



# 25th CLINICAL APPLICATIONS FOR AGE MANAGEMENT MEDICINE CONFERENCE

## CONFERENCE GUIDE

November 1 – 4, 2018

JW Marriott Starr Pass Resort & Spa  
Tucson, Arizona



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



25.25 AMA Credits  
plus Nursing &  
Pharmacy Credits

**SAVE \$500**  
Conference Special

**Advanced Medical Training  
for Forward Thinking Physicians**



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

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Earn **82** AMA PRA Credits\*

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

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

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

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



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



Dear Colleague,

We are excited to welcome you to our Fall 2018 conference—our 25th—held once again in Tucson, Arizona. AMMG is proud to deliver another dynamic, evidence based four-day conference in a venue that quiets the mind and body, setting the stage for learning, relaxing, and re-energizing, and leaving you feeling engaged, challenged, stimulated—and recharged.

**A medical conference like no other.** AMMG provides 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.

**Leave the common behind.** From peptide therapies to breakthrough cancer diagnostics and treatment, experts guide you through the science and the latest studies. Learn cutting-edge protocols that you can put into practice immediately to deliver proactive, preventive medicine to optimize health and delay/halt degenerative aging. Enhance your knowledge and performance levels, and increase your practice’s value with healthier, better outcomes.

Our location, the JW Marriott Tucson Starr Pass Resort & Spa, offers the kind of luxury without compromise to which AMMG attendees have become accustomed. With beautifully appointed guest rooms, exceptional cuisine, championship golf club, and multi-level pool with lazy river, it offers a remarkable range of luxury amenities in a fantastic location.

**More opportunities.** Learn about the advantages of AMMG membership, and how AMMG Training & Certification in Age Management Medicine can elevate you to a higher standard of reputation and professional development.

We look forward to meeting you!

Sincerely,

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

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

**CONFERENCE PLANNING COMMITTEE**

Florence Comite, M.D.  
John K. Crisler, D.O.  
Edwin N. Lee, M.D., FACE  
John J. Rush, M.D., FACEP

Mary Corry, R.N., BSN  
Mark L. Gordon, M.D.  
Cesar M. Pellarano, M.D.  
George C. Shapiro, M.D., FACC

**SAVE THE DATE**

▶ **April 11 – 14, 2019** ◀

**26<sup>TH</sup> CLINICAL APPLICATIONS FOR AGE MANAGEMENT MEDICINE**  
**National Doral Resort, Miami, Florida**

Updates will be posted on our website [www.agemed.org](http://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](mailto:gfillmore@agemed.org):

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

**Age Management Medicine Group (AMMG)**

1534 Serrano Circle, Naples, FL 34105

Phone (239) 330-7495 Fax (847) 728-2118

[www.AgeMed.org](http://www.AgeMed.org) [conference@agemed.org](mailto:conference@agemed.org)

# USE MEDICAL WEIGHT LOSS TO EXPAND YOUR AGE MANAGEMENT PRACTICE

Tap into the biggest market in the U.S.  
236 Million People are Obese/Overweight

We will teach you how to build a medical weight loss business that will dramatically increase your age management practice. With over 30 years of industry experience, our turn-key complete business system will help you get more patients through the door and convert them to your other services, as well as help your current patients lose weight.

**Transform and improve your practice, and your patients' lives!**

## Ten reasons business owners choose Healthy Habits:

**1 Speed of Implementation**  
(Most up and running within 60 days)

**2 Effective Marketing**  
(Don't learn the hard way)

**3 Less Costly Mistakes**  
(We've made most of them & have learned from them)

**4 Training Portal**  
(Save time & headaches training staff)

**5 Structured Weight Loss Program**  
(Successful for the past 30 years)

**6 Corporate Staff Trainers**  
(You get a team of people to train your staff)

**7 Discounted Lab Account**  
(Wholesale pricing on high quality diagnostic testing)

**8 Business Partners**  
(We provide the resources you need to be successful)

**9 Rewarding and Profitable Business**  
(Make a difference in the battle against obesity)

**10 Grows Other Services**  
(Strong conversion rates to your other services)

## Enhance Your Medical Weight Loss Business with our Diamond Laser

Weight loss is a multi-billion dollar industry and 80% of people will turn to cosmetics, such as cellulite reduction, after they lose weight.

Our tri-frequency body sculpting laser is a great add-on to our medical weight loss system and will help you meet the patient demand and grow your business!



- **Increase Your Cash Revenue**
- **Target a New Marketing Audience**
- **Better Outcomes & Compliance = More Patient Referrals = \$\$\$**

## DON'T MISS OUT! ENTER OUR RAFFLE AT OUR BOOTH AND WIN:

**Grand Prize: 20% off** Diamond Series Laser (valued at \$7,800.00)

**2nd Prize: 10% off** the Diamond Series Laser (valued at \$3,900.00)

**3rd Prize: Marketing Package** for the Diamond Series Laser (valued at \$2,500.00, will be included with the purchase of the laser)

**Demo our lipo laser for FREE! Lose up to 4 inches in one session!**



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-  We accept office-use & patient-specific prescriptions
-  Complete HRT and Age Management product line
-  Consistent Quality & Service
-  Licensed in 50 states



[empowerpharmacy.com](http://empowerpharmacy.com)

# Alan P. Mintz, M.D. Award

## CLINICAL EXCELLENCE IN AGE MANAGEMENT MEDICINE

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



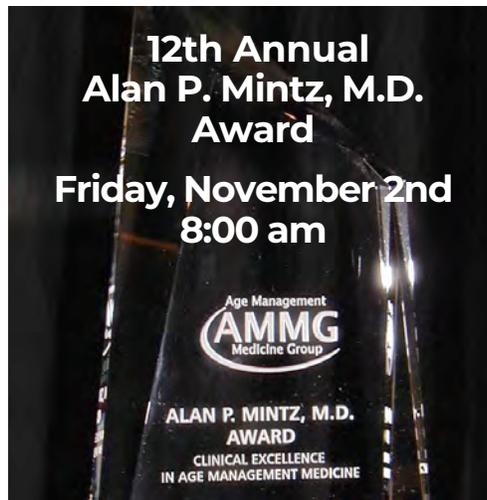
The Age Management Medicine Group created an award of distinction to honor Dr. Mintz as a friend, mentor and true medical professional who did much to advance this new medical specialty.

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

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

## Mark L. Gordon, M.D.

Please join us in presenting Dr. Gordon with the



2007



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

2008



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

2009



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

2010



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

2015



Jeffrey P. Leake, M.D.

2016



George C. Shapiro, M.D.

2017



Anna Cabeca, D.O.

2018



Mark L. Gordon, M.D.

2011



Joseph F. McWherter, M.D.

2012



Michale J. Barber, M.D.

2013



Florence Comite, M.D.

2014



Neal Rouzier, M.D.

# SCHEDULE AT-A-GLANCE

Thursday, November 1<sup>ST</sup>

## 4 Concurrent Pre-Conference Tracks

### Track 1: Clinical Use of Peptides and Peptide Therapies

The use of Peptides and Peptide Therapies has experienced exponential growth over the past few years. Their uses range from impacting hormonal change, to antibiotic properties, to treatments for conditions of aging such as cancer, cardiovascular health, memory & brain health and sexual function. AMMG's educational mandate is to fill knowledge gaps, and our attendees have indicated that a focused track on peptides is essential to educate members and attendees on the science and clinical uses of peptides in an age management practice.

### Track 2: Novel Clinical Interventions in Age Management Medicine

Track is designed to present an array of new and innovative clinical interventions for the Age Management Medicine clinician. These interventions are designed so that the attendee can take them back to their practice and begin to implement them immediately.

<b>7:00 AM – 7:45 AM</b> <b>How to Treat Adult Growth Hormone Deficiency</b> Presented by Mark L. Gordon, M.D. Open to all attendees and includes a complimentary breakfast <i>Non-CME symposium sponsored by University Compounding Pharmacy</i>	
<b>8:00 AM - 8:20 AM</b> <b>Introduction to Peptides</b> Edwin N. Lee, M.D., FACE  <b>8:20 AM - 9:20 AM</b> <b>BPC-157 for Healing Gastric Ulcers and Superior Healing of Tendinopathies</b> Rob Kominiarek, D.O., FACOFP  <b>9:20 AM - 10:15 AM</b> <b>Brain Health with Cerbolysin and Other Peptides</b> Kathy O'Neil-Smith, M.D., FAARM  <b>10:15 AM - 10:30 AM</b> Break  <b>10:30 AM - 11:15 AM</b> <b>Peptides to Increase Growth Hormone (CJC 1295, Ipamorelin, Tesamorelin, GHRP-6 and Others)</b> Edwin N. Lee, M.D., FACE  <b>11:15 AM - 12:00 PM</b> <b>Peptides for Sleep, Improving Telomeres, Libido, Testosterone, and Memory</b> Edwin N. Lee, M.D., FACE  <b>12:00 PM - 1:30 PM</b> Lunch Break	<b>8:00 AM - 9:00 AM</b> <b>Benefits of Cannabis on the Brain's Endocannabinoid Receptors</b> Deepa B. Verma, M.D., AIHM  <b>9:00 AM - 10:00 AM</b> <b>Mycotoxins—The Secret Masquerader: Is it Lyme Disease or Mycotoxins? How to Differentiate, Diagnose and Treat</b> Andrew W. Campbell, M.D.  <b>10:00 AM - 10:15 AM</b> Break  <b>10:15 AM – 11:15 AM</b> <b>Obtaining Proper Growth Hormone Lab Levels &amp; New Safety Information Regarding HGH – What HGH Research Has Taught Us</b> Dan C. Purser, D.C., M.D.  <b>11:15 AM - 12:00 PM</b> <b>InflammAging: Bacterial Toxins and Systemic Inflammation</b> Mark Engelman, M.D., FSCM  <b>12:00 PM - 1:30 PM</b> Lunch Break
<b>12:00 PM – 1:00 PM</b> <b>NeuroRegensis: Treating Memory Loss and the Aging Brain</b> Presented by A.J. Farshchian, M.D. Open to all attendees and includes a complimentary lunch <i>Non-CME symposium sponsored by Center for Regenerative Medicine</i>	
<b>1:30 PM - 2:15 PM</b> <b>Peptides for Cancer</b> Luis Martinez, M.D., MPH  <b>2:15 PM - 3:00 PM</b> <b>Thymosin Peptides</b> Kathy O'Neil-Smith, M.D., FAARM  <b>2:30 PM</b> Exhibits Open  <b>3:00 PM - 3:45 PM</b> Break / Visit Exhibits  <b>3:45 PM - 4:30 PM</b> <b>Peptides for Autoimmune Disease</b> Luis Martinez, M.D., MPH  <b>4:30 PM - 4:50 PM</b> <b>Protecting Yourself in Age Management Medicine</b> Rob Kominiarek, D.O., FACOFP  <b>4:50 PM – 5:30 PM</b> <b>Panel with Q &amp; A</b> Edwin N. Lee, M.D., FACE, Kathy O'Neil-Smith, M.D., FAARM, Rob Kominiarek, D.O., FACOFP, Luis Martinez, M.D., MPH	<b>1:30 PM - 2:15 PM</b> <b>Fast-Mimicking Diets – A Novel Therapy to Combat the Relentless Effects of Aging</b> Felice Gersh, M.D.  <b>2:15 PM - 3:00 PM</b> <b>Clinical Interventions for Thyroid and Adrenal Dysfunction</b> John K. Crisler, D.O.  <b>2:30 PM</b> Exhibits Open  <b>3:00 PM - 3:40 PM</b> Break / Visit Exhibits  <b>3:40 PM - 4:35 PM</b> <b>Intermittent Fasting, Carb Cycling &amp; Weight Management</b> Brent Agin, M.D.  <b>4:35 PM - 5:30 PM</b> <b>Interventions for Sexual Dysfunction in Men</b> Kathryn Retzler, N.D.
<b>5:30 PM - 7:00 PM</b> <b>AMMG Welcome Reception</b> Held in Conference Networking and Exhibits Center <b>Open to all conference attendees, spouses and guests</b>	

# SCHEDULE AT-A-GLANCE

Thursday, November 1<sup>ST</sup>

## 4 Concurrent Pre-Conference Tracks

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

\*non-CME track

In conjunction with the Advanced Aesthetic Education Group

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 Advanced Aesthetic Education Group. 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

This full day program, TBI – A Clinical Approach to Diagnosis and Treatment, will provide to the attendees overwhelming information culled from peer-reviewed articles on Traumatic Brain Injury as the causative factor for personality changes, cognitive impairment and mood disorders leading up to suicide. The attendees will be walked through the literature discussing the effects of primary trauma and the secondary effects of inflammation and oxidative stress on functionality.

7:00 AM – 7:45 AM

#### How to Treat Adult Growth Hormone Deficiency

Presented by Mark L. Gordon, M.D.

Open to all attendees and includes a complimentary breakfast

**Non-CME symposium** sponsored by University Compounding Pharmacy

8:00 AM - 8:45 AM

#### PDO Thread Lifting

H. William Song, M.D.

8:45 AM - 9:30 AM

#### Aesthetic Treatment Protocols for the Treatment of Rosacea

Marie Piantino, L.E.

9:30 AM - 10:15 AM

#### Body Contouring including Different Techniques Freeze/Melt/Lipo and Combining Treatments

H. William Song, M.D.

10:15 AM - 10:30 AM

Break

10:30 AM - 11:15 AM

#### Reversing the Aging Face: Use of IGF-1, Growth Hormone, Melatonin and Thyroid Gels, Lotions, Sprays, and Sublinguals

Richard Lippman, M.D.

11:15 AM - 12:00 PM

#### Acne, Inflammatory and Non-Inflammatory Lesions: Causes and Solutions

Sheila Malmanis, L.E.

12:00 PM - 1:30 PM

Lunch Break

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

8:00 AM - 8:30 AM

#### An Introduction to Traumatic Brain Injury

8:30 AM - 9:30 AM

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

9:30 AM - 10:15 AM

#### The Laboratory of Traumatic Brain Injury

10:15 AM - 10:30 AM

Break

10:30 AM - 11:30 AM

#### Traumatic Brain Injury and Neurobehavior

11:30 AM - 12:00 PM

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

12:00 PM - 1:30 PM

Lunch Break

12:00 PM – 1:00 PM

#### NeuroRegenesis: Treating Memory Loss and the Aging Brain

Presented by A.J. Farshchian, M.D.

