



# CONFERENCE GUIDE

## 32nd Clinical Applications for Age Management Medicine Conference

APRIL 7-10, 2022 | MIAMI, FLORIDA

up to 25.75 AMA PRA  
CME Credits

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





**Dear Colleague,**

Welcome back to Miami, Florida for our April 2022 conference. Once again, AMMG is excited to deliver a four-day live CME event complete with full-day workshops, that promises to create a positive shift in your practice and your patients' health. You'll walk away with the right tools, knowledge, and applications you can use in your practice immediately—whether you're a seasoned pro or new to our medical specialty.

**Unleash the power of age management medicine.** AMMG ensures you stay on the cutting edge of the latest findings, modalities, and treatments—from promoting a longer, healthier life to learning the newest scientific data about optimal hormone levels and testing. Gain knowledge about everything from genetics to aesthetic procedures.

**Four days of dynamic education.** Explore the best of proactive, preventive, precision medical care. Experience our expert presentations covering a breadth of categories, insightful case studies, interactive panel discussions, and take-away tools you can use in your practice immediately. You'll appreciate the chance to network with leaders in the field and delve into our compelling evidence-based curriculum.

**World-class venue.** We have again chosen as our location the National Doral Resort & Spa, a venue that will leave you both stimulated and invigorated, relaxed and recharged. Legendary championship golf courses combine with breathtaking views and elegant surroundings—the kind of luxury without compromise to which AMMG attendees have become accustomed.

**More advancement.** Take advantage of this opportunity to learn how to become certified in age management medicine. Learn about the advantages of AMMG membership. Elevate yourself 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 Chair*

*AMMG Co-founder*

**CONFERENCE PLANNING COMMITTEE**

Florence Comite, M.D.

Elliot Dinietz, M.D., ABFM, FAAMFM

Rob Kominiarek, D.O., FACP

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**

▶▶ **OCTOBER 27-30, 2022** ◀◀

**33<sup>RD</sup> Clinical Applications for Age Management Medicine**

**SHERATON DENVER DOWNTOWN HOTEL, Denver, Colorado**

Updates will be posted on our website **www.agemed.org** as they become available

**CALL FOR PRESENTERS**

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

The Conference Planning Committee will review all submissions. Preference is given to credentialed faculty at the medical professional level who have expertise in their field and have the ability to provide comprehensive learning materials for the course syllabus. Topics that reflect non-commercial, new or cutting-edge evidence based information for Age Management Medicine clinicians are preferred. All faculty and presentations must adhere to ACCME standards.

To submit, please email the following to [gfillmore@agemed.org](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)**





SAVE THE DATE

# 33<sup>RD</sup> CLINICAL APPLICATIONS FOR AGE MANAGEMENT MEDICINE CONFERENCE

**OCT. 27-30, 2022**  
DENVER, CO

## **EXPERIENCE A BETTER MEDICAL APPROACH**

Age management medicine has been—and continues to stay—ahead of the curve. Practice through a proactive, preventive, integrative lens with evidence-based protocols to modulate the aging process that include hormonal therapies, nutrition, fitness, stress management, medical interventions and breakthrough science.

After attending this in-depth, CME conference, you'll walk away with what you need to add this medical specialty to your existing practice, or expand your current Age Management Medicine Practice.



**FOR MORE INFORMATION VISIT OUR WEBSITE**

**[www.agemed.org](http://www.agemed.org)** or email: **[conference@agemed.org](mailto:conference@agemed.org)**

**SAVE \$500** - ENROLL AT THE CONFERENCE

Earn **82** AMA PRA Credits

## TRAINING & CERTIFICATION IN AGE MANAGEMENT MEDICINE

**A multidisciplinary, advanced training** covering foundational principles and progressive tools to help the Age Management Medicine clinician gain knowledge to stay on the leading edge of this rapidly evolving, ever-expanding medical specialty.

**It's an exceptional program, marked by its contributing experts from a variety of medical fields** including hormones, nutrition, exercise and patient assessment. We also provide information about the latest applications for 21st century clinical innovations such as genetic testing and personalized, precision medicine. Real case studies/situations are reviewed in problem-solving, round table discussions.



**GET YOUR QUESTIONS ANSWERED AT THE  
CONFERENCE REGISTRATION DESK.**

call: 239.330.7495 | email: [certification@agedmed.org](mailto:certification@agedmed.org)

# SCHEDULE AT-A-GLANCE

## Wednesday, April 6<sup>th</sup>

### Practice Management Workshop: Launching and Growing a Successful Age Management Practice

Many attendees of the AMMG conferences are attracted to the field of Age Management Medicine, but do not feel qualified, or empowered with the necessary tools, to successfully transition from the well-established structure of disease-based medicine or from the traditional insurance-based reimbursement system into a system which relies to a significant degree upon direct pay. This workshop is designed to complement the [AMMG Certification in Age Management Medicine](#) for **physicians and healthcare professionals and to help educate and inform medical and office staff**. Attendees will be guided through the process of developing an Age Management Practice. Our goal is for the attendee to be equipped with the basic tools for making the necessary decisions on what is required from a Practice Management point of view.

