized treatment plan utilizing the concepts of NutriGenomics. She has a passion for sharing the "constantly evolving knowledge base" of functional medicine by lecturing across the country and empowering practitioners in all fields to "treat the underlying problem", not just the symptoms.



Bhavesh K. Patel, M.D.

Founder and CEO, Cenegenics, Chicago, IL

Bhavesh K. Patel, M.D. is Board Certified in Age Management Medicine and founded the Chicago Center of Cenegenics in 2009. He has also pursued training through the Institute for Functional Medicine and is Board Certified in Family Medicine, and has worked extensively in Urgent Care and ER. He took a brief hiatus from medicine to work on Wall St. as a Biotechnology Research Analyst. Dr. Patel earned his B.A. from East Tennessee State University and his Doctor of Medicine from Rush Medical College of Rush University, Chicago. He has worked in occupational medicine and urgent care since 2002 and age management medicine since 2009.



Jennifer Pearlman, M.D., CCFP, NCMP, FAARM, ABAARM

Attending Staff Physician, Menopause Clinic, Mount Sinai Hospital, Toronto, Canada

Owner and Medical Director, Pearl MD Rejuvenation, Toronto, Canada

Dr. Pearlman completed her medical school and residency training at The University of Toronto. She graduated with Honors and received numerous scholarships and awards. Dr. Pearlman earned her designation as Chartered Financial Analyst (CFA) in 2003 and worked as a healthcare analyst studying global healthcare industry for over a decade. Her work in finance propelled her to create a curriculum for post-graduate medical trainees to educate about commercial influences in medicine and biomedical research. Dr. Pearlman is a frequently published health expert with articles appearing in the Globe and Mail national newspaper, The Huffington Post, Canadian Living Magazine, Elle, Elevate magazine and more. She has appeared as an invited speaker on television shows such as Rogers' Daytime Toronto and frequently lectures to public and professional audiences. She has been an invited speaker at academic medical meetings to speak to physician audiences about menopause, hormone therapy, and cosmetic medicine. Dr. Pearlman is an active member of the Canadian Association of Aesthetic Medicine, the Canadian and Ontario Medical Associations, the College of Physicians and Surgeons of Ontario, the College of Family Physicians of Canada, and the Federation of Medical Women of Canada. She is an active member of the North American Menopause Society (NAMS) and the American Academy of Anti-Aging Medicine (A4M) and is a Fellow in Anti-Aging and Regenerative Medicine (FAARM).

Faculty Biographies

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.



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, 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) 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.



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. She recommends effective, evidence based natural therapies, lifestyle changes, and bioidentical hormones to address the underlying causes of hormone imbalance and restore health and vitality.

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.

Faculty Biographies

George C. Shapiro, M.D., FACC

*Adjunct Assistant Professor Clinical Medicine, New York Medical College, Valhalla, NY
Founding Partner, Cenegenics, New York City
Member, AMMG Conference Planning Committee*

Dr. Shapiro has been a practicing physician for 25 years with board certifications in Internal Medicine, Cardiovascular Disease and Age Management Medicine. He completed his training and spent his early career at Columbia University College of Physicians and Surgeons in New York City focusing on Cardiovascular Disease Management including Congestive Heart Failure and Heart Transplantation. Dr. Shapiro grew a large, successful private practice in New York where he currently sees patients daily. Always challenged by the need to innovate medicine, Dr. Shapiro has patented medical devices as well as explored and innovated new medical protocols. This led him to a career in Age Management Medicine focusing on the prevention of heart disease and stroke, including cardiovascular genomics, metabolomics, microbiomics, regenerative medicine and improving human longevity. Today he has a second practice located at 40 Wall Street where he is the Founding Partner of Cenegenics - New York City, serving some of the most powerful leaders in business and society from around the world with Age Management treatments. Dr. Shapiro is active in 13 medical societies, is a speaker for the Age Management Medicine Group (AMMG) and serves on the AMMG Conference Planning Committee. Dr. Shapiro was the recipient of the 2016 Alan P. Mintz, M.D. Award for Clinical Excellence in Age Management Medicine. He also has been a national speaker for several top pharmaceutical companies. In, addition he was a clinical expert for various radio stations, and has been a medical consultant for several TV shows. He serves his local, regional and national community as an emergency responder with multiple roles including Physician/Firefighter for the Ardsley Volunteer Fire Department, and is a member of the Westchester County Department of Special Operations HAZ-MAT team where he is an Advanced HAZ-MAT Technician. He is on the Board of Directors for Orion Children International (OCI), a not-for-profit organization established to empower orphaned and vulnerable children (OVC) through early intervention.



Joseph F. Signorile, Ph.D.