Open to all attendees and includes a complimentary lunch

**Non-CME symposium** sponsored by Center for Regenerative Medicine

1:30 PM - 2:30 PM

#### Amniotic Fluid: a New Breakthrough in Aesthetic Medicine

Bertica M. Rubio, M.D.

2:30 PM

Exhibits Open

2:30 PM - 3:15 PM

#### Acoustic Wave Therapy

H. William Song, M.D.

3:15 PM - 3:45 PM

Break / Visit Exhibits

3:45 PM - 4:45 PM

#### Skin Exfoliation: Physical & Machine – Lecture & Demonstration

Marie Piantino, L.E.

4:45 PM - 5:30 PM

#### Hair Restoration: Treating the Scalp - Lecture & Demonstration

Bertica M. Rubio, M.D.

1:30 PM - 2:30 PM

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

2:30 PM

Exhibits Open

2:30 PM - 3:30 PM

#### Case Studies – Part I

3:30 PM - 4:10 PM

Break / Visit Exhibits

4:10 PM - 5:30 PM

#### Case Studies – Part II

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

Warrior Angels Foundation

waftbi.org



5:30 PM - 7:00 PM

#### AMMG Welcome Reception

Held in Conference Networking and Exhibits Center

Open to all conference attendees, spouses and guests

# SCHEDULE AT-A-GLANCE

## Friday, November 2<sup>ND</sup> General Session

7:00 AM - 7:45 AM

**How Medical Weight Loss and Lipo Laser Can Help Expand Your Age Management 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**

8:05 AM - 8:30 AM

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

**PROSTATE CANCER**

8:30 AM - 9:15 AM

**Upside-down World of Prostate Cancer**

Paul Thompson, M.D.

9:15 AM - 10:00 AM

**Risk Stratification of Men for Prostate Cancer**

**Metastasis and Mortality**

Sanoj Punnen, M.D., MAS

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

10:30 AM - 11:15 AM

**MRI-Guided Prostate Laser Ablation for Treatment of Prostate Cancer**

Daniel Sperling, M.D.

11:15 AM - 12:15 PM

**A Literature Review of the Controversies in Treating Men with Aromatase Inhibitors: Is Estrogen Good or Bad and Can it Treat Prostate Cancer?**

Neil Rouzier, M.D.

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

12:15 PM - 1:15 PM

**The Spectacular Role of the Human Microbiome in Preventing Metabolic Endotoxemia, the Number One Cause of Mortality Worldwide**

Presented by Kiran Krishan, Microbiologist

**Non-CME symposium** sponsored by *Microbiome Labs*

Open to all attendees and includes a complimentary lunch

**BREAST CANCER**

1:30 PM - 2:15 PM

**Estrogen Metabolism, Epigenetics and Breast Cancer Risk**

Jennifer Peartman, M.D., CCFP, NCMP, FAARM

2:15 PM - 3:00 PM

**DNA Methylation Age is Elevated in Breast Tissue of Healthy Women**

Mary E. Sehl, M.D.

3:00 PM - 3:30 PM **Break / Visit Exhibits**

3:30 PM - 4:30 PM

**FEATURED SPEAKER**

**Cobalt & Iodine: Effects on Estrogen Metabolism**

Jonathan Wright, M.D.

4:30 PM - 5:30 PM

**Personalized Medicine Approach for Breast Cancer**

Bernard Esquivel, M.D., Ph.D., MHA

5:30 PM

**Reception Introducing AMMG's Training and Certification in Age Management Medicine**

Presentation by Kenneth Janson, M.D.

Open to all conference attendees

## Saturday, November 3<sup>RD</sup> General Session

7:00 AM - 7:45 AM

**"Compound Your Profits" with Age Management Programs**

Presented by Dan Powell, Director of Business Development

**Non-CME symposium** sponsored by

*Olympia Compounding Pharmacy*

Open to all attendees and includes a complimentary breakfast

**PRECISION MEDICINE**

8:00 AM - 8:45 AM

**FEATURED SPEAKER**

**Genomics, IPOP and the Predictive Model of Health**

Michael Snyder, Ph.D.

8:45 AM - 9:30 AM

**Precision Medicine Innovation: Continuous Glucose Monitors for n-of-1 Health Management**

Florence Comite, M.D.

9:30 AM - 10:15 AM

**Epigenetic Clock Testing - An Accurate, Low Cost Biomarker of Biological Aging**

James Watson, M.D.

10:15 AM - 10:45 AM **Break / Visit Exhibits**

**THE MICROBIOME, INFLAMMATION, AND ADVANCED ENDOCRINOLOGY FOR AGE MANAGEMENT MEDICINE**

10:45 AM - 11:30 AM

**Relevance of Gut Microbiota in Gastroenterology Microbiome**

Ram Dickman, M.D.

11:30 AM - 12:15 PM

**Decoding Stool Test Results: Fecal Biomarkers, Commensal Bacteria and Clinical Applications**

*Non-CME presentation*

Lihong Chen, Ph.D.

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

**Complimentary attendee lunch provided by AMMG exhibitors - served in the Exhibits Center**

1:30 PM - 2:30 PM

**Impact of Microbiome in Advanced Endocrinology**

Dushyant Viswanathan, M.D., ABIM, ABoIM, AACE

2:30 PM - 3:10 PM

**Clinical Yogotherapy & Integrative Alchemy for Gut Dysbiosis Causing Chronic Inflammation Leading to Endocrine Disorders**

Elaina Heather Viswanathan, RYT

3:10 PM - 3:45 PM

**Break / Visit Exhibits (exhibits close 3:45 PM)**

3:45 PM - 5:00 PM

**The Gut-Brain Continuum, Revelations on the Role of the Microbiome in the Structure and Function of the Neuroendocrine System**

Zach Bush, M.D.

5:00 PM - 5:30 PM

**Microbiome Q & A**

Zach Bush, M.D., Dushyant Viswanathan, M.D.,

Ram Dickman, M.D., Elaina Viswanathan, RYT

5:30 PM - 6:30 PM

**Lecture Follow-up: Meet Dr. Jonathan Wright**

Additional information not included in Friday's

lecture will be presented

*San Ignacio Room - open to all attendees*

## Sunday, November 4<sup>TH</sup> General Session

7:00 AM - 7:45 AM

**Risk Avoidance: A Malpractice Report - Real Physicians & Real Lawsuits**

Presented by John Rush, M.D., Chairman & CEO, Longevity Physicians Insurance Company

**Non-CME symposium** sponsored by

*Longevity Physicians Insurance Company*

Open to all attendees and includes a complimentary breakfast

8:00 AM - 9:30 AM

**Clinical Case Review, Discussion and Recommendations for Individualized Treatment Plans on Cases Submitted by Attendees**

**Panel 1:**

Michale Barber, M.D.

Paul Thompson, M.D.

Neal Rouzier, M.D.

9:30 AM - 11:00 AM

**Clinical Case Review, Discussion and Recommendations for Individualized Treatment Plans on Cases Submitted by Attendees**

**Panel 2:**

Florence Comite, M.D.

John K. Crisler, D.O.

George Shapiro, M.D.

Kathy Maupin, M.D.

11:00 AM - 11:30 AM **Break**

11:30 AM - 12:30 PM

**Neglected But Effective Therapies, Part 1 (General Issues)**

Jonathan Wright, M.D.

12:30 PM - 1:30 PM

**Neglected But Effective Therapies, Part 2 (Women's Health Issues)**

Jonathan Wright, M.D.

1:30 PM **CONFERENCE CONCLUDES**

## Connect With AMMG Online



Website:

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



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Age Management Medicine Group



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LinkedIn/Company:

Age Management Medicine Group



LinkedIn/Groups:

Age Management Medicine Group



YouTube:

Age Management Medicine



**Hashtag: #AMMGFall2018**

## IMPORTANT: CME CERTIFICATES

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

For your convenience, this is done entirely online.

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

Go to [www.AgeMed.org](http://www.AgeMed.org), click on **November 2018 Conference**, go to **Accreditation** and follow the screen prompts.

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

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

### PLEASE NOTE:

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

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# NON-CME EVENTS OPEN TO ALL ATTENDEES

## THURSDAY, NOVEMBER 1<sup>ST</sup>

- 7:00 - 7:45 AM** **How to Treat Adult Growth Hormone Deficiency**  
Presented by Mark L. Gordon, M.D.  
*Symposium sponsored by University Compounding Pharmacy - Includes a complimentary breakfast*
- 12:00 - 1:00 PM** **NeuroRegensis: Treating Memory Loss and the Aging Brain**  
Presented by A.J. Farshchian, M.D.  
*Symposium sponsored by Center for Regenerative Medicine - Includes a complimentary lunch*
- 5:30 - 7:00 PM** **AMMG Welcome Reception for attendees, spouses and guests**  
Please join your colleagues in the Conference Networking / Exhibits Center

## FRIDAY, NOVEMBER 2<sup>ND</sup>

- 7:00 - 7:45 AM** **How Medical Weight Loss and Lipo Laser Can Help Expand Your Age Management Practice**  
Presented by Kimball Lundahl, D.C.  
*Symposium sponsored by Healthy Habits - Includes a complimentary breakfast*
- 12:15 - 1:15 PM** **The Spectacular Role of the Human Microbiome in Preventing Metabolic Endotoxemia, the Number One Cause of Mortality Worldwide**  
Presented by Kiran Krishnan, Microbiologist  
*Symposium sponsored by Microbiome Labs - Includes a complimentary lunch*
- 5:30 - 7:00 PM** **Reception Introducing AMMG's Training and Certification in Age Management Medicine**  
Presentation by Kenneth Janson, M.D.  
Open to all conference attendees

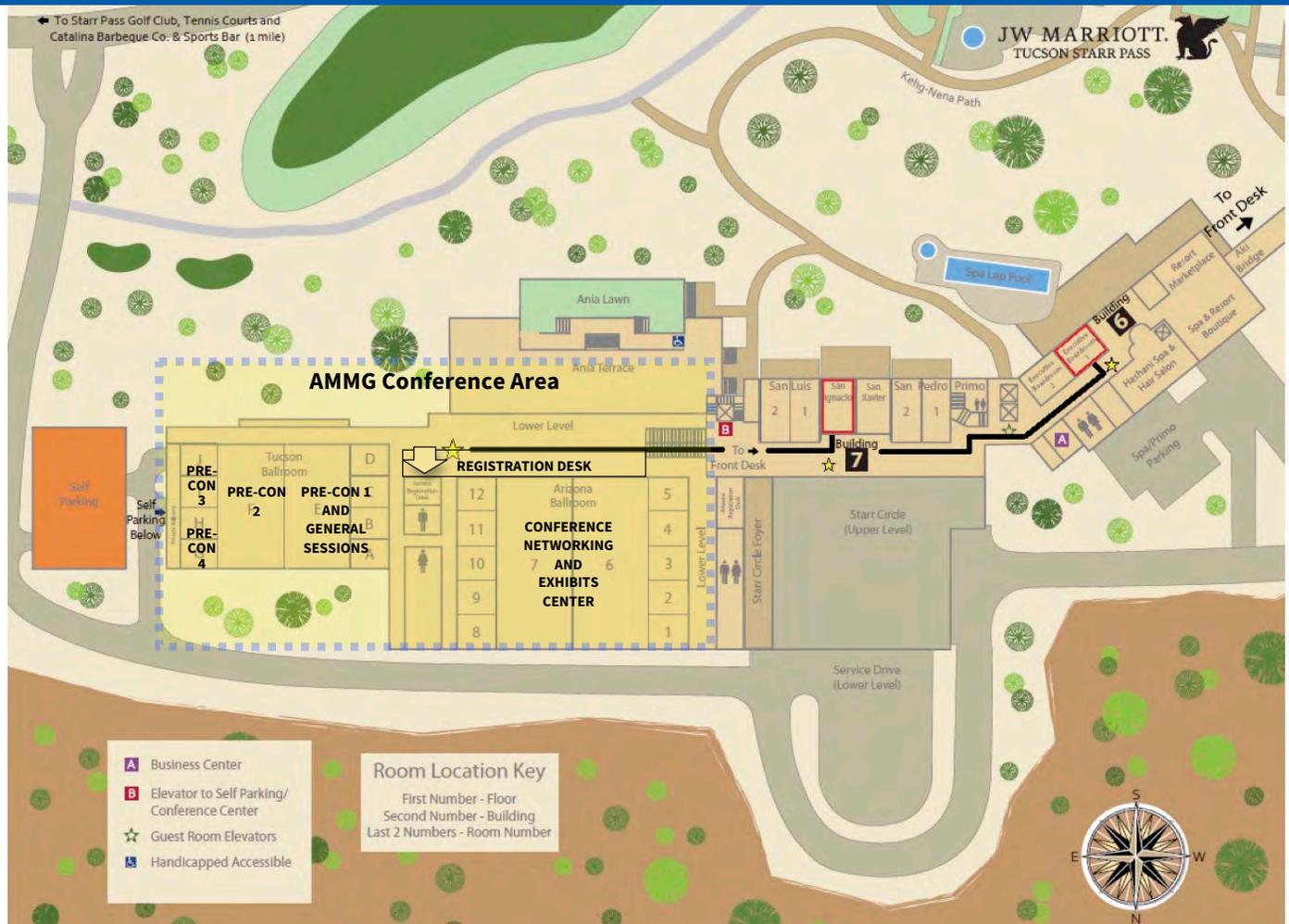
## SATURDAY, NOVEMBER 3<sup>RD</sup>

- 7:00 - 7:45 AM** **"Compound Your Profits" with Age Management Programs**  
Presented by Dan Powell, Director of Business Development  
*Symposium sponsored by Olympia Compounding Pharmacy - Includes a complimentary breakfast*
- 12:00 - 1:30 PM** **Complimentary Attendee Lunch provided by AMMG Exhibitors**  
Served in the Conference Networking/Exhibits Center
- 5:30 - 6:30 PM** **Lecture Follow-up: Meet Dr. Jonathan Wright**  
Additional information not included in Friday's lecture will be presented. *Held in San Ignacio Room*