#### Non-CME Course

**9:00 am – 9:30 am**

#### **The Direct Pay/Partial Direct Pay Practice Model**

**Chuck Guglin, M.D., FACS**

*Owner, Hyperfit MD Age Management Center*

**9:30 am – 10:15 am**

#### **Development of Practice Services and Procedures**

**Chuck Guglin, M.D., FACS**

*Owner, Hyperfit MD Age Management Center*

**Joel Suraci**

*Clinical Specialist, Regenerative Medicine Technologies*

**Samael A. Tejada**

*President & Founder, LiquividaLounge.com*

**Jeremy Edwards**

*Director of Business Development, GAINSWave/FemiWave - USA*

**10:15 am – 10:30 am Break**

**10:30 am – 11:15 am**

#### **Development of Diagnostic Tools and Procedures**

**Chuck Guglin, M.D., FACS**

*Owner, Hyperfit MD Age Management Center*

**Tony Orlando**

*President, DEXA*

**Jeff Rubinoff**

*Vice President, Ultrasound and C Arm Product Specialist, iRad Sales Group*

**11:15 am – 12:00 pm**

#### **Motivating Patients and Creating Programs Applying the Science of Age Management Medicine to Produce Positive Patient Outcomes**

**Rudy Inaba**

*Vice President of Performance Health, Cenegenics Medical Institute, Las Vegas, NV*

**12:00 pm – 1:00 pm Lunch Break (Lunch Provided)**

**1:00 pm – 2:00 pm**

#### **Developing a Marketing and Branding Program**

**Audrey Neff**

*Director of Marketing, Patient Now*

**2:00 pm – 2:45 pm**

#### **Employee Management and Engagement**

**Rudy Inaba**

*Vice President of Performance Health, Cenegenics Medical Institute, Las Vegas, NV*

**2:45 pm – 3:00 pm Break**

**3:00 pm – 3:45 pm**

#### **Client / Patient Experience Expectations**

**Rudy Inaba**

*Vice President of Performance Health, Cenegenics Medical Institute, Las Vegas, NV*

**3:45 pm – 4:30 pm**

#### **Practice Landmines & Practice Pearls**

**Chuck Guglin, M.D., FACS**

*Owner, Hyperfit MD Age Management Center*

**4:30 pm – 5:00 pm**

#### **EMR, Software and Forms**

**Laura Barrera, MA**

*Office Manager, Timeless Health, Miami, FL, Founder, Journey Health Coaching Platform*

**Katelyn Meacham, BHSA**

*Patient Concierge, Timeless Health, Miami, FL*

**5:00 pm – 5:15 pm**

#### **AMMG Physician and Healthcare Provider Certification Program**

**Francesca Guglin**

*CEO, Hyperfit MD Age Management Center*

**5:15 pm – 5:30 pm**

#### **Open Forum with Q & A**

**All Speakers**

# SCHEDULE AT-A-GLANCE

## Thursday, April 7<sup>th</sup> PRE-CONFERENCE TRACK Workshop: A Day of DNA, Genetics & Epigenetics

Age Management Medicine rides the wave of medical innovation and clinicians must be updated and current on new evidence-based studies, topics, testing and treatment protocols involving genetics and epigenetics. This workshop is designed for that purpose. Current practicing clinicians will especially benefit from this new and cutting-edge information.

**8:00 am – 8:45 am**

**The Future of Genomic Health in Precision Medicine: Interpretation of Whole Genome Sequencing (WGS)**

**Apostolos “Paul” Psychogios, M.D., FACMG**

*Director Clinical Genetics and Genomics Research, Comite Center for Precision Medicine & Health*

**8:45 am – 9:30 am**

**Update on Epigenetics: Understand the Power of Epigenetics from Biological Clocks, Immune Status, Telomere Lengths to Early Cancer Detection**

**Edwin N. Lee, M.D.**

*Assistant Professor of Internal Medicine, University of Central Florida College of Medicine*

**9:30 am – 10:15 am**

**Turning Back Your Clock: Optimizing Epigenetics to Extend Your Healthspan for Life!**

**Florence Comite, M.D.**

*Founder, Comite Center for Precision Medicine, New York, NY*

*Member, AMMG Planning Committee*

**10:15 am – 10:30 am Break**

**10:30 am – 11:15 am**

**Improving Outcomes in Cardiometabolic Disease with Genomics**

**Sharon Hausman-Cohen, M.D., FAAFP, ABIHM**

*Owner & Co-Founder, Resilient Health*

*CMO, IntelxDNA*

**11:15 am – 12:00 pm**

**Matching DNA with Interventions: Optimizing Weight and Nutrition for Your Body Type**

**Elliot Dinetz, M.D., ABFM, FAAMFM**

*Timeless Health, Miami, FL*

*Member, AMMG Conference Planning Committee*

**12:00 pm - 1:30 pm Lunch Break**

**1:30 pm – 2:15 pm**

**Epigenetics: Theory, Testing, and Using it to Guide Clinical Recommendations**

**Daniel Stickler, M.D.**

*Co-Founder/Chief Medical Officer, Apeiron*

**2:15 pm – 3:00 pm**

**A Root Cause Analysis of "Essential Tremor" Through the Lens of Functional Genomics**

**David C. Socol, M.D.**

*Family Practice Physician, Beverly Hills, CA*

**2:30 pm Exhibits Open**

**3:00 pm – 3:45 pm Break / Visit Exhibits**

**3:45 pm – 4:30 pm**

**Nutritional Deficiencies and Genetics: Optimizing Precision Health Outcomes with N-of-1**

**Ashley Madsen, PA-C**

*Comite Center for Precision Medicine, New York, NY*

**4:30 pm – 5:30 pm**

**Your Genes Are Not Your Destiny: Re-engineering Your Physiology with N-of-1 Interventions**

**Lauren Klein, PA-C**

*Comite Center for Precision Medicine, New York, NY*

**5:30 pm – 7:00 pm**

**AMMG Welcome Reception**

Open to all conference attendees, spouses and guests. Held in Conference Networking and Exhibits Center