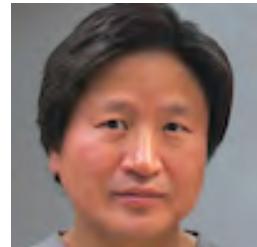
Professor, Department of Kinesiology and Sport Sciences, University of Miami, Miami, FL

Dr. Signorile is a Professor of Exercise Physiology at the University of Miami and a Research Specialist at the Miami VA Medical Center Geriatrics Research Center. He has been involved in research using exercise to address independence and fall prevention for over 20 years, has over 50 refereed manuscripts and 175 national and international scientific and 200 industry presentations. He has been a pioneer in applying the diagnosis/prescription model for tailored exercise to improve function and reduce falls in older persons and has worked to apply new technologies for improving independence. Within the context of prescriptive exercise, "Dr. Sig," as he is often called, has organized and led a series of studies that produced novel tools to assess functionality, including: the gallon jug shelf test, the ramp power test, the trunk rotation test, and equations to compute power from a simple stand-up test. He has chaired over 20 doctoral dissertations and served as a committee member on countless more. Dr. Signorile is the coauthor of South Beach Diet Supercharged and has recently released his definitive book on aging exercise prescription entitled Bending the Aging Curve, published by Human Kinetics Publishers.

H. William Song, M.D.

Founder and CEO, Omni Aesthetics, Oakland, NJ

Dr. Song is a recognized expert in advanced fillers including autologous fat transfers and adipose derived stem cell treatments. He is board certified in Cosmetic Laser Surgery and Internal Medicine and has been practicing in Bergen County, NJ since 1996. After receiving his undergraduate training at Bucknell University, he received his medical degree at Rutgers Medical School (formerly UMDNJ), did his internship and residency training at St. Lukes/Roosevelt Hospital in New York City, and is currently on staff at Hackensack University Medical Center. Dr. Song is one of the area's leading providers of laser and energy-based cosmetic treatments. He has been featured on Good Morning America and speaks around the country and teaches other doctors from around the world about PRP, stem cell treatments and advanced laser techniques. Dr. Song is a faculty trainer for AAEG (Advanced Aesthetic Education Group).



H. Douglas Woodford, M.D., FACOG

Clinical Director / Physician, Full Life Wellness Center, Florence, AL

Dr. Woodford received his medical education and completed his internship and residency at the University of Tennessee-College of Medicine in Memphis, TN. He has been in private practice since 1985. He is Board Certified by the American Board of Obstetrics and Gynecology and is a Fellow of the American College of Obstetrics and Gynecology. In 1992, he completed a preceptorship in reproductive/infertility surgery. Dr. Woodford opened Florence Obstetrics and Gynecology Group in 1993 providing services for women having difficulty achieving pregnancy and all types of OB and gynecological services. Dr. Woodford began focusing more on his interests in bioidentical hormone replacement for both women and men and using nutrition to promote optimal wellness in his patients. In 2012, he opened Full Life Wellness Center, which provides bio-identical hormone replacement for men and women, nutritional therapy and weight loss services with the goal of helping patients achieve their personal best level of health.

Israel Yoles, M.D.

Chief Gynecologist, Central District of Clalit Health Services & Head of the Center for Women's Health, Clalit Health Services, Israel

Certified Menopause Practitioner, North American Menopause Society (NCMP)

Israel Yoles, M.D. is a senior physician of obstetrics and gynecology, with over 25 years experience as an OBGYN and 15 years experience in women health research primarily at the menopause age. He is Chief Gynecologist, Central District of Clalit Health Services & Head of the Center for Women's Health, Clalit Health Services in Israel, and is a Certified Menopause Practitioner of the North American Menopause Society (NCMP). Dr. Yoles was the lead author of many studies on menopause, the last one of which was entitled, "Local Estrogens for Genitourinary Symptoms of Menopause. Does the Method of Treatment (Tablets or Cream) Change the Compliance and Adherence to Treatment?" and was published in the *Menopause* journal in 2015.

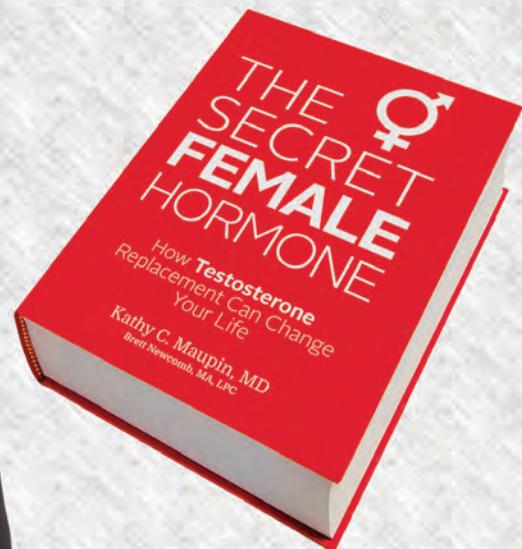


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