## SUNDAY, NOVEMBER 4<sup>TH</sup>

- 7:00 - 7:45 AM** **Risk Avoidance: A Malpractice Report - Real Physicians & Real Lawsuits**  
Presented by John Rush, M.D., FACEP, MBA, MHA, Chairman & CEO, Longevity Physicians Insurance Company  
*Symposium sponsored by Longevity Physicians Insurance Company - Includes a complimentary breakfast*

# CONFERENCE FLOOR MAP

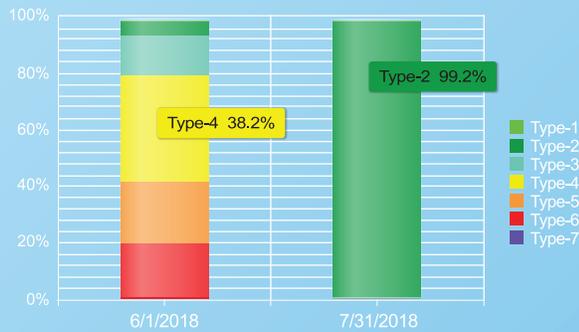


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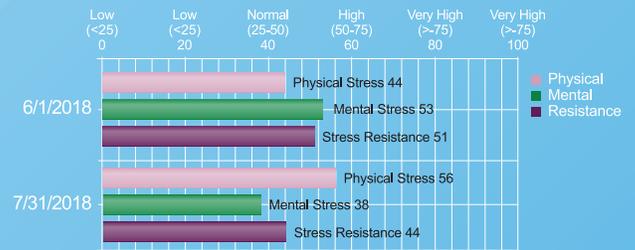
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# CME INFORMATION



25th Clinical Applications for Age Management Medicine • November 1-4, 2018 • Tucson, Arizona



## 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 25th 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 wide ranging clinical uses of peptides in Age Management Medicine.
- Describe a series of novel clinical interventions which can be used in an Age Management Practice.
- Recognize the link between traumatic brain injury (TBI) and the disruption of neurosteroids and hormone production.
- Recognize and understand new clinical treatment and technology for the early detection and treatment of Prostate Cancer.
- Recognize and understand new clinical treatment and technology for the early detection and treatment of Breast Cancer.
- Describe and identify new concepts in Precision Medicine such as genetics use of predictive models, epigenetic clock testing and wearables.

## Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of CMEsolutions and Age Management Medicine Group. The CMEsolutions is accredited by the ACCME to provide continuing medical education for physicians. The CMEsolutions designates this live activity for a maximum of 25.5 AMA PRA Category 1 Credits.™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.



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, Idaho, and Utah Nurses Associations are members of the Western Multi-State Division. Approved for a maximum of 21.33 contact hours.



The CMEsolutions is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program is approved for 26 contact hours (2.6 CEUs). ACPE Program Number: 0274-9999-18-016-L04-P

## Fees

There are registration fees for participation in this conference as outlined on the website, [www.agemed.org](http://www.agemed.org).

## Participation Requirements

1. Complete registration
2. Attend accredited sessions
3. For credit log on to URL: <http://agemed.org/November2018/Accreditation/>
4. **PLEASE NOTE: URL available beginning November 1, 2018**
5. Complete evaluation, credit request form, and download or print credit certificate

## Off-label Use

25th 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.

## Privacy Policy

CMEsolutions Privacy and Confidentiality Policy: [www.online-med-edu.com/privacypolicy.pdf](http://www.online-med-edu.com/privacypolicy.pdf)  
CMEsolutions can be contacted at [info@cmesolutions.org](mailto:info@cmesolutions.org).

# FACULTY AND PLANNER DISCLOSURES

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 relationships to disclose.
Mary L. Corry, R.N., BSN	No relevant financial relationships to disclose.
John K. Crisler, D.O.	No relevant financial relationships to disclose.
Mark L. Gordon, M.D.	No relevant financial relationships to disclose.
Edwin Lee, M.D., FACE	No relevant financial relationships to disclose.
Cesar M. Pellerano, M.D.	No relevant financial relationships to disclose.
John Rush, M.D., FACEP, MBA, MHA	No relevant financial relationships to disclose.
George Shapiro, M.D., FACC	No relevant financial relationships to disclose.

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

## Faculty Disclosures

Bernard Esquivel, M.D., Ph.D.	OneOme, Mayo Clinic: Previous Honoraria, Advisory Board, Teaching
Felice Gersh, M.D.	L Nutra, Atrium Innovations: Consulting, Speaking; Cleveland Heartlab: Previous Honoraria
Sanoj Punnen, M.D.	Genome Dx and OPKO Diagnostic: Consultant and Speaker
Neal Rouzier, M.D.	Worldlink Medical, Ducere Corp, BioTE: Previous Honoraria, Speaking & Teaching
Michael Snyder, Ph.D.	Personalis, SensOmics- Advisory Board, Consultant; Qbio and JaOnuary-Advisory Board
Jonathan Wright, M.D.	Meridian Valley Laboratory: Medical Director (non compensated position)

The following faculty reported that they had no relevant financial relationships to disclose:

Brent Agin, M.D.	Rob A. Kominiarek, D.O.	George Shapiro, M.D.
Michale J. Barber, M.D.	Edwin Lee, M.D.	Daniel Sperling, M.D.
Zach Bush, M.D.	Luis Martinez, M.D.	Paul Thompson, M.D.
Andrew Campbell, M.D.	Kathy Maupin, M.D.	Deepta B. Verma, M.D.
Florence Comite, M.D.	Kathy O'Neil-Smith, M.D.	Dushyant Viswanathan, M.D.
John K. Crisler, D.O.	Jennifer Pearlman, M.D.	Elaina Heather Viswanathan, RYT
Ram Dickman, M.D.	Dan C. Purser, D.C., M.D.	James Watson, M.D.
Mark Engelman, M.D.	Kathryn Retzler, N.D.	
Mark L. Gordon, M.D.	Mary E. Sehl, M.D.	

# SHORT ABSTRACTS • Thursday, November 1st

## Pre-Conference Track #1: Clinical Use of Peptides and Peptide Therapies

### Introduction to Peptides

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, Orlando, FL; Member, AMMG Conference Planning Committee*

The world of peptides therapy is a growing field in medicine ranging from improving skin care, growth hormone, to one's immune system, to name a few. On PubMed there are over 2.5 million articles on peptides. It is estimated that humans have over 250,000 peptides and we only understand a fraction of them. Peptides are chains of amino acids linked together by a polypeptide bond. The formation of a polypeptide bond by a dehydration synthesis will be reviewed. The difference of a peptide versus a protein will be delineated. In addition the mechanism of action on how peptides work will be reviewed.

### BPC-157 for Healing Gastric Ulcers and Superior Healing of Tendinopathies

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

Peptides—you have heard of them, but how and when do you use them? These simple short chains of amino acids regulate almost every known system and process in the body to include hormone production. In this lecture you will discover some of the uses of BPC-157. Pentadecapeptide BPC 157, composed of 15 amino acids, is a partial sequence of body protection compound that was discovered in and isolated from human gastric juice. Experimentally it has been demonstrated to accelerate the healing of many different wounds, including tendon to bone healing and healing of damaged ligaments. Additionally, BPC 157 seems to protect organs and to heal and prevent ulcers of the stomach. This peptide has also been demonstrated to reduce pain in areas of damaged tissue, mitigating the need for narcotic type medications. Individuals who are suffering from muscle sprains, tears, and damage can benefit from treatment with this unique peptide.

### Brain Health with Cerbolsin and Other Peptides

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

Brain health is an important consideration for health and well-being. To date, drugs targeting a single pathological pathway have failed to show clinical efficacy for concussions, TBI, memory loss and dementia. Nootropic peptides are pleiotropic agents with effects on multiple mechanisms of brain injury that are an effective option to improve brain recovery and clinical outcome for restoring brain health.

### Peptides to Increase Growth Hormone (CJC 1295, Ipamorelin, Tesamorelin, GHRP-6 and Others)

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, Orlando, FL; 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 it is also cost prohibitive for most people. 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 just the one that is found in the synthetic form. CJC-1295, Ipamorelin, GHRP-6, Tesamorelin and others are peptides that have been shown to help improve IGF-1 levels.

### Peptides for Sleep, Improving Telomeres, Libido, Testosterone, and Memory

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, Orlando, FL; Member, AMMG Conference Planning Committee*

It is estimated that there are about 250,000 peptides in the human body. We only understand a fraction of all the peptides. This talk will cover a wide range of issues. Delta Sleep Induced Peptide can help with restoring sleep. Epithalon is a peptide discovered by a famous Russia scientist Dr Khavinson. He has published extensively since the 1970's and has published the longest human study on epithalon improving longevity and also increasing telomere lengths. A new drug is being developed to help with sexual dysfunction. This drug is the peptide Bremelanotide PT 141. The love peptide hormone kisspeptin will be reviewed. In addition Semax will be discussed to help with memory.

### Peptides for Cancer

Luis Martínez, M.D., MPH *President, Regenera Global, Ponce, Puerto Rico; President, XanoGene Clinic, San Juan, Puerto Rico*

Recent advances in peptide biology have found multiple peptides capable of exerting therapeutic benefits in the treatment of cancer. This lecture will discuss peptide classes, mechanisms of action and proposed protocols for incorporating peptide therapy in the treatment of cancer patients.

### Thymosin Peptides

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

Thymosins have been recognized as key peptides that help to regulate our immune system. As biological response modifiers, they are now being used in the treatment of disease with significant results and promise. These "new medicines", based on discoveries in the areas of host immunity and regenerative medicine, have provided clinicians with additional treatment options in the treatment of autoimmune and infectious diseases. The thymosins can synergize with supplements and conventional therapies, increasing the effectiveness of the treatment protocol.

### Peptides for Autoimmune Disease

Luis Martínez, M.D., MPH *President, Regenera Global, Ponce, Puerto Rico; President, XanoGene Clinic, San Juan, Puerto Rico*

Immune dysregulation, a universal characteristic of autoimmune diseases, can be targeted through the use of specific peptides. This lecture will present the rationale for utilizing peptide therapy in the management of autoimmune diseases. T-cell modulation, OGF axis and other mechanisms of action will be highlighted. Cases and protocols will be discussed.

### Protecting Yourself in Age Management Medicine

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

Murderers, Rapists, and Terrorists have rights, but physicians do not! You are guilty and you can not prove your innocence. The facts are, a doctor can have a license sanctioned, suspended, revoked, limited, be bankrupted, disgraced, and made unemployable, based on an anonymous complaint that might have come from a disgruntled employee, a jealous competitor, an insurance company that doesn't want to pay a bill, or a drug addict who wants a lighter sentence. And you have no right to know who the accuser is or even what you are being accused of committing. Board employees function as investigator, prosecutor, judge, jury, and executioner. The politically appointed members of the board almost always rubber-stamp what the board staff wants. The staff generally controls the flow of information to board members and accused doctors. The doctor has no right to cross-examine accusers, to ask that conflicted or biased staff be recused, or to challenge the evidence against him or her, which he might not even have seen. In short, modern day medical boards are the equivalent of medieval Consiglio dei Dieci only falling short by not being able to send you to the Judas Cradle. So how do you protect yourself? In this lecture we will explore the many avenues you can approach to provide as much protection as you can for your hard earned medical license.

## SHORT ABSTRACTS • Thursday, November 1st

### Pre-Conference Track #2: Novel Clinical Interventions in Age Management Medicine

#### **Benefits of Cannabis on the Brain's Endocannabinoid Receptors**

[Deepa B. Verma, M.D., AIHM](#) *Founder & Owner, Synergistiq Integrative Health, Clearwater, FL*

There are two active chemicals in marijuana that research has shown may be helpful in brain awaking. Cannabidiol (CBD) and tetrahydrocannabinol (THC) and other biologically active cannabinoids have been studied. Research has shown that the cannabinoid system develops through childhood and then gradually declines as one ages. The endogenous cannabinoid system in the brain works primarily to preserve homeostasis of memory and neuronal activity in the brain, especially in the hippocampus. Cannabinoids are shown to slow down age-related decline in cognition and dementia, while having a host of other beneficial effects that can be used in the treatment of pain, glaucoma, cancer and more. Scientific research has shown cannabis to have the following properties: anti-emetic, anti-anxiolytic, anti-carcinogenic, anti-convulsant, anti-psychotic, anti-inflammatory and anti-oxidative.

#### **Mycotoxins—The Secret Masquerader: Is it Lyme Disease or Mycotoxins? How to Differentiate, Diagnose and Treat**

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

This evidence-based lecture reviews the similarities and differences between patients suffering from Lyme disease and mycotoxicosis. It will cover how to differentiate, diagnose and treat mycotoxicosis vs. Lyme disease, and what are the best tests to order to help in diagnosing whether a patient has been affected by Lyme or mycotoxins, followed by a section on treatment, including supplements and probiotics.

#### **Obtaining Proper Growth Hormone Lab Levels & New Safety Information Regarding HGH – What HGH Research Has Taught Us**

[Dan C. Purser, D.C., 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*

Dr. Dan Purser starts with the basics – how to obtain a proper IGF-1 level. These tips are not known and should be, so more accurate and effective IGF-1 levels can be obtained. He will cover the prescription drugs that should be temporarily held (Provigil, Nuvigil, Zolof, Cymbalta, Lyrica, Effexor, etc.) prior to the blood draw because they can and do massively and falsely increase IGF-1 levels, giving false results. Dr. Purser will teach that overnight (water allowed) fasting is critical to getting an accurate level of IGF-1, and why. Also, he will cover why the level needs to be in the AM and no exercise allowed prior to the level being drawn. Dr. Purser will also explain why you may have to wait and watch in younger adults or teens when you suspect damage to the anterior pituitary, sometimes for months or years. Also, he'll teach that HGH production is the first thing usually harmed when a TBI or head injury or suspected pituitary dysfunction has occurred. Dr. Purser also covers other tricks and concepts of HGH levels and goes into what only a few of the most knowledgeable pituitary endocrinologists in the country know.