# SCHEDULE AT-A-GLANCE

## Thursday, April 7<sup>th</sup> PRE-CONFERENCE TRACK

### Workshop: Introduction to Core Issues in Age Management Medicine

Course is designed to familiarize physicians and healthcare professionals with the basics of Age Management Medicine. Covers evidence-based use of nutrition, supplements, fitness, hormones—including a specialized lecture on hGH and assessment protocols—and legal basics, with some of the newest medical science on aging that may be in use now or in the near future; including relevant case presentations and discussion.

**8:00 am – 9:00 am**

#### Basic Hormone Replacement/Replenishment for Men

**Neal Rouzier, M.D.**

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

**9:00 am – 10:00 am**

#### Hormone Supplementation for Women: Essentials for Competent, Effective Prescribing

**Angela DeRosa, D.O., MBA, CPE**

*Founder & President, Hormonal Health Institute, Scottsdale, AZ*

**Melissa Loseke-Ablett, D.O.**

*Chief Medical Officer, Limitless Male Medical, Omaha, NE*

*Medical Director, Trillion, Omaha, NE*

**10:00 am – 10:15 am Break**

**10:15 am – 11:15 am**

#### Clinical Use of Supplements in an Age Management Medicine Practice

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

*Teaching Faculty, JFK Medical Center, Edison, NJ*

*Associate Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ*

**11:15 am – 12:00 pm**

#### Improving Growth Hormone With and Without Growth Hormone

**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*

**12:00 pm - 1:30 pm Lunch Break**

**1:30 pm – 2:15 pm**

#### Use of Fitness & Exercise in an Age Management Medicine Practice

**Mary Corry, MSN, Ed.**

*Medical Education Specialist, Worldlink Medical, Salt Lake City, UT*

*Member, AMMG Conference Planning Committee*

*Member, Sigma Theta Tau International Honor Society of Nursing*

**2:15 pm – 3:00 pm**

#### Compliance with Federal and State Regulations as You Begin Your Age Management Practice

**John Leardi, Esq.**

*Member, Buttaci, Leardi & Werner Law Firm, Princeton, NJ*

**2:30 pm Exhibits Open**

**3:00 pm – 3:40 pm Break / Visit Exhibits**

**3:40 pm – 4:30 pm**

#### Age Management Medicine Clinical Recommendations for Diet and Weight Loss

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

*Member, AMMG Planning Committee*

*Director, ReNue Health, Springboro, OH*

*Assistant Clinical Professor, Ohio University College of Osteopathic Medicine*

**4:30 pm – 5:30 pm**

#### Assessing the Age Management Patient

**Michale “Mickey” Barber, M.D.**

*CEO & CMO, Better Life Carolinas, Charleston, SC & Charlotte, NC*

**5:30 pm – 7:00 pm**

#### AMMG Welcome Reception

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# SCHEDULE AT-A-GLANCE

## Thursday, April 7<sup>th</sup> PRE-CONFERENCE TRACK

### Workshop - Traumatic Brain Injury: A Clinical Approach to Diagnosis and Treatment

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 and Non-Traumatic Brain Injuries as causative factors 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 traumas and the secondary effects of inflammation and oxidative stress on functionality. The rising cases of post-**Covid** neurological complications will also be discussed as a new entry into non-traumatic brain injury due to the “Cytokine Storm”. This program will prepare you for the treatment.

#### Course Faculty (all sessions in this track)

##### **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*

**8:00 am – 9:00 am**

**An Introduction to Traumatic Brain Injury**

**9:00 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**

**Neuroinflammation and Oxidative Stress, the Foundation for Treating Traumatic Brain Injury, Part I**

**12:00 pm - 1:30 pm Lunch Break**

**1:30 pm – 2:30 pm**

**Neuroinflammation and Oxidative Stress, the Foundation for Treating Traumatic Brain Injury, Part II**

**2:30 pm – 3:30 pm**

**Putting it All Together with Case Studies**

**2:30 pm Exhibits Open**

**3:30 pm – 4:10 pm Break / Visit Exhibits**

**4:10 pm – 5:30 pm**

**Case Studies & Q&A**

**5:30 pm – 7:00 pm**

**AMMG Welcome Reception**

Open to all conference attendees, spouses and guests

Held in Conference Networking and Exhibits Center



# SCHEDULE AT-A-GLANCE

## Thursday, April 7<sup>th</sup> PRE-CONFERENCE TRACK

### Workshop: Office Based Aesthetics for the Age Management Clinician

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, 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. This track is also very appropriate for Support Staff.