#### **InflammAging: Bacterial Toxins and Systemic Inflammation**

[Mark Engelman, M.D., FSCM](#) *Founder, Engelman Health Institute, Phoenix, AZ*

Intestinal bacterial endotoxins lipopolysaccharides (LPS) and cytolethal distending toxin B (CdtB), are released by gram-negative bacteria in the intestinal tract and elicit strong immune responses in humans. Researchers are elucidating the pathogenic bacterial toxins play in disorders of the gut, lung, liver, joints and thyroid as well as nervous, immune and endocrine systems. When searching for environmental triggers of chronic health problems, which significantly decrease quality of life and accelerate the aging process, assessing systemic bacterial toxins should be at the top of

the list. With a simple serum assessment, this cost-effective test can elucidate the possible cause of systemic inflammation that contributes to a variety of disorders. Clearly more attention should be paid to intestinal barrier function and antigenic permeability that can lead to bacterial toxin-induced systemic inflammation. This presentation will highlight key studies about systemic bacterial toxins, how to expertly assess systemic bacterial toxins and barrier permeability as well as treatment protocols for healing body barriers.

#### **Fast-Mimicking Diets – A Novel Therapy to Combat the Relentless Effects of Aging**

[Felice Gersh, M.D.](#) *Director, Integrative Medical Group of Irvine, Irvine, CA*

It's now recognized that aging is characterized by the development of chronic, unrelenting inflammation, which drives the varied metabolic medical problems endemic to aging individuals, including varied cancers, obesity, insulin resistance, hypertension, cardiovascular disease and dementia. Lowering inflammation is a daunting task. Fasting has been shown to lower systemic inflammation and also to modify the critically important microbial makeup of the gut, thereby impacting all aspects of metabolic well-being. Additional beneficial effects occur with the use of fast-mimicking diets – which allows one to eat while the body perceives fasting. This makes “fasting” both doable for the average patient, and far safer than is water fasting. Additional benefits include the activation of processes which rejuvenate cells (autophagy), promotion of beneficial programmed cell suicide (apoptosis), increases in brain derived neurotrophic factor, and the stimulation of stem cells. This presentation will introduce a novel and effective means to improve the health of aging individuals through the implementation of periodic fasting, by utilizing the unique fast-mimicking diet developed at the Longevity Institute at the University of Southern California.

#### **Clinical Interventions for Thyroid and Adrenal Dysfunction**

[John K. Crisler, D.O.](#) *President, Founder & CMO, Superior Age Management, AllThingsMale Center for Men's Health, Lansing, MI; Dept. of Community & Family Medicine, Michigan State University College of Osteopathic Medicine, East Lansing, MI*

Because thyroid hormone's effects are as hand-in-glove with the adrenal hormone cortisol, these two hormones are discussed together. Diagnosing subclinical hypothyroidism often requires more focus upon patient subjective report while interpreting labwork and subsequent clinical decision making. As it takes cortisol to then get the thyroid hormone into the cells, and these patients often have endured long periods of hormonal imbalance, stress, fatigue and nutritional deficiency, adrenal function must be kept in mind. Here we will explore the “myth” of Adrenal Fatigue.

#### **Intermittent Fasting, Carb Cycling & Weight Management**

[Brent Agin, M.D.](#) *Physician / Owner, Metabolix Wellness Center, Clearwater, FL; Medical Director, Novus Medical Detox, Tampa Bay & West Palm Beach, FL*

In this segment, Dr. Agin will discuss three of his five key “pillars of health” that must be in place for optimal well-being: diet, nutrition and exercise. He will discuss the positive effects of ketosis on hormones, body fat and disease treatment and prevention. He will look at intermittent fasting as an alternative to low carbohydrate, ketogenic diet programs for fat loss and other health benefits. See why carb cycling can provide the macronutrient balance which is the key for success in all diet programs. Provide an overview of other wellness modalities beyond dieting to enhance metabolism and keep patients feeling well and engaged in maximizing their health.

#### **Interventions for Sexual Dysfunction in Men**

[Kathryn Retzler, N.D.](#) *HormoneSynergy Clinic LLC, Portland, OR*

This lecture will cover sexual dysfunction in men, diagnostic tools including history taking, lab work, and validated questionnaires, and a thorough discussion of treatment options. Emphasis will be placed on a holistic approach to treat underlying causes and achieve optimal outcome.

## SHORT ABSTRACTS • Thursday, November 1st

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

\*non-CME track

#### **PDO Thread Lifting**

[H. William Song, M.D.](#) *Founder & CEO, Omni Aesthetics, Oakland, NJ*  
Clinical observation showed that PDO (polydioxanone) threads increase the synthesis of endogenous hyaluronic acid and improves local microcirculation. In short, it stimulates production of new collagen protein which results in increased elasticity and firmness of the skin. Bio-stimulation is a new approach that can lift the face, neck and body. Insertion of the powerful synthetic fiber, consisting of a smooth lamen, which is absorbed in the tissue leaves the skin firmer, more elastic and better hydrated.

#### **Aesthetic Treatment Protocols for the Treatment of Rosacea**

[Marie Piantino, L.E.](#) *President, Aesthetic Education Group, LLC; Founder, American Academy of Medical Microneedling*  
Find out what treatments are available for treating rosacea, how to combine them with topical products, prescription and cosmeceutical. Create packages for the patient with creative pricing. Review useful imaging system to record patient improvements; do they have to be costly?

#### **Body Contouring including Different Techniques**

##### **Freeze/Melt/Lipo and Combining Treatments**

[H. William Song, M.D.](#) *Founder & CEO, Omni Aesthetics, Oakland, NJ*  
Review the different ways to use traditional lipo/freeze/melt and acoustic wave; what to choose for the patient and why. What are the costs involved in equipment, staffing and marketing. Different body types and what works best; packages and corresponding pricing.

#### **Reversing The Aging Face: Use of IGF-1, Growth Hormone, Melatonin and Thyroid Gels, Lotions, Sprays, and Sublinguals**

[Richard Lippman, M.D.](#) *Retired Anti-Aging Physician; President, Professional Nutraceutical Design*  
Nasal sprays, topical gels, sublingual lozenges and sprays, and ear-canal applications are often the preferred forms of hormone correction. They release pharmacokinetically the needed hormones through the skin and into the bloodstream in a gradual steady-state fashion. Consequently, these methods of hormone administration are often superior to injections or bolus administration of oral tablets and capsules. Patients are more likely to be compliant with spraying their daily hormones or supplements rather than consuming them orally or by injection.

#### **Acne, Inflammatory and Non-Inflammatory Lesions: Causes and Solutions**

[Sheila Malmanis, L.E.](#) *President, MS Skintechical, Phoenix, AZ*  
Discussion of the many facets of acne. Diagnosis of the condition and type of condition, and the relative ways to clinically treat using various protocols that include topicals, equipment or prescriptions.

#### **Amniotic Fluid: a New Breakthrough in Aesthetic Medicine**

[Bertica M. Rubio, M.D.](#) *Medical Director, Antiaging Regenerative Medicine Clinic, Redlands, CA; Medical Advisor, Rejuvenate Image Restoration, Refine and AQ Skin Solutions*  
What is the hype around the use of Amniotic Fluid for Aesthetics? This lecture will discuss the advantages of its use, when to use and how. Is it FDA approved? Safe? Where to get it? What to look for?

#### **Acoustic Wave Therapy**

[H. William Song, M.D.](#) *Founder and CEO, Omni Aesthetics, Oakland, NJ*  
What is acoustic wave therapy and what are the treatment applications, who can use this equipment, what are the different protocols? Protocols for cellulite, pre- and post-care/male enhancement, skin tightening and combination treatments.

#### **Skin Exfoliation: Physical & Machine - Lecture and Demonstration**

[Marie Piantino, L.E.](#) *President, Aesthetic Education Group, LLC; Founder, American Academy of Medical Microneedling*  
Understand the many types of exfoliation, peels, microdermabrasion, derma plain and topical products. What conditions could we treat and with what program? What can you combine together successfully to treat which condition, and how would you price the program? Learn the basic and the advanced applications.

#### **Hair Restoration: Treating the Scalp - Lecture and Demonstration**

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

## SHORT ABSTRACTS • Thursday, November 1st

### 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 antioxidants 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.

**PROSTATE CANCER**

**Upside-down World of Prostate Cancer**

Paul Thompson, M.D. *Private Practice, Fort Worth, TX*

Everything we thought we knew, and what we think we know now.

**Risk Stratification of Men for Prostate Cancer Metastasis and Mortality**

Sanoj Punnen, M.D., MAS *Assistant Professor, Dept. of Urology, University of Miami, Miller School of Medicine, Miami, FL*

Current prostate cancer screening practices and challenges for early detection of prostate cancer. PSA is sensitive predictor of prostate cancer mortality. PSA ordering practices of primary care physicians. What is a reasonable approach to prostate cancer screening and the validity, safety and effectiveness of a new second stage biomarker test as a follow up test after an abnormal PSA to identify who should (and should not) receive a prostate biopsy. Men with a high risk 4Kscore  $\geq 20\%$  have at least a 1 in 5 chance for having aggressive prostate cancer and should be considered for prostate biopsy. Men with a low 4Kscore  $< 7.5\%$  may safely avoid a prostate biopsy as this infers low risk for high grade disease (Gleason  $\geq 7$ ) at prostate biopsy and prostate cancer related metastasis and death. The presentation will review the relevant peer-reviewed literature on these topics.

**MRI-Guided Prostate Laser Ablation for Treatment of Prostate Cancer**

Daniel Sperling, M.D. *Medical Director & Chief of Interventional Uroradiology, Sperling Prostate Center, Florida & New York; Medical Director, Sperling Medical Group*

With the advent of PSA screening in the mid-1990s, early detection and diagnosis of prostate cancer (PCa) became feasible. Since PCa was held to be a multi-focal disease, a radical treatment approach such as prostatectomy, radiation, or whole gland ablation has been the standard of care. However, radical treatments come with risks of urinary, sexual and bowel comorbidities. Recent clinical developments such as advanced imaging (multiparametric MRI) and genomic analysis now make it possible to identify PCa patients with low-risk disease amenable to either Active Surveillance, with its advantage of deferring treatment while monitoring for disease progression, or focal treatment via thermal ablation, with its advantage of effective cancer control while sparing urinary, sexual and bowel function. One such modality is laser interstitial tumor therapy, or Focal Laser Ablation (FLA). This presentation will explain patient selection for FLA, the mechanism by which FLA destroys tumor tissue, how FLA is delivered, monitored, and verified, and current data on safety and efficacy. It will conclude with the clinical and quality-of-life benefits to the patient.

**A Literature Review of the Controversies in Treating Men with Aromatase Inhibitors: Is Estrogen Good or Bad and Can it Treat Prostate Cancer?**

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

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

treatment modality which has been utilized since Huggins used it in the 1940's. Estrogen does not increase prostate cancer but quite successfully treats it. This review will present these most recent studies.

**BREAST CANCER**

**Estrogen Metabolism, Epigenetics and Breast Cancer Risk**

Jennifer Pearlman, M.D., CCFP, NCMP, FAARM, ABAARM, CFA *Pearl MD Center, Toronto, Canada*

Affecting hormonal health with vast implications on health, risk of disease and cancer. Explore our innate detoxification system to understand the key steps and determinants of estrogen metabolism that enable the detoxification, inactivation and elimination of endogenous and exogenous estrogens as well as xenoestrogens. Lecture will cover understanding the three phases of innate detoxification, steroidogenic hormonal pathway, estrogen metabolism, genetic determinants of estrogen metabolism, epigenetic factors, nutritional epigenetic factors, environmental exposures, estrogen metabolism errors and breast cancer, functional approach to optimize estrogen metabolism, and a number of clinical cases will be included.

**DNA Methylation Age is Elevated in Breast Tissue of Healthy Women**

Mary E. Sehl, M.D. *Adjunct Associate Professor, UCLA Department of Biomathematics*

Our laboratory is interested in accelerated epigenetic aging in breast tissue and the potential role of hormonal factors in driving this acceleration. Using the epigenetic biomarker of aging known as the "epigenetic clock," limited evidence suggests that female breast tissue ages faster than other parts of the body (Horvath 2013). However, these results were obtained using pooled data mostly based on normal adjacent tissues from breast cancer patients. Using longitudinal data from healthy women who donated both breast and blood tissue to the Susan G. Komen Tissue Bank (KTB) at the Indiana University Simon Cancer Center, we directly compared DNA methylation (DNAm) age of matched breast tissue and peripheral blood in order to validate the accelerated aging effect in breast and explore hormonal factors that could explain the difference. We utilized n=80 breast and 80 matching blood tissue samples collected from 40 healthy women participants in the KTB who donated these samples at two time points spaced at least a year apart. DNA methylation levels were assessed using the Illumina 450K platform. We found that DNAm age was highly correlated with chronological age in both peripheral blood ( $r=0.94$ ,  $p<0.0001$ ) and breast tissues ( $r=0.86$ ,  $p<0.0001$ ). An age-adjusted measure of intrinsic epigenetic age acceleration was significantly increased in breast relative to peripheral blood tissue ( $p=1.6 \times 10^{-11}$ ). The difference between DNAm age of breast and blood decreased with advancing chronologic age ( $r=-0.53$ ,  $p=4.4 \times 10^{-4}$ ). Our data demonstrate that female breast tissue has a higher epigenetic age than blood collected from the same subject. The degree of elevation in breast diminishes with advancing age. Further studies are focused on examining associations between epigenetic age acceleration and cumulative hormone exposure.

**Cobalt & Iodine: Effects on Estrogen Metabolism**

Jonathan Wright, M.D. *Private Practice, Tahoma Clinic, Tukwila, WA*  
Cobalt prevents excess urinary excretion of estrogen and testosterone. Cases. Iodine: Effects on Estrogen Metabolism, Fibrocystic Disease, & Breast Cancer. Effects of Iodine, Iodide on E1  $\rightarrow$  E3 pathway. Iodine eliminates fibrocystic breast disease (the work of John Myers, M.D.) Killing breast cancer cells with Iodo-lactone (research from Mexico, India, Germany).

**Personalized Medicine Approach for Breast Cancer**

Bernard Esquivel, M.D., Ph.D., MHA *President, Latin American Association for Personalized Medicine*

To present personalized medicine as a validated evidence-based clinical approach for breast cancer patients.

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**PRECISION MEDICINE****Genomics, IPOP and the Predictive Model of Health**

Michael Snyder, Ph.D. *Professor and Chair, Department of Genetics, Stanford University School of Medicine, Stanford, CA; Director, Center for Genomics and Personalized Medicine*

Recent technological advances as well as longitudinal monitoring not only have the potential to improve the treatment of disease (Precision Medicine) but also empower people to stay healthy (Precision Health). Precision health relies on the ability to detect early preclinical states, predict disease risks at an individual level and initiate preventive strategies. The main goal of this prospective cohort study was to quantify the impact of personalized longitudinal big data on human health. In this context, we enrolled 107 participants that underwent longitudinal integrative Personalized Omics Profiling (iPOP) for up to 8 years (median 2.5 years). Deep molecular profiling was performed quarterly over the study period and included standard clinical, enhanced (i.e. not part of standard clinical care) and emerging (i.e. used for exploratory purposes and mechanistic discoveries) tests. Emerging technologies included genomics, immunomics, transcriptomics, proteomics, metabolomics and microbiomics. We discovered at least 45 actionable major health findings spanning various areas including metabolic, cardiovascular and oncology. In addition, we show that the majority of participants made diet and exercise changes due to study participation with the objective of improving their health. We also highlight emerging pathways relevant to diabetes and cardiovascular disease by evaluating the associations between multiomics measurements and standard clinical measures. Altogether, we conclude that deep longitudinal profiling using enhanced and emerging technologies can lead to actionable health discoveries and provide important information relevant for precision health.

**Precision Medicine Innovation: Continuous Glucose Monitors for n-of-1 Health Management**

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

Wearables are gamifying medicine, transforming health care into an interactive experience that can reveal our body's evolving and dynamic biomarkers in real time. By integrating and analyzing longitudinal n-of-1 wearables data — together with an individual's hormones, metabolomics, genomics, personal and family history, and lifestyle — we can generate a precise understanding of current and future health at the cellular level; and tailor interventions for optimal healthy longevity. This lecture looks specifically at the application of continuous glucose monitors in the clinic, as a powerful and engaging Precision Medicine tool to detect, predict, and reverse diabetes.

**Epigenetic Clock Testing – An Accurate, Low Cost Biomarker of Biological Aging**

James Watson, M.D. *Clinical Faculty, UCLA Division of Plastic Surgery, Los Angeles, CA*

As it turns out, the closest thing that scientists have found in nature that resembles a biological “aging clock” is the age-correlated DNA methylation/demethylation of cytosine DNA bases in human DNA that undergo methylation or demethylation as a function of aging (some of these sites increase in DNA methylation, others undergo a loss of methylation). When these sites are chosen by computer algorithm to create a so-called “aging clock”, the test correlates with chronological age ( $r = 0.96$ ). Until these “DNA methylation clocks” were invented, no biomarker for biological aging was very accurate at predicting lifespan, mortality, or chronological age based solely on a blood or saliva sample. For instance, the correlation between Telomere length tests and aging is mathematically poor ( $r = -51$  in women,  $r = -55$  in men). The best biomarker for cellular senescence is not much better (pINK4a expression:  $r = 0.56$ ). Recently, Steve Horvath and other researchers have used AI-based computer algorithms and the statistical tool called “elastic net regression” to choose specific DNA methylation sites that correlated with aging (Horvath Clock, Hannum Clock, Weidner Clock, etc.) All of these “epigenetic clocks” are all computer-derived and are therefore “agnostic” (no human involvement in the choice of the specific DNA sites occurred). They can be done based on a small blood sample or a saliva sample. They are accurate to within 1-3

years of a person's chronological age. New clocks are currently being computer-derived that are even more robust and correlate with phenotype much better. These clocks correlate with age-related biological changes much more accurately than the first generation of “epigenetic clocks” (Ex: DNA PhenoAge). A commercially available DNA methylation clock test is available for \$300. This test can be ordered by any physician and included in a comprehensive assessment to measure the effect of anti-aging interventions. This lecture will explain the science behind DNA methylation clock testing, how to order and interpret the test results, and what anti-aging interventions have been proven to slow down or reverse the so-called “epigenetic clock”.

**THE MICROBIOME, INFLAMMATION, AND ADVANCED ENDOCRINOLOGY FOR AGE MANAGEMENT MEDICINE****Relevance of Gut Microbiota in Gastroenterology Microbiome**

Ram Dickman, M.D. *Deputy Head, Division of Gastroenterology, Rabin Medical Center, Tel Aviv University, Tel Aviv, Israel; Head, Service of Neurogastroenterology, Rabin Medical Center, Tel Aviv University, Tel Aviv, Israel; Chair, Israeli Neurogastroenterology Group, affiliated with the IGA; Councilor, European Society of Neurogastroenterology & Motility (ESNM)*

Microbial dysbiosis may represent potential target for therapeutic medical interventions, aimed to change disease course and prognosis of gastrointestinal (GI) disorders such as inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS). Intrinsic and extrinsic factors like genetics, innate immune system, diet, method of infant delivery and breastfeeding, represent additional important pathophysiological factors of these diseases. Recognizing both, the microbial community and these factors, may improve our ability to reduce inflammation in IBD and provide symptom relief in IBS. This presentation will focus on the involvement of gut dysbiosis in IBD, IBS, small intestine bacterial overgrowth (SIBO), and will include a description of our current interventional clinical trials.

**Decoding Stool Test Results: Fecal Biomarkers, Commensal Bacteria and Clinical Applications**

Lihong Chen, Ph.D. *Director of Clinical Research, Genova Diagnostics*

In the last couple of decades, our knowledge about the gastrointestinal (GI) system's role in our overall health has expanded far beyond traditional digestion and absorption functions. We now recognize that the GI tract plays a key role in the development and maintenance of a healthy body and mind. Microbes in the GI tract have the capability of affecting the body's vitamin and mineral absorbency, hormone regulation, digestion, vitamin production, immune response, ability to eliminate toxins, and overall mental health. With the variety of things that cause great damage to our digestive systems and gut microorganisms, the GI tract can be the root cause of many health issues affecting modern society. The GI tract is important to our health, whether or not we have GI symptoms, although GI symptoms can be the primary reason that many patients seek medical attention. Other common chronic diseases/conditions such as autoimmune diseases, mood disorders (e.g. anxiety and depression), and metabolic and cardiovascular diseases (e.g. diabetes, obesity, fatty liver/non-alcoholic steatohepatitis, and atherosclerosis) are all strongly associated with root causes in the GI tract. The GI tract plays a pivotal role in the development and regulation of the body's entire immune system. In addition, the gut-brain connection is critical for regulating the hormonal-neuronal system. Therefore, the health of the GI system is extremely important to our overall well-being. A stool test measures a group of biomarkers and commensal bacteria. The test can reveal important information about the health of the GI system, including inflammation, digestion/absorption, and homeostasis of the microbiome. It may also reveal root causes of many common gastrointestinal symptoms and conditions that are associated with systemic abnormalities. In the current project, we analyzed a data set of stool tests from 173,221 patients to identify associations and patterns among biomarkers and commensal bacteria and generate comprehensive profiles and fingerprints for different GI health conditions. We confirmed previously published GI profiles. Other new profiles were developed by analyzing a large number of patients' test results. We believe that these unique patterns of test results are required for evidence-based, accurate, and personalized intervention.

## Impact of Microbiome in Advanced Endocrinology

Dushyant Viswanathan, M.D., ABIM, ABoIM, AACE

Medical Director, The Columbia Center for Integrative Medicine, Columbia, MD and Woodland Hills, CA

Dysbiotic gut inflammation leads to high endogenous demand for cortisol over time, which in turn leads to decreases in beneficial steroid hormone levels (as a result of shunting of steroid hormone precursors into generation of cortisol) and increases risk for hypothyroidism. The metabolic consequences of this pathophysiology is here offered as the underlying cause of chronic inflammatory and degenerative conditions that age management physicians routinely encounter in their patients. In this presentation substantiating data for this model is presented, as well as updates of our clinical trial measuring the impact of microbiome and endocrine balancing strategies on hemoglobin A1C. Specific cases presentations will be made featuring a range of pathologies relevant to age management physicians: prostate cancer, chronic fatigue, chronic painful polyarthropathy, cognitive impairment, and type 2 diabetes.

## Clinical Yogotherapy & Integrative Alchemy for Gut Dysbiosis Causing Chronic Inflammation Leading to Endocrine Disorders

Elaina Heather Viswanathan, RYT Director of Holistic Healing, The Columbia Center for Integrative Medicine, Columbia, MD and Woodland Hills, CA

Holistic approaches that will be discussed include the use of essential oils,

medical yogatherapy, seed cycling, mudra, and meditation to optimize emotional processing, balance the autonomic nervous system, and promote hormone balancing. We will discuss specific cases of chronic pelvic pain syndrome, prostate cancer, endometriosis, SIBO, anxiety, and depression.

## The Gut-Brain Continuum, Revelations on the Role of the Microbiome in the Structure and Function of the Neuroendocrine System

Zach Bush, M.D. Founder & Medical Director, M Clinic, Charlottesville, VA; CEO, Seraphic Group, Inc., Charlottesville, VA

The beginning of health is increasingly understood to involve the myriad of relationships between the Gut-Brain systems. The continued development of our understanding of the microbiome and its direct and indirect roles on the anatomy and function of the neuroendocrine function of the intestinal lining has revealed the microbiome as ground zero for health and disease. Here we look at the environmental threats and the microbiome defense systems for resilient barriers to protect the immunologic systems of the immune systems of the peripheral and central nervous system, and point to practical methods for you and your patients to preserve genomic health through reconnection with our environment.

## SHORT ABSTRACTS • Sunday, November 4th

### Clinical Case Review, Discussion and Recommendations for Individualized Treatment Plans on Cases Submitted by Attendees – Panel 1

Michale Barber, M.D. CEO, CMO, Better Life Carolinas, Charleston, SC

Paul Thompson, M.D. Private Practice, Fort Worth, TX

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

Discussion of actual clinical cases by experienced physicians with years of experience in this field is critical to the educational process for Age Management Medicine. Prior to the conference attendees were asked to submit cases for discussion during this session. Our Planning Committee selected those cases that we feel are educationally important, informative and present significant information for discussion. AMMG encourages interactive discussion between the panel and members of our audience.

### Clinical Case Review, Discussion and Recommendations for Individualized Treatment Plans on Cases Submitted by Attendees – Panel 2

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

John K. Crisler, D.O. President, Founder & CMO, Superior Age Management, AllThingsMale Center for Men's Health, Lansing, MI; Dept. of Community & Family Medicine, Michigan State University College of Osteopathic Medicine, East Lansing, MI

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

Kathy Maupin, M.D. Owner & President, BioBalance Health, St. Louis, MO Discussion of actual clinical cases by experienced physicians with years of experience in this field is critical to the educational process for Age Management Medicine. Prior to the conference attendees were asked to

submit cases for discussion during this session. Our Planning Committee selected those cases that we feel are educationally important, informative and present significant information for discussion. AMMG encourages interactive discussion between the panel and members of our audience.

### Neglected But Effective Therapies Part 1 (General Issues)

Jonathan Wright, M.D. Private Practice, Tahoma Clinic, Tukwila, WA

Reducing risk of heart attack and stroke by 45%-88%, reduce risk of type 1 diabetes by 80%, eliminate colds and flu in 3 days or less, permanently eliminate gallbladder attacks & avoid surgery, elimination of childhood "bedwetting" in 80% of cases, the cause of and (therefore) total prevention of strep throat, inverse relationship between serum vitamin D and "all-cause mortality", complete control of osteoarthritis symptoms in 90% or more of cases, acne rosacea, cause and natural cure, and other research-based, effective but neglected natural therapies.

### Neglected But Effective Therapies Part 2 (Women's Health Issues)

Jonathan Wright, M.D. Private Practice, Tahoma Clinic, Tukwila, WA

Gestational diabetes cured in 90+% of women within two weeks, preventing and (if necessary) reversing toxemia of pregnancy, elimination of nausea and vomiting of pregnancy in 92% of sufferers within 3 days, elimination/major improvement in menorrhagia in 92% of afflicted women, safe, natural cure for endometriosis, estrogen and women's lung function, positive effects of DHEA on women's sexual function, which foods promote faster skin wrinkling, which ones don't, retarding skin wrinkling significantly with microdose topical applications of hormones. Treatment and potential cure for auto-immunity in women: HCG and estriol, major improvement in multiple sclerosis with estriol, and other research-based, effective but neglected therapies.

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

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

# FACULTY BIOGRAPHIES



## BRENT AGIN, M.D.

**Physician, Owner, Metabolix Wellness, Clearwater, FL**

**Physician, Owner, Wellness Health Management Inc. (MyPracticeConnect; TelewellnessMD; Trim Nutrition; Teaza Energy) Clearwater, FL**

**Medical Director, Novus Medical Detox, Clearwater, FL**

Long recognized as a leading authority and innovator in the field of healthy aging, Dr. Brent Agin is a board-certified family medicine physician whose practice focuses on preventative medicine, hormone optimization, and nutrition. Dr. Agin works with a wide range of patients—from professional athletes and celebrities, to average individuals of all ages and fitness levels—to achieve lifelong wellness and vitality. He also partners with medical practitioners to optimize their practices and allow more patients to benefit from an integrative approach to healthcare. With nearly two decades of clinical experience and a lifelong passion for sports and nutrition, Dr. Agin founded Metabolix Wellness Center on the fundamental premise that Lifestyle Medicine is the key to optimal health. Dr. Agin's commitment to promoting a healthier way of living also fueled the founding of Trim® Nutrition, which has become an industry leader in the development and delivery of innovative nutritional supplements, vitamin injectables, and all-natural, rapid weight loss programs. Dr. Agin's proprietary blends have been used to facilitate diagnostic weight loss, disease prevention and treatment, drug detox, anti-aging, and sports performance enhancement.