#### \* Track is Non-CME

**8:00 am – 8:30 am**

**Adding Office Based Aesthetics to Your Existing Practice to Increase Revenue and Patient Retention**

**H. William Song, M.D.**

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

**8:30 am – 9:00 am**

**Develop a Dynamic and Comprehensive Office Based Aesthetic Procedure Selection**

**Marie Piantino, L.E.**

*President, AAEG*

**9:00 am – 10:00 am**

**Latest Update on Stem Cells and Exosomes for Aesthetics**

**H. William Song, M.D.**

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

**10:00 am – 10:15 am Break**

**10:15 am – 11:15 am**

**Hair Restoration (Includes Demonstration)**

**Naomi Fayzulayev, FNP-BC**

*Functional Nurse Practitioner, NHL Med Aesthetics, Scottsdale, AZ*

**11:15 am – 12:00 pm**

**Micro Needling (Includes Demonstration)**

**Marie Piantino, L.E.**

*President, AAEG*

**12:00 pm - 1:30 pm Lunch Break**

**1:30 – 2:15 pm**

**Treating Ethnically Diverse Skin & Aesthetic Issues**

**Tammy Polit, M.D.**

*Medical Director, Beautopia Cosmetic Medicine, Colleyville, TX*

**2:15 pm – 2:45 pm**

**Should Skincare/LED/Aesthetic Devices be Offered for Home Use?**

**Jordan R. Plews, Ph.D.**

*Co-Founder, Elevai Labs*

*Consultant, Epigenetic Gene Editing (EGE) and TackleBio*

**2:45 pm - 3:30 pm**

**Demonstrations of Office Based Cosmetic Peels, Products for Ethnically Diverse Skin and LED Aesthetic Devices**

**Tammy Polit, M.D.**

*Medical Director, Beautopia Cosmetic Medicine, Colleyville, TX*

**2:30 pm Exhibits Open**

**3:30 pm – 4:00 pm Break / Visit Exhibits**

**4:00 pm – 4:45 pm**

**PRP or PRF: What is the Difference? Which Do I Use?**

**H. William Song, M.D.**

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

**4:45 pm – 5:30 pm**

**The Good, The Bad, and the Dirty in Skincare: What the Skincare Industry Does Not Tell You About Dirty Ingredients**

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

*Teaching Faculty, JFK Medical Center, Edison, NJ*

*Associate Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ*

**5:30 pm – 7:00 pm**

**AMMG Welcome Reception**

Open to all conference attendees, spouses and guests. Held in Conference Networking and Exhibits Center

# SCHEDULE AT-A-GLANCE

## Friday, April 8<sup>th</sup> GENERAL SESSION

7:00 am – 8:00 am

**Treating Growth Hormone Deficiency**

**Presented by Mark Gordon, M.D.**

Open to all attendees and includes a complimentary breakfast

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

8:00 am – 8:05 am

**Opening Remarks**

8:05 am – 8:20 am

**Update on the State of Affairs for HRT and Compounding: Impact on Clinicians**

**Michale “Mickey” Barber, M.D.**

CEO & CMO, Better Life Carolinas, Charleston, SC & Charlotte, NC

8:20 am – 9:10 am

**Rendering Alzheimer’s Treatable: Functional Medicine Approach to the Treatment of Alzheimer’s Disease**

**Dale E. Bredesen, M.D.**

Professor, Department of Molecular and Medical Pharmacology, David Geffen School of Medicine, UCLA

Founding President and CEO, Buck Institute for Research on Aging

Author, The End of Alzheimer’s (NYTimes Bestseller)

9:10 am – 10:00 am

**The Genomics of a Pandemic: Human Polymorphisms, Viral Sabotage and Functional Medicine Solutions**

**David C. Socol, M.D.**

Family Practice Physician, Beverly Hills, CA

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

10:30 am – 11:15 am

**Precision Medicine + Health: Is it Time to Explore the Genome to Optimize Health for Life?**

**Florence Comite, M.D.**

Founder, Comite Center for Precision Medicine, New York, NY

11:15 am – 12:00 pm

**New Markers for Aging**

**George Shapiro, M.D.**

Chief Medical Innovation Officer, Fountain Life

Adjunct Assistant Professor Clinical Medicine, New York Medical College, Valhalla, NY

Founding Partner, Ceneagenics, New York City

Member, AMMG Conference Planning Committee

12:00 pm - 1:30 pm **Lunch Break / Visit Exhibits**

12:00 pm – 1:00 pm

**MythBusters: Myths Doctors Believe Regarding Taxes, Lawsuits, and Estate Planning that Put Your Life and Practice at Risk**

**Presented by Art McOmber Former FBI Special Agent**

Open to all attendees and includes a complimentary lunch

**Non-CME symposium sponsored by Fortune Law Firm**

1:30 pm – 1:45 pm

**Why Undergo Certification in Age Management Medicine**

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

Teaching Faculty, JFK Medical Center, Edison, NJ

Associate Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ

1:45 pm - 2:30 pm

**Controversies of Growth Hormone: Does GH Cause Cancer and Does GH Reverse Aging?**

**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

2:30 pm – 3:15 pm

**The Evidence Based Case for Blocking Estrogen Conversion in Men**

**Neal Rouzier, M.D.**

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

3:15 pm – 4:00 pm **Break / Visit Exhibits**

4:00 pm – 4:45 pm

**The Evidence Based Case Against Blocking Estrogen in Men**

**John C. Carrozzella, M.D., MSMS**

Director & Founding Physician, CEO, Florida Center for Hormones and Wellness

4:45 pm – 5:30 pm

**Panel Discussion: An Interactive Conversation with Experienced Age Management Physicians: Issues and Controversies in Treatments, Estrogen Use in Men**

Moderator: **Rob Kominiarek, M.D.**

Panel: **John C. Carrozzella, M.D., MSMS & Neal Rouzier, M.D.**

# SCHEDULE AT-A-GLANCE

## Saturday, April 9<sup>th</sup> GENERAL SESSION

**8:00 am - 9:00 am**

### **The Dangers of Inhibiting Estrogen in Men**

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

*Member, AMMG Planning Committee*

*Director, ReNue Health, Springboro, OH*

*Assistant Clinical Professor, Ohio University College of Osteopathic Medicine*

**9:00 am - 10:00 am**

### **The Fallacy of Testosterone Precipitated Erythrocytosis**

**Neal Rouzier, M.D.**

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

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

**10:30 am - 11:15 am**

### **Medical Use of Psychedelics: Addiction, Depression, Anxiety, Obesity, Heart Disease, Diabetes and PTSD**

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

*Teaching Faculty, JFK Medical Center, Edison, NJ*

*Associate Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ*

**11:15 am - 12:00 pm**

### **ALS and Dr. Roy Walford**

**Kenneth S. Sharlin, M.D., MPH**

*Diplomate, American Board of Psychiatry and Neurology*

*Director, The Brain Tune Up! Program, #1 Bestselling Author of The Healthy Brain Toolbox*

*Sharlin Health and Neurology/Functional Medicine*

**12:00 pm - 1:30 pm Lunch Break / Visit Exhibits**

**12:00 pm - 1:00 pm**

### **Working within IRS Guidelines to Develop Tax Strategies to Maximize Income**

**Presented by Damon Parker** *Former F-18 Fighter Pilot*

*Open to all attendees and includes a complimentary lunch*

**Non-CME symposium sponsored by TopDoc**

**1:30 pm - 2:15 pm**

### **Food as Medicine**

**John E. Lewis, Ph.D.**

*Voluntary Associate Professor, Departments of Psychiatry and Behavioral Sciences and Psychology, University of Miami*

**2:15 pm - 3:00 pm**

### **Orthobiologics for Age-Related Musculoskeletal Conditions: Ushering Sports Medicine into the 21st Century**

**Dallas Kingsbury, M.D., FAAPMR, CAQSM, RMSK**

*Medical Director, Fountain Life, Naples, FL*

*Assistant Professor of Physiatry, Rusk Rehabilitation at NYU Langone, Teaching Faculty*

**3:00 pm - 3:45 pm Break / Visit Exhibits (Exhibits Close 4:00 pm)**

**3:45 pm - 4:45 pm**

### **Plasma Dilution Therapy as a Clinical Treatment for Age Related Disorders and Aging**

**Luis Martínez, M.D., MPH**

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

*President, Regenera Global, Ponce, Puerto Rico*

**4:45 pm - 5:30 pm**

### **Managing Elevated PSA on Testosterone Therapy**

**Brian Gerber, M.D.**

*Attending Urologist & Chief of Surgery, St. Joseph Hospital, Elgin, IL*

*Urology Care Center / Optimal Aging Institute*



# SCHEDULE AT-A-GLANCE

## Sunday, April 10<sup>th</sup> GENERAL SESSION

8:00 am – 9:00 am

**The Origins of Regenerative Medicine: Stem Cells, Epigenetics and Aging**

**Ian A. White, MS, Ph.D.**

*Founder, President and Chief Scientific Officer, Neobiosis*

9:00 am – 10:00 am

**Progesterone After Hysterectomy, Yeah or Nay? Testosterone in Women, Yeah or Nay?**

**William Clearfield, D.O.**

*Medical Director, Clearfield Family Medicine, Reno, NV*

*Executive Director, American Osteopathic Society of Rheumatic Diseases*

10:00 am - 10:15 am Break

10:15 am - 11:15 am

**Naltrexone Therapy in Age Management Medicine: Biological Mechanisms and Principles of Use**

**Luis Martínez, M.D., MPH**

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

*President, Regenera Global, Ponce, Puerto Rico*

11:15 am – 12:15 pm

**Subcutaneous Naltrexone Therapy (SNT) For the Management of Addictions and for Weight Loss**

**Luis Martínez, M.D., MPH**

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

*President, Regenera Global, Ponce, Puerto Rico*

12:15 pm – 1:15 pm

**Protocols and Case Discussion Using Subcutaneous Naltrexone Therapy (THIS SESSION IS NON-CME)**

**Luis Martínez, M.D., MPH**

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

*President, Regenera Global, Ponce, Puerto Rico*

## NON-CME EVENTS OPEN TO ALL ATTENDEES

### THURSDAY, APRIL 7TH

5:30 pm – 7:00 pm

**AMMG Welcome Reception**

Open to all conference attendees, spouses and guests

Held in Conference Networking and Exhibits Center

### FRIDAY, APRIL 8TH

7:00 am – 7:45 am

**Treating Growth Hormone Deficiency**

**Presented by Mark Gordon, M.D.**

Includes a complimentary breakfast

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

12:00 pm – 1:00 pm

**MythBusters: Myths Doctors Believe Regarding Taxes, Lawsuits, and Estate Planning that Put Your Life and Practice at Risk**