## MICHALE J. BARBER, M.D.

**CEO, CMO, Better Life Carolinas, Charleston, SC**

Dr. Michale “Mickey” Barber has been CEO/CMO of Better Life Carolinas for two years. Previously, Dr. Barber was CEO/CMO of Cenegene Carolinas for 12 years. She graduated from The College of Charleston, completed medical school at The Medical University of South Carolina, completed her residency at Tulane University, and finished her fellowship at Harvard. She also was an assistant professor at Tulane University. During her training and career in academic medicine, she received several awards for clinical performance and teaching skills. Throughout her academic and private practice, she passionately pursued her interest in health, nutrition, exercise, and mind-body medicine. Further studies and certification in Age Management Medicine allow her to combine her unique interests and training to empower her patients to live vigorous, healthy lives at any age. In November 2012, Dr. Barber was awarded the top honor in her field and presented with the Alan P. Mintz Award for Clinical Excellence in Age Management Medicine. Dr. Barber offers an integrative approach to age management medicine while providing the patient with an assessment of hormonal balance and overall health and disease risk. Her philosophy for successful aging includes maintaining energy, health, and sexual vigor through shared responsibility of the patient-doctor team. Dr. Barber not only teaches her patients about hormonal balance but practices such balance herself. She has competed in Masters level figure competitions at the age of 48 placing second and ten years later competing to a standing ovation. Given a strong family history of heart disease and cancer, she takes her health very seriously and is a living example of the benefits of the program. Featured on television across the country and in publications including The Charleston Mercury, Shape Magazine, The Senior Sun, The Charleston City Paper, The Charleston Regional Business Journal, The Charlotte Business Journal, Vogue, and Harpers Bazaar, Dr. Barber is a Maria Shriver “Architect for Change” and a sought after lecturer on age management and hormone replacement.



## ZACH BUSH, M.D.

**Founder & Medical Director, M Clinic, Charlottesville, VA**

**CEO, Seraphic Group, Inc., Charlottesville, VA**

Zach Bush, M.D. is one of the few triple board certified physicians in the country, with specialties of internal medicine, endocrinology and metabolism, and hospice/palliative care. His achievements include award-winning cell biology, clinical care, and medical education. He is the founder and director of Revolution Health Center in Charlottesville, Virginia, and is the CEO of Biomic Sciences – the team that has brought forth the novel science and product line of Restore™.

## ANDREW W. CAMPBELL, M.D.

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

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

**Medical Editor, Natural Solutions and Alternative Medicine Magazines**

Dr. Campbell was educated in Switzerland where he graduated first in his high school class at age 14; he then completed college in 3 years. After graduating from medical school, Dr. Campbell trained at the Orlando Regional Medical Center and at the Medical College of Georgia. He was medical director of the Medical Center for Immune and Toxic Disorders in Houston for 20 years. Dr. Campbell has published over 90 studies in peer-reviewed medical journals and chapters in medical textbooks, and has received awards from many national and international organizations. He is fluent in French, Spanish, Hungarian and English. He has been on television shows including 20/20, the Montel Williams Show, and 24 Hour Investigative News, and has been interviewed by NBC, ABC and CBS affiliates throughout the United States, as well as in Canada and Mexico. He lectures regularly at national and international medical conferences and at Oxford University. Dr. Campbell is currently the editor-in-chief of 2 peer reviewed medical journals, editor of 4 medical journals and is the medical advisor to several companies. He also is conducting several clinical trials as principal investigator for supplement companies.



## LIHONG CHEN, PH.D.

**Director of Clinical Evidence Development, Genova Diagnostics**

Lihong Chen, M.D., Ph.D. got his medical degree from Shanghai Medical University (currently Fudan University Shanghai Medical College). After finishing residency in internal medicine, Dr. Chen entered University of North Carolina at Chapel Hill Graduate School and got his Ph.D. degree in Cell and Molecular Physiology. After a brief postdoctoral training in Joslin Diabetes Center/Harvard Medical School, Dr. Chen joined the metabolic disease group in GlaxoSmithKline and participated in discovery, drug development, and clinical studies for fourteen years. Dr. Chen joined Genova Diagnostics as the Director of Clinical Evidence Development in 2016 and is responsible for all clinical studies and clinical data analysis.

# FACULTY BIOGRAPHIES

## FLORENCE COMITE, M.D.

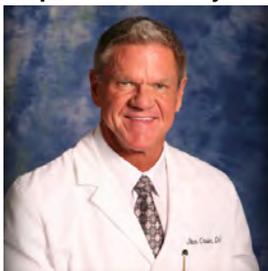
**CEO & Founder, Comite Center for Precision Medicine New York, NY**  
**Member, AMMG Conference Planning Committee**

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. Dr. Comite contributes regularly to national media outlets, and is the author of Amazon best seller, *Keep It Up! The Power of Precision Medicine to Conquer Low T and Revitalize Your Life!* Dr. Comite has authored numerous peer-reviewed publications. She is currently preparing original research from her Center on the topics of lab variability in biomarker analysis and hypogonadotropic hypogonadism. Dr. Comite was the 2013 recipient of the Alan P. Mintz, M.D. Award for Clinical Excellence in Age Management Medicine.



## JOHN K. CRISLER, D.O.

**President, Founder & CMO, Superior Age Management, AllThingsMale Center for Men's Health, Lansing, MI**  
**Dept. of Community & Family Medicine, Michigan State University College of Osteopathic Medicine, East Lansing, MI**



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

field, for whom he has lectured, co-hosted and moderated across the country and around the world. His paper, "Testosterone Replacement Therapy: A Recipe for Success" after becoming the most highly read in the history of the field of Endocrinology, has now been expanded into a very popular book. Dr. John enjoys training fellow physicians, as well as the public, and is known as an informative, dynamic and highly entertaining speaker.

## RAM DICKMAN, M.D.

**Deputy Head, Division of Gastroenterology, Rabin Medical Center**  
**Head, Service of Neurogastroenterology, Rabin Medical Center**  
**Chair of the Israeli Neurogastroenterology Group, affiliated with the IGA**  
**Councilor, European Society of Neurogastroenterology & Motility (ESNM)**

Prof. Ram Dickman's main field of research is gastrointestinal dysmotility and functional bowel disorders focusing on GERD, Dyspepsia – Gastroparesis, IBS, Microbiom – Dysbiosis, Functional Abdominal Pain and Pelvic Floor Disorders. He was a member of the Faculty of Medicine at Verona University, Verona, Italy from 1985-1991. Prof. Dickman did his dissertation on hemodynamic changes in patients with essential hypertension, and was supervised by Prof. Alexandra Covi, Division of Internal Medicine, Borgo Roma Hospital, Verona, Italy. He is Israeli board licensed in both Internal Medicine and Gastroenterology.



## MARK ENGELMAN, M.D., FSCM

**Founder, Engelman Health Institute, Phoenix, AZ**

Mark R. Engelman, M.D., FSCM, ABAARM, FAARM is the founder and Medical Director of Engelman Health Institute, Phoenix, Arizona. Dr. Engelman is a graduate of Ohio State University and OSU College of Medicine. He trained in Internal Medicine at St. Joseph's Heart Medical Center, Phoenix, AZ. Dr. Engelman obtained EM Board Certification and held the position of ED Medical Director of St. Joseph's Hospital Medical Center Phoenix, AZ for 23 years. Has studied and obtained Board Certification in Functional Integrative Medicine and is Fellowship Certified by A4M in Stem Cell Medicine and Board Certified in Functional Metabolic Medicine.

## BERNARD ESQUIVEL, M.D., PH.D., MHA

**Researcher, Clinical Pharmacogenetics Implementation Consortium (CPIC)**  
**President, Latin American Association for Personalized Medicine**

Bernard Esquivel, M.D., Ph.D., MHA is a specialist in Clinical Immunology and Allergies certified by the American College of Allergy, Asthma and Immunology (ACAAI), as well as the European Academy of Allergy and Clinical Immunology (EAACI). He received his medical training at the National Autonomous University of Mexico (UNAM), followed by a Masters in Medical Genetics from the University of Valencia (Spain) and a Masters in Health Administration. He cofounded and has served as president of the Latin American Personalized Medicine Association (ALAMP) since 2014. He established the first integral genetic services company in Mexico: Total Quality Medicine and in 2016 opened the first precision medicine clinic in Mexico, Genomedik. He is an active researcher with the Clinical Pharmacogenetics Implementation Consortium (CPIC) and editor/reviewer of Personalized Medicine Journal.



# FACULTY BIOGRAPHIES



## FELICE GERSH, M.D.

**Medical Director, Integrative Medical Group of Irvine, CA  
Consultative Faculty, University of Arizona School of Medicine**

Felice L. Gersh, M.D. is an award winning physician, a rare combination of a Board Certified OB/GYN also fellowship trained and Board Certified in Integrative Medicine. Her educational background includes an undergraduate degree in history from Princeton University, a medical degree from the University of Southern California School of Medicine, OB/GYN specialty training at the prestigious Kaiser Hospital in Los Angeles, training with Dr. Walter Crinnion in environmental medicine, extensive training in functional medicine, and graduation from the two year Fellowship in Integrative Medicine at the University of Arizona School of Medicine. Dr. Gersh has dedicated her career to women, focusing on the aspects of women's health that are unique, under-appreciated, and poorly managed.

She has a strong focus on the role of women's unique rhythms and hormones, emphasizing the impact on female health of nutrition, timed eating, intermittent fasting, fitness, stress management, emotions, sleep, electromagnetic energy, and the ubiquitous endocrine disruptors. As the Medical Director of the highly successful and innovative Integrative Medical Group of Irvine, Dr. Gersh leads her team of holistic practitioners to facilitate the journey back to optimal health and wellbeing for women around the world. Dr. Gersh is a sought-after national and international speaker, lecturing recently in Dubai, Oman, Japan, Canada, New Zealand, and Australia, with upcoming talks in the Philippines, England, New Zealand and Australia (again), and South Africa. She also has been speaking at many varied CME conferences nationally and provides sponsored talks and webinars for medical industry. She is a published writer of book chapters and is a prolific blogger, and contributes to many popular sites. She has been featured on numerous web summits, podcasts, and radio shows, and has her own segment, A Healthy Perspective, heard weekly on the Timothy Spangler Show, Sunday nights on Los Angeles AM radio, KRLA 870. Dr. Gersh's long and distinguished career includes several educational affiliations. She currently serves as a Consultative Faculty with the University of Arizona School of Medicine, for the Fellowship in Integrative Medicine. She was an Assistant Clinical Professor of OB/GYN at the Keck/USC School of Medicine, teaching surgery, for over a dozen years; appeared as a frequent guest lecturer to MD/MBA students at the UCI Paul Merage School of Business; and delivered Grand Rounds at the University of California, Irvine School of Medicine, multiple times. Dr. Gersh is also a highly sought-after and respected forensic medical expert in gynecological matters, and has worked on my high-profile cases. Dr. Gersh has been the recipient of numerous awards – membership in Alpha Omega Alpha, the medical honor society, named outstanding attending faculty for the OB/GYN Department at USC-Keck School of Medicine, featured as a Physician of Excellence for Orange County 14 years in a row, and awarded status as a Super Doctor of Southern California for the past few years, among other awards. Dr. Gersh's innovative book on unique aspects and therapies for women with Polycystic Ovary Syndrome is due out late 2018.

## MARK L. GORDON, M.D.

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

Originally residency trained and board certified in Family Medicine (1984), Dr. Mark L. Gordon continued his medical education in Clinical Orthopedics (1990), Cosmetic Dermatology (1993), and Sports Medicine (1995) prior to culminating in Interventional Endocrinology (1997) – a term which he coined in 2003. In 2005, Dr. Gordon received his exempt Pharmacist license from the State of California. After 15 years as a general consultant to the Medical Board of California, he was enlisted as a consultant in Endocrinology, Internal Medicine and Alternative medicine in 2015. Dr. Gordon has been a strong advocate of preventive medicine through the optimization of neuroactive and neurosteroids. He was instrumental in increasing the recognition of Traumatic Brain Injury (TBI) as a cause of hormonal deficiency in the hallmarked presentation on ESPN's Outside the Lines (2007). His first book, The Clinical Application of Interventional Endocrinology (2008), is recognized by his peers as a dissertation on the standards of care and assessment for Hormone Replacement Medicine. His academic standards and medical knowledge had been recognized by USC, where he holds the position as Voluntary Associate Clinical Professor (1998) in the USC Keck School of Medicine. As medical director of CBS Studios (2001), he has participated in studio projects in addition to outside projects with HBO, CBS, ESPN, CNN, FOX, and a number of international programs. In 2004, Dr. Gordon recognized the association between TBI, hormonal imbalances and neurobehavioral conditions. Since then he has focused 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.



## ROB KOMINIAREK, D.O., FACOFP

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

Rob Kominiarek, D.O., FACOFP is a board-certified Fellow of the American College of Osteopathic Family Physicians and a Fellows Crest Award Winner in Family Medicine with advanced training in Age Management Medicine and Hormone Optimization. He is president and medical director of ReNue Health®. Dr. Rob is a graduate of the Nova-Southeastern University College of Osteopathic Medicine in Fort Lauderdale, FL. He completed his residency training at Ohio University, Grandview Hospital and Medical Center in Dayton, OH and is an Assistant Clinical Professor at Ohio University. An Amazon bestselling author and Executive Producer of a weekly health segment, Dr. Rob In the House on NBC2 in Dayton, OH, Dr. Rob is a medical advisor and director to emergency medical services, police departments and radio and television shows across the country. He is a veteran of the United States Army with a passion directed towards overall health of the mind and body through proper nutritional habits, regular exercise, appropriate

supplementation, and the intelligent optimization of hormones when clinically indicated. An avid athlete who enjoys cycling, swimming, triathlons, soccer, tennis, soaring, skiing Utah, Italian motorcycles, and automobile racing. Dr. Rob is a dedicated father who believes in practicing what he preaches, and as such lives a lifestyle dedicated towards healthy living and regular exercise.

# FACULTY BIOGRAPHIES

## 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. 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. He enjoys participating in open water swimming, cycling, hiking and Aquabike competition. Dr. Edwin Lee resides in Orlando, FL with his wife and 2 teenage boys.