**Presented by Art McOmber** *Former FBI Special Agent*

Open to all attendees and includes a complimentary lunch

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12:00 pm – 1:00 pm

**Working within IRS Guidelines to Develop Tax Strategies to Maximize Income**

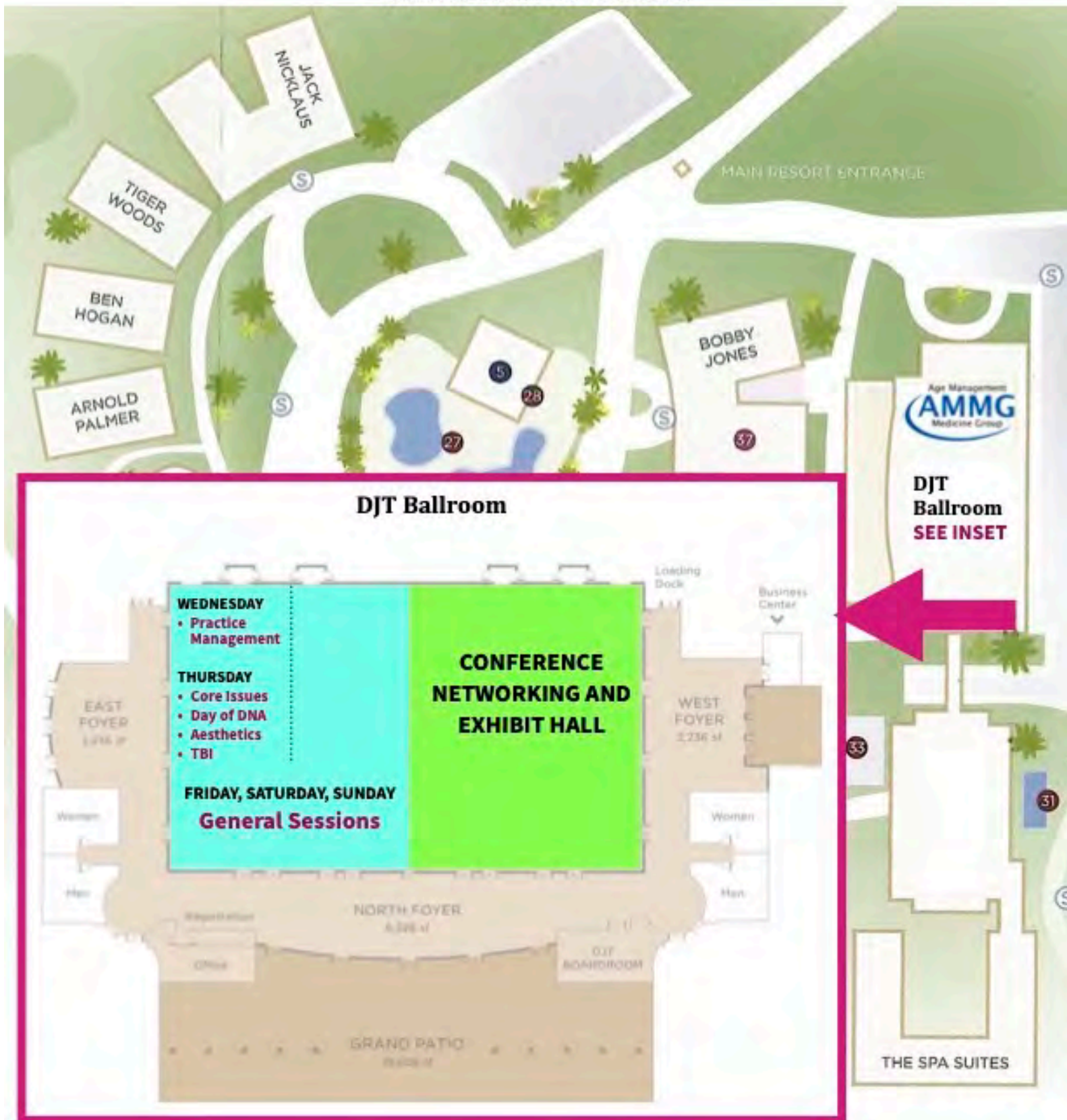
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# CONFERENCE FLOOR MAP

AMMG April 2022  
National Doral Miami Resort



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# ACCREDITATION STATEMENT

## Age Management Medicine Group 32nd Clinical Applications for Age Management Medicine Conference

25 AMA PRA Category 1 Credits™

**April 7-10, 2022 – National Doral Hotel and Resort, Miami, FL**

### Disclosure Statements

#### Disclosures for all Faculty:

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John Carrozzella, MD has no relevant financial relationships with ineligible companies to disclose  
William Clearfield, DO has no relevant financial relationships with ineligible companies to disclose  
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Mark Gordon, MD is a speaker for University Compounding Pharmacy  
Sharon Hausman-Cohen, MD is the Chief Medical Officer for IntellexDNA  
Dallas Kingsbury, MD is the Medical Director for Organicell and Cellularity  
Lauren Klein, PA-C has no relevant financial relationships with ineligible companies to disclose  
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George Shapiro, MD is the Medical Director for Organicell  
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David C. Socol, MD has an ownership interest in Advanced Huemeomics, LLC  
David Stickler, MD has no relevant financial relationships with ineligible companies to disclose  
Ian White, MS, Ph.D. has an ownership interest in Neobiosis, LLC and advisor for Onogen, Liliun, and Regenerative Health Management, LLC