## RICHARD LIPPMAN, M.D.

**Retired Anti-Aging Physician**

Born December 18, 1944 in Stockholm, Sweden, Dr. Lippman attended Sveaplan Vuxen Gymnasium where he graduated with honors in all courses. After attending Arizona State University and Cornell University and graduating with a Bachelor of Science degree in 1968, he was employed as a chemical researcher at the Royal Institute of Technology, Stockholm. He attended medical school at Biomedicum, Uppsala, Sweden, where he specialized in measurement and monitoring of free radicals and their effects upon aging at the Departments of Histology and Medical Cell Biology. Dr. Lippman is a member of the Swedish Medical Association. He has authored over 37 peer-reviewed scientific articles in leading gerontological journals such as Experimental Gerontology, Mechanisms of Ageing and Development, the Journal of Gerontology, and others. In 1984, he invented the nicotine patch. He has led clinical double-blind, cross-over investigations, especially in regard to transdermal Vitamin B12, weight loss, and melatonin patches. In 1985, he invented the first jet-lag kit employing the then unknown hormone, melatonin. In 1987, he was awarded numerous world patents for the special free-radical inhibitor, NDGA. This invention yielded the only patent ever awarded by the US Patent Office with claims to retard human aging. During the '80s, he invented two separate non-invasive methods that probe and monitor cascading free radicals in vivo in both humans and lab animals. In recognition of these last two achievements, Dr. Lippman was nominated for the Nobel Prize in Medicine in 1996. Dr. Lippman has written over 50 anti-aging articles for International Antiaging Systems Ltd, United Kingdom. Despite semi-retirement, Dr. Lippman continues to lecture, write, and conduct anti-aging research.

## SHEILA MALMANIS, L.E.

**President, MS Skintech, Inc., Phoenix, AZ**

Sheila Malmanis is a Licensed Aesthetician, President and Founder of MS Skintech, 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, Ms. Malmanis has 30+ years combined in sales, marketing a product development experience. Sheila has worked with chemists nationwide to develop a line of high quality products, which among its numerous customers has included dermatologists and aesthetics schools. In addition to her own line of products, Ms. Malmanis has developed unique private label products for physicians, spas & salons throughout the USA and internationally.



## LUIS MARTINEZ, M.D., MPH

**President, Regenera Global, Ponce, Puerto Rico**

**President, XanoGene Clinic, San Juan, Puerto Rico**

Dr. Luis Martínez is a Regenerative and Cell Therapy specialist, clinical researcher and biomedical consultant. He earned his medical degree at The Ponce School of Medicine and completed his residency training at the prestigious University of Pennsylvania. He also completed an Advanced Training Course in Stem Cells in Cancer at the Ponce Health Sciences University/Magee Research Institute consortium. He is board certified in Clinical Lipidology. Dr. Martinez holds a Masters of Public Health with a concentration in Epidemiology and is fellowship trained in Biosecurity. He is the president of XanoGene Clinic, which specializes in Regenerative and Age Management Medicine. He also founded and presides over Regenera Global, a multinational corporation specializing in biotech product development, research, and clinical consulting. Dr. Martinez has advised and helped set up various clinics and laboratories in Latin America within the Regenerative Medicine space. He also serves on the advisory board for various biotech companies and professional societies. He is actively involved in educating and training physicians in multiple aspects of Regenerative and Age Management Medicine.

## KATHY C. MAUPIN, M.D., FACOG

**Owner & President, BioBalance Health, St. Louis, MO**

Kathy C. Maupin, M.D. has practiced obstetrics & gynecology for more than 30 years. In 2003, she created BioBalance Health to help women and men deal with symptoms of aging and menopause through personal care and replacement of bioidentical testosterone and estradiol pellets. In 2009 Dr. Maupin elected to devote 100% of her time to BioBalance Health, and now takes care of thousands of women throughout the world with her hormone pellet therapy. Dr. Maupin is a Board Certified Fellow of the American Academy of Obstetrics and Gynecology. She has been active in a variety of professional organizations including an officer in the Missouri State Medical Association as well as the St. Louis Metropolitan Medical Society, and President of the St. Louis Gynecological Society, American Medical Association. She is the author of the Women's Healthcare Initiative, which became law in Missouri in 2000. This law protects women's rights to receive care from OB/GYNs without referral from a primary care physician, guarantees the right of a woman to receive a yearly mammogram, a bone density test, and to receive plastic surgery reconstruction of the breast after breast cancer surgery, and unrestricted coverage for birth control pills, all paid through insurance. She is also the founder of the St. Louis political action committee Physicians for Sound Healthcare Policy, and is active in numerous charitable organizations including Young Life and Green Tree Community Church. Hay House published Dr. Maupin's first book, "The Secret Female Hormone" in 2014.



# FACULTY BIOGRAPHIES



## KATHY O'NEIL-SMITH, M.D., FAARM

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

Dr. Kathleen O'Neil-Smith is a magna cum laude graduate of Boston University Medical School. She completed an internship in pathology at Massachusetts General Hospital followed by an internship and residency in internal medicine at the Brigham and Women's Hospital in Boston. In 2008, she completed a two-year fellowship in functional medicine through the American Academy of Anti-Aging and Regenerative Medicine, as well as a Stem Cell Fellowship at A4M and a TBI certification at AMMG. She has been on the faculty at Tufts University School of Medicine and Boston University School of Medicine. She competed as a member and later coach, of the United States Women's National Rowing Team and continues to race competitively every year at The Head of The Charles Regatta in Boston. Dr. O'Neil-Smith is Medical Director at TB12 Sports Center in Foxboro, MA. She is a compassionate, innovative and conscientious physician, committed to excellence, and dedicated to offer the most cutting edge safe therapies to her patients.

## 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).



## 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 worlds 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.

## SANOJ PUNNEN, M.D., B.S.C., FRCSC

### **Assistant Professor, Department of Urology, University of Miami Miller School of Medicine**

Dr. Sanoj Punnen has broad experience in urologic malignancies with a special interest in localized prostate cancer. His primary research focus includes biomarker development and validation, innovative imaging and diagnostic techniques, and comparative effectiveness and outcomes research. Much of his research has focused on quality of life after prostate cancer treatment. He recently published one of the longest follow-ups looking at a variety of primary treatments for prostate cancer. This and other studies he has published, for which he served as the primary investigator and lead author, provide important knowledge regarding expectations after prostate cancer treatment and risk factors for worsening recovery after treatment. During his clinical fellowship at the University of California, San Francisco (USCF), he attained a master's in Advanced Science in clinical research and public health. Dr. Punnen has been the principal investigator on multiple prospective single and multi-institutional clinical trials. He has been an Assistant Professor, University of Miami, Miller School of Medicine since 2013, and a Fellow of the Royal College of Physicians and Surgeons of Canada since 2010.



## DAN C. PURSER, D.C., 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**



Dr. Dan Purser ([www.danpursermd.com](http://www.danpursermd.com)), graduated with honors from Brigham Young University and the University of Mississippi School of Medicine, and after years of endocrinology research is the bestselling author of 15 books, including a textbook, Program 120: A Physician's Guide to Proactive Preventive Medicine. His men's health book, Improving Male Sexuality, Fertility and Testosterone, was #1 in the Amazon Health Sex section for more than a week and his breast cancer book, The Breast Cancer Patient's Survival Guide: Amazing Strategies for Winning, was #1 in the Amazon Health Reference section. He is also an entertaining and dynamic educator and speaker, who has consistently been voted as the "The Most Popular Speaker" at any conference at which he's spoken, is popular among both the public and physicians, and has travelled many thousands of miles doing book, radio and product tours all over the world. He is the founder of a couple of successful health product design companies through which he makes a number of products for nutraceutical companies.

# FACULTY BIOGRAPHIES

## 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.



## NEAL ROUZIER, M.D.

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

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

## 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 graduated from Loyola Marymount with a B.S. in Science, received her M.D. from Dartmouth Medical School, and completed a pediatrics residency at the University of California – Irvine. She practiced traditional medicine until 2006, then started a hair restoration and Regenerative Medicine clinic in 2008, and has been very interested in wound healing and clinical applications of human derived growth factors for over a decade. Dr. Rubio is committed to educating the public and colleagues on advances in age management medicine. Her focus is to explore effective, safe and non-invasive technologies that can improve our health and appearance.



## MARY E. SEHL, M.D., PH.D.

### **Assistant Professor, Division of Hematology-Oncology, Department of Medicine, and Department of Biomathematics, David Geffen School of Medicine at UCLA**

Mary E. Sehl, M.D., Ph.D., is an Assistant Professor at the David Geffen School of Medicine at UCLA, in the Division of Hematology-Oncology, Department of Medicine, and the Department of Biomathematics at UCLA. As a practicing geriatric oncologist, her work is focused on translational research in aging and cancer. She is a core member of the Patient and Survivors Program in the Jonsson Comprehensive Cancer Center. A major focus of her research is in identifying epigenetic markers associated with aging, inflammation, and cancer risk. She is the recipient of an ASCO Young Investigator Award (2008), a Career Development Award from the ASCO Cancer Foundation (2009), a UCLA KL2 Translational Scholar Award (2012), and a Career Catalyst Award from the Komen Foundation (2016).

## 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 28 years, specializing in Internal Medicine, Cardiovascular Disease and Age Management Medicine. His career in medicine began in 1988 when he graduated from New York Medical College. An internship and residency then followed at Albert Einstein College of Medicine, after which Dr. Shapiro completed a fellowship at Columbia University College of Physicians and Surgeons in 1994, focusing on Cardiovascular Disease Management, including Congestive Heart Failure and Heart Transplantation. Dr. Shapiro was the recipient of the 10th Annual Alan P. Mintz, M.D. Award, for Clinical Excellence in Age Management Medicine, as he has become known nationwide as an expert in age management medicine, and leads one of the most prominent age management practices in the country as president of Cenegenics New York City. Always challenged by the need for innovative medicine, Dr. Shapiro has patented medical devices as well as explored and innovated new medical protocols. He has long been known as one of New York's foremost cardiologists, specializing in regenerative medicine and improving longevity, including the genomics of cardiovascular disease and congestive heart failure. Affiliated with New York Presbyterian Hospital and an Adjunct Assistant Clinical Professor in Clinical Medicine at New York Medical College, Dr. Shapiro is active in 13 medical societies, has been a speaker for the Age Management Medicine Group (AMMG) group for many years, and is a long-standing member of the AMMG Conference Planning Committee. Dr. Shapiro was named a 2017 Top Doctor in New York City.



# FACULTY BIOGRAPHIES



## MICHAEL SNYDER, PH.D.

**Professor and Chair, Department of Genetics, Stanford University School of Medicine, Stanford, CA**  
**Director, Center for Genomics and Personalized Medicine**

Recent technological advances as well as longitudinal monitoring not only have the potential to improve the treatment of disease (Precision Medicine) but also empower people to stay healthy (Precision Health). Precision health relies on the ability to detect early preclinical states, predict disease risks at an individual level and initiate preventive strategies. The main goal of this prospective cohort study was to quantify the impact of personalized longitudinal big data on human health. In this context, we enrolled 107 participants that underwent longitudinal integrative Personalized Omics Profiling (iPOP) for up to 8 years (median 2.5 years). Deep molecular profiling was performed quarterly over the study period and included standard clinical, enhanced (i.e. not part of standard clinical care) and emerging (i.e. used for exploratory purposes and mechanistic discoveries) tests. Emerging

technologies included genomics, immunomics, transcriptomics, proteomics metabolomics and microbiomics. We discovered at least 45 actionable major health findings spanning various areas including metabolic, cardiovascular and oncology. In addition, we show that the majority of participants made diet and exercise changes due to study participation with the objective of improving their health. We also highlight emerging pathways relevant to diabetes and cardiovascular disease by evaluating the associations between multiomics measurements and standard clinical measures. Altogether, we conclude that deep longitudinal profiling using enhanced and emerging technologies can lead to actionable health discoveries and provide important information relevant for precision health.

## H. WILLIAM SONG, M.D.

**Founder and CEO, Omni Aesthetics, Oakland, NJ**

Dr. H. William Song received his medical degree from Rutgers Medical School in Newark, New Jersey in 1992 after completing his undergraduate studies at Bucknell University in Lewisburg PA. He did his Internal Medicine residency at St. Lukes/Roosevelt Hospital Center in New York City and practiced family and geriatric medicine for 15 years before switching to aesthetic medicine. Dr. Song founded Omni Aesthetics in 2008, offering some of the most innovative and cutting edge treatments with lasers and radio frequency technologies as well as platelet rich plasma and autologous stem cell therapies. Dr. Song is a faculty instructor for the Advanced Aesthetics Education Group and regularly speaks at conferences and workshops around the world. Dr. Song is passionate about using technology and the regenerative potential of the human body to treat and reverse the effects of aging.



## DANIEL SPERLING, M.D.

**Medical Director & Chief of Interventional Uroradiology, Sperling Prostate Center, Florida & New York**  
**Medical Director, Sperling Medical Group, Florida**  
**Medical Director, Sperling Neurosurgery Associates, Florida**

Dan Sperling, M.D., DABR, is a globally recognized leader in magnetic resonance imaging (MRI) and multiparametric MRI (mpMRI) for the detection and diagnosis of a wide range of conditions. He is the Medical Director of the Sperling Prostate Center, Sperling Neurosurgery Associates, and the Sperling Medical Group based in Florida and New York. Dr. Sperling is a radiologist certified by the American Board of Radiology, and licensed in New York, New Jersey, California, Massachusetts and Florida. He is the leading pioneer in image-guided Focal Laser Ablation (FLA) for targeted prostate cancer treatment. He has also adapted this treatment for an innovative approach to correcting urinary problems caused by BPH. Dr. Sperling is a contributing author on more than 25 peer-

reviewed MRI studies. He served as a faculty member at NYU/Langone Medical Center's annual course, "Advances in Prostate Imaging and Ablative Treatment of Prostate Cancer." He is the co-author, along with other prostate cancer specialists and men's health experts, of the new patient book, Redefining Prostate Cancer.

## PAUL THOMPSON, M.D.

**Private Practice, Fort Worth, TX**

Dr. Paul D. Thompson is a board-certified urologist and a Fellow in the American College of Surgeons. He is a member of the American Medical Association, Missouri Medical Society and American Urology Association. After earning an undergraduate degree from the University of Missouri at Kansas City, he graduated from the University of Missouri at Kansas City Medical School in 1981. Seven years later, he completed a residency in urology at the University of Louisville in Kentucky. In 1988, Dr. Thompson established a private urology practice in Cape Girardeau, Missouri, which he maintained until 2007. He also was a cofounder and board member of the U.S. Medical Development Service Company, designed to serve physicians in lithotripsy, radiation treatment centers and hospitals. At Southeast Missouri Hospital, he was Chief of Surgery for four years as well as Chief of Staff and head of their Credential Committee. Dr. Thompson always believed in a proactive medical approach, but wasn't sure how to accomplish that until his own health issues led him to experience a new paradigm with age management medicine.



## DEEPA B. VERMA, M.D., AIHM

**Founder & Owner, Synergistiq Integrative Health, Clearwater, FL**

Dr. Deepa Verma is double board certified in family medicine and integrative holistic medicine. She graduated magna cum laude from The College of NJ and is a graduate of Rutgers Medical School in NJ (formerly known as Robert Wood Johnson Medical School). Dr. Verma completed her family medicine residency at Somerset Medical Center and was elected chief resident. After years of feeling unfulfilled treating patients traditionally, Dr. Verma decided to change course, following her passion to educate and heal each individual as a whole, not as a fragmented and dissected collection of systems. She founded Synergistiq Integrative Health in 2013. Today, Dr. Verma is deeply committed to the importance of integrative medicine and practices exactly what she preaches. From the beginning, her goal has been to create a practice that could give patients an opportunity for a healthier and happier version of their existence. She understands the frustration and angst of patients who are sick and tired of feeling tired and sick. Dr. Verma's training has taught her that in order to find a long-term cure, patients need treatment that addresses the root cause of their symptoms, not just addressing their lab numbers. Dr. Verma is an author and blogger for several publications. She regularly appears on Bay News 9 discussing current health topics. She filmed a documentary about integrative medicine for Voices in America hosted by James Earl Jones and has worked on the pilot for Plant Based medicine. She is also a medical consultant for the online publication, "Greatist". Dr. Verma is also a key opinion leader for Pathway Genomics and is a faculty speaker for the American Academy of Anti-Aging Medicine. Dr. Verma offers in-depth lab testing for gut health, adrenals, thyroid, micronutrients, etc., IV therapies, bi-identical hormone therapy, aesthetics, CVAC pod hypobaric chamber. She is also opening up her second location in Tampa, FL.



# FACULTY BIOGRAPHIES

## DUSHYANT VISWANATHAN, M.D., ABIM, ABOIM, AACE

**Medical Director, The Columbia Center for Integrative Medicine, Columbia, MD and Woodland Hills, CA  
Chief of Internal Medicine, Lompoc Valley Medical Center, Lompoc, CA**

Dushyant Viswanathan, M.D., or “Dr. DV” specializes in integrative internal medicine, specifically in using translational mucosal immunology (“enteroimmunology”) and endocrinology to improve the health of people with chronic illness. Dr. DV completed a Bachelor’s of Science in Biological Sciences (2000) from UC Irvine, attended St George’s University School of Medicine (2006) in New York and Grenada, and completed internal medicine training at the University of Maryland Medical System (2011). He is board certified diplomat of the American Board of Integrative Medicine, the American Board of Internal Medicine, and member of the American Association of Clinical Endocrinologists. He serves as Chief Medical Officer of The Columbia Center for Integrative Medicine, which offers outpatient comprehensive medical care, home-based care, and hospital-based care in Maryland and in California. In California at Lompoc Valley Medical Center in Santa Barbara County, Dr. DV offers the nation’s first hospital-based integrative internal medicine center, prominently implementing the diagnostic and therapeutic methods of enteroimmunology, endocrinology, regenerative medicine, functional medicine, and holistic care. Dr. DV’s research interest focuses on a clinical study measuring the impact of resolution of dysbiotic gut inflammation and endocrinopathy on hemoglobin A1C.



## ELAINA HEATHER VISWANATHAN, RYT

**Director of Patient Care & Holistic Healing, The Columbia Center for Integrative Medicine, Columbia, MD and Woodland Hills, CA**



Elaina Heather Viswanathan has been Director of Holistic Healing and Patient Care at CCIM since 2014, offering yoga therapy, pranaroma, and integrative alchemy services for her patients. She creates customized therapeutic grade essential oil formulas, wellness, yoga therapeutic, mindfulness, and Ayurveda treatments. Elaina trained with Thelma Gress (certified nurse practitioner, teacher of kundalini yoga, and student of Yogi Bhajan) from 2005 to 2009, Dr. Jaya Satish, specialist in mudra meditation, and Jannon Baer (specialist in mudra yoga, meditation, and student of Thich Nhat Hanh) to gain specialized knowledge and skill in the theory, practice, and pedagogical aspects of meditation. She also studied with Kate Miller and Moses Brown, both of whom are certified teachers of Anusara yoga. Elaina furthered her training with Rod Stryker who is a specialist in pranayama and meditation. Elaina has experienced the benefits of transformation and meditation in her personal journey of healing, including having completely cured her own symptomatic endometriosis. Her personal experience gives her a uniquely empathetic ability to serve her patients.

## JAMES WATSON, M.D.

**Clinical Faculty, UCLA Division of Plastic Surgery, David Geffen School of Medicine, Los Angeles, CA**

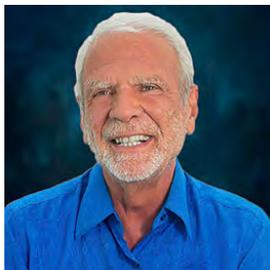
Dr. James Watson is both a UCLA academic plastic surgeon and a clinician with his own cosmetic clinic who has 23 years of clinical experience in cosmetic surgery. He is the recipient of multiple teaching, service, and research awards and is a highly sought-after international speaker in plastic and cosmetic surgery who has given lectures in Japan, Korea, China, Singapore, India, US, Europe, Iran, and the Middle East. He was previously chief of the Division of Plastic & Reconstructive Surgery at Harbor UCLA Medical Center in Torrance, CA. Dr. Watson received his B.A. in Chemistry, Magna Cum Laude, from Southern College of Seventh Day Adventists in Chattanooga, TN, and his M.D. from Loma Linda University School of Medicine in Loma Linda, CA. He did his residency and internship in general surgery at Miami Valley Hospital in Dayton, OH, and was a resident in plastic & reconstructive surgery at Wright State University, Kettering Medical Center in Kettering, OH. He was a Fellow in Microvascular Surgery at the Division of Plastic & Reconstructive Surgery, UCLA Medical Center, Los Angeles, CA.



## JONATHAN WRIGHT, M.D.

**Founder, Practitioner, Tahoma Clinic, Tukwila, WA  
Editor, Green Medicine Newsletter**

A Harvard University and University of Michigan Medical School graduate, Dr. Jonathan V. Wright is a pioneer in the research and application of effective natural treatments for health problems not requiring surgery. Since 1976 he has accumulated over 80,000 research papers concerning diet, vitamins, minerals, botanicals, and other natural substances from which he has developed treatment protocols. Since 1983, he has taught seminars on his methods to thousands of physicians. Recognized as the original developer and most experienced practitioner of BHRT, Dr. Wright often lectures on maximizing efficacy and safety in bio-identical hormone use. Other accomplishments include originating successful natural treatment for elimination of childhood asthma, developing natural treatment to stop vision loss and/or improve vision in the majority of individuals with “dry” macular degeneration, pioneering the use of aldosterone to reverse age-related hearing loss, discovering the effects of iodine on estrogen metabolism and cobalt on steroid detoxification, and popularizing the use of the natural sugar D-mannose for elimination of 85-90% of urinary tract infections. He also originated effective natural treatment for seborrheic dermatitis, allergic and viral conjunctivitis, Osgood-Schlatter’s disease, and treatment that improves bone density in the large majority of those with osteoporosis. In 2013, he resurrected forgotten research and treatment protocols for the application of Human Chorionic Gonadotropin (hCG) to treat severe neurological problems. Dr. Wright founded Tahoma Clinic in Washington State in 1973. He is internationally known for his 29 medical articles and 13 books, selling over 1.5 million copies, with two texts (Book of Nutritional Therapy” and “Guide to Healing with Nutrition”) achieving best-selling status. Since 1996 he has written a popular monthly newsletter emphasizing nutritional and naturally-based medicine with a wide-reaching distribution. Most recently, in April 2012 he was inducted into the Orthomolecular Hall of Fame (International Society of Orthomolecular Medicine), honored for his contributions to the field of natural medicine.



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Olympia Compounding Pharmacy, located in Orlando, Florida, is a state of the art FDA registered 503B outsourcing facility. We specialize in Erectile Dysfunction, Anti-Aging, Hormone Replacement Therapy, Weight Loss, Vein Care, Dermatology and more. As a 503B Pharmacy, Olympia can provide office use medications as well as patient-specific prescriptions. Olympia's commitment to excellence in customer service and patient care is our defining attribute in compounding!

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**Phone: 305-575-4100 Fax: 201-791-1941**

OPKO Health, Inc., a multi-national pharmaceutical and diagnostic company, establishes industry-leading positions through discovery and development of novel technologies, including the 4Kscore test which provides an accurate and personalized measure of men's risk for aggressive prostate cancer.

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**Website: [organicell.com](http://organicell.com) Email: [info@organicell.com](mailto:info@organicell.com)**  
**Phone: 888-963-7881 Fax: 786-727-7020**

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**Phone: 303-495-5525**

Physician Compounding Alliance improves patient care and practice income through a unique and innovative program of office dispensed compounded drug therapies. PCA invites you to join other like-minded doctors in this new paradigm of smart individualized medical care.

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**Phone: 800-590-7459 Fax: 312-878-7841**

Power2Practice is the first platform to comprehensively address the unique clinical needs and business demands of integrative medicine practices through a seamless practice management, EMR and business solution system. The easy-to-navigate cloud-based system is intuitive for both physicians and patients, offering features such as e-prescribing, secure messaging, billing, lab integration and auto-appointment confirmation.

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Phone: 612-309-7801

Predictive Biotech, Inc., a Salt Lake City, UT life sciences Company formed in 2015, is a leader in human cell and tissue products for use in regenerative medicine. A growing national network of clinics, health systems, researchers and physicians leverage Predictive's four main placental-derived and Wharton's Jelly umbilical cord-derived products. Predictive Biotech products are regulated by the FDA under 21 CFR part 1271 section 361 as minimally manipulated allografts intended for homologous use.

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Phone: 518-421-8814

Prime is creating the world's largest optimization, peak performance, and longevity directory for the modern aging patient to become proactive participants of their health. We give physicians a thought leadership platform that connects them with a new, rapidly growing demographic of patients to grow their business and their own digital reputation.

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Website: [qualgen.us](http://qualgen.us) Email: [sales@qualgen.us](mailto:sales@qualgen.us)

Phone: 405-552-8216 Fax: 405-588-4272

Qualgen is an FDA registered 503B specializing in Bioidentical Hormone Replacement Pellets.

## **REFINE USA**

340 3rd Ave., Ste C, Jax Beach, FL 32250

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The **E-Journal of Age Management Medicine** (Editor, Jeff Morris) is published monthly by AMMG. Now in its 13<sup>th</sup> year, this electronic publication is designed to introduce readers to the specialty of Age Management Medicine, whether they are healthcare professionals familiar with this proactive, preventative approach who have already incorporated it into their practice, or are among those interested in doing so. We acknowledge the medical professionals who have pioneered in this area, and our goal is to provide them and those who will follow in their footsteps with a reliable source of cutting edge news, practical advice and relevant information about Age Management Medicine—with the goal of superior patient care, increased practice revenue and greater job satisfaction. Your comments or suggestions are welcome at [journal@AgeMed.org](mailto:journal@AgeMed.org).

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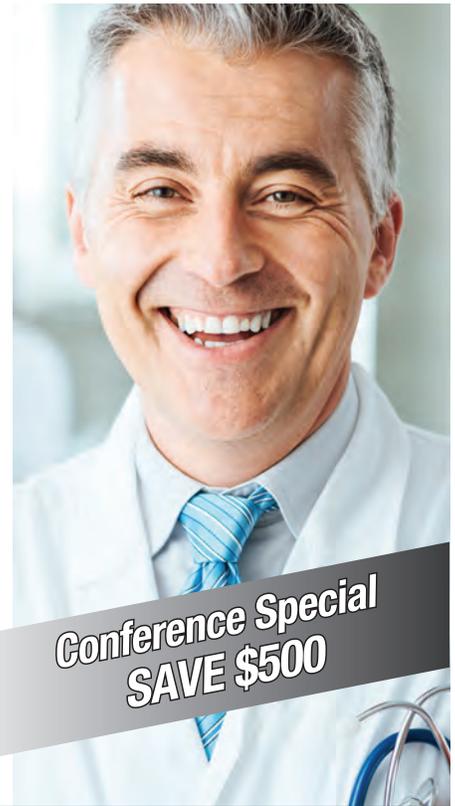
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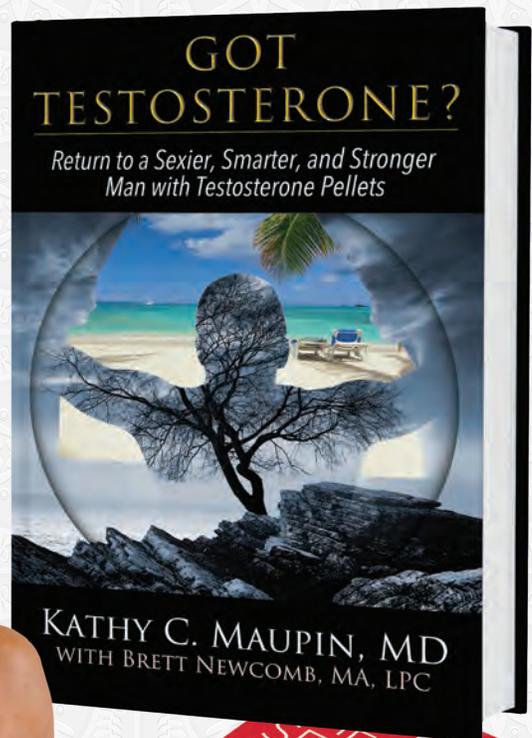


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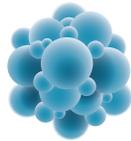
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