#### Planning Committee:

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**All relevant financial relationships for faculty, planning committee and program reviewers have been reviewed and mitigated.**

#### Conflict of Interest Disclosure Policy

Identify, Mitigate, and Disclose Relevant Financial Relationships

Many healthcare professionals have financial relationships with ineligible companies. These relationships must not be allowed to influence accredited continuing education. The Foundation for Care Management (FCM) as the accredited provider is responsible for identifying relevant financial relationships between individuals in control of educational content and ineligible companies and managing these to ensure they do not introduce commercial bias into the education. Financial relationships are defined as relevant if the educational content is related to the business lines or products of the ineligible company. As an accredited provider FCM collects information from planners, faculty and others in control of educational content and conducts an extensive review process. Financial relationships are identified, reviewed and mitigated. In some cases speakers and committee members may be excluded. All relevant financial relationships are disclosed to the learner in this handout as required by the ACCME.

# ACCREDITATION STATEMENT

## Objectives:

***Upon completion of this workshop, the healthcare professional will be able to:***

1. Describe new scientific evidence-based studies for the use of DNA based genetic testing and how to clinically apply this knowledge to individualized patient treatment plans to improve patient outcomes.
2. Present evidence-based research on core issues considered essential for clinicians who practice age management/ preventive medicine and how to clinically apply this knowledge to individualized patient treatment plans.
3. Using evidence based research review the diagnosis and treatment of Traumatic Brain Injury. Summarize the available scientific literature discussing the primary traumas and secondary effect of inflammation in patients with TBI
4. Present evidence-based research on clinical interventions for Brain Health.
5. Present new and emerging scientific markers of aging.
6. Describe the genomics of the pandemic and Treatment protocols which are evidence based methods to prevent or treat COVID.
7. Discuss and present a literature review for the use of hormones in men and women, particularly the controversial use of estrogen in men, testosterone replacement and use of progesterone.
8. Discuss new scientific research on the use of Plasma Dilution Therapy, Psychedelics and the use of Naltrexone Therapy in medicine.

## Course Description

This conference provides evidence-based research on new methods and topics in the Management of to educate healthcare practitioners and provide treatment tools that improve patient outcomes.

## Accreditation Statement



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In support of improving patient care, this activity has been planned and implemented by The Foundation for Care Management (FCM) and Age Management Medicine Group (AMMG). FCM is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

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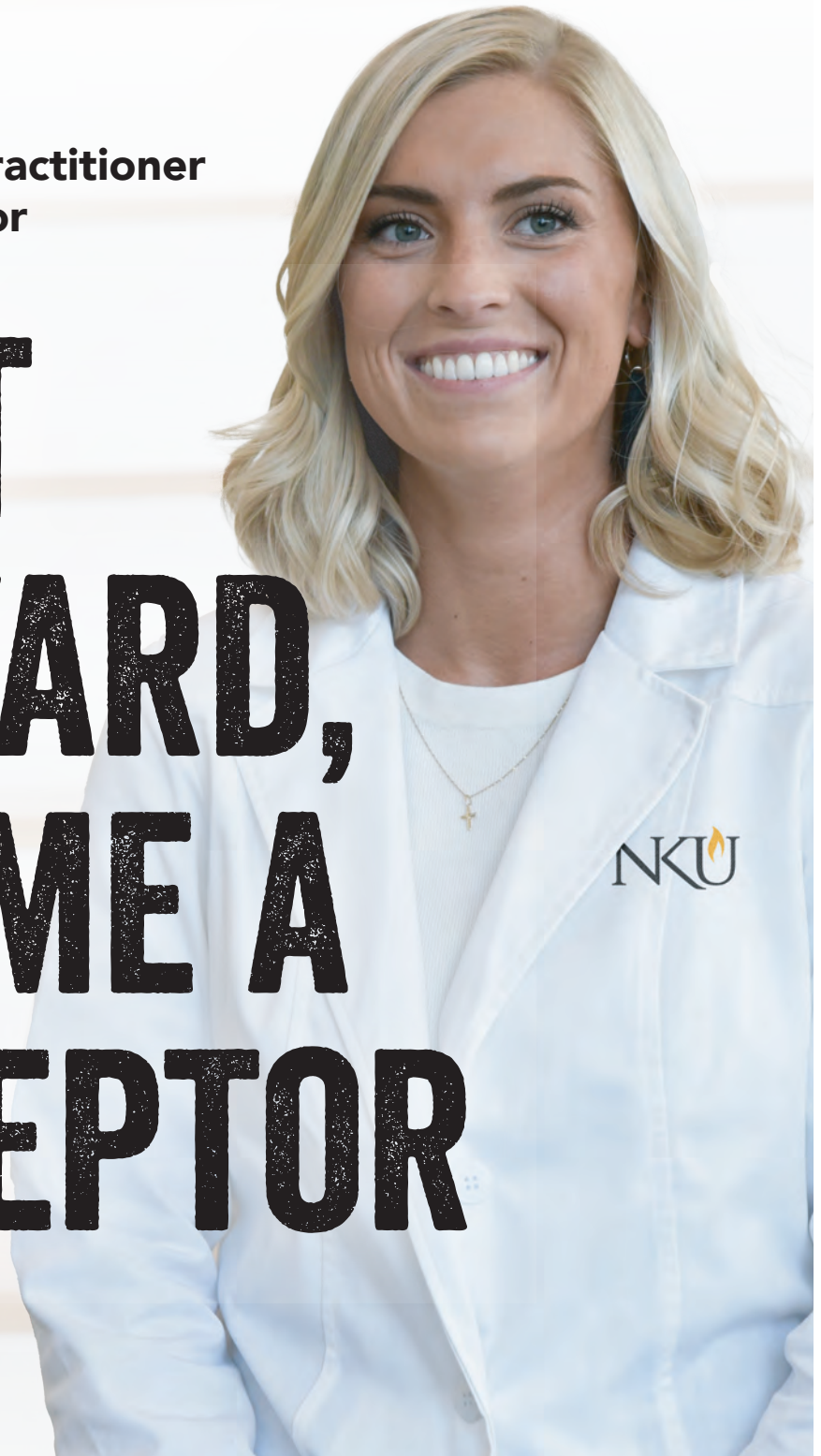
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# SHORT ABSTRACTS - Wednesday, April 6TH

## Practice Management Workshop: Launching and Growing a Successful Age Management Practice

THESE SESSIONS ARE ALL NON-CME

### The Direct Pay/Partial Direct Pay Practice Model

**Chuck Guglin, M.D., FACS**

*Owner, Hyperfit MD Age Management Center*

Understand what a direct pay practice is, learn what the best practices for this type of practice are and transcend the fear of moving from insurance-based to direct pay practice. Attendees will be asked to envision the ideal Age Management practice they wish to develop.

### Development of Practice Services and Procedures

**Chuck Guglin, M.D., FACS**

*Owner, Hyperfit MD Age Management Center*

**Joel Suraci**

*Clinical Specialist, Regenerative Medicine Technologies*

**Samael A. Tejada**

*President & Founder, LiquividaLounge.com*

**Jeremy Edwards**

*Director of Business Development, GAINSWave/FemiWave - USA*

It is critical to understand the scope of the Age Management practice and clearly define what services and procedures will be offered, and to develop a pricing structure. These can include Hormone Replacement, Nutrition, Weight Loss, Fitness, Regenerative Medicine, and Sexual Dysfunction, Aesthetic Procedures and others.

### Development of Diagnostic Tools and Procedures

**Chuck Guglin, M.D., FACS**

*Owner, Hyperfit MD Age Management Center*

**Tony Orlando**

*President, DEXA*

**Jeff Rubinoff**

*Vice President, Ultrasound and C Arm Product Specialist, iRad Sales Group*

The development of diagnostic procedures is to a great extent a product of the practice services that will be offered to patients. What diagnostic procedures need to be offered to support the services to patients? What equipment will be required to implement the diagnostic procedures? This also includes development of relationships with pharmacies, laboratories and equipment providers.

### Motivating Patients and Creating Programs Applying the Science of Age Management Medicine to Produce Positive Patient Outcomes

**Rudy Inaba**

*Vice President of Performance Health, Cenegenics Medical Institute, Las Vegas, NV*

Creating programs that will incorporate your defined services, creating a real change in the health of patients and retaining patients are critical to the success of your practice.

### Developing a Marketing and Branding Program

**Audrey Neff**

*Director of Marketing, Patient Now*

How to secure new patients and retain current patients through appropriate branding and marketing programs is essential to success.

### Employee Management and Engagement

**Rudy Inaba**

*Vice President of Performance Health, Cenegenics Medical Institute, Las Vegas, NV*

A culture of excellence starts with the right team and brand. How your patients perceive your practice is essential to developing trust, thus increasing referrals and patient retention. Learn how to engage your team in creatively promoting, not selling, your services to current patients and prospects. What employee skills will be essential?

### Client / Patient Experience Expectations

**Rudy Inaba**

*Vice President of Performance Health, Cenegenics Medical Institute, Las Vegas, NV*

In the process of transitioning from sick-care to preventive healthcare you don't want to sound like a salesman. Learn the exact words to use to speak to your patients and help them get the results they want to achieve. Learn how to set achievable patient goals and expectations.

### Practice Landmines & Practice Pearls

**Chuck Guglin, M.D., FACS**

*Owner, Hyperfit MD Age Management Center*

Learn what to avoid to eliminate or reduce the inevitable problems and those pearls from experienced Practice Management Professionals that can help you succeed.

### EMR, Software and Forms

**Laura Barrera, MA**

*Office Manager, Timeless Health, Miami, FL, Founder, Journey Health Coaching Platform*

**Katelyn Meacham, BHSA**

*Patient Concierge, Timeless Health, Miami, FL*

Recommendations on appropriate practice software and forms which may be required.

# SHORT ABSTRACTS - Thursday, April 7th

## Workshop - A Day of DNA, Genetics & Epigenetics

### The Future of Genomic Health in Precision Medicine: Interpretation of Whole Genome Sequencing (WGS)

**Apostolos "Paul" Psychogios, M.D., FACMGG**

*Director Clinical Genetics and Genomics Research, Comite Center for Precision Medicine & Health*

Whole Genome Sequencing (WGS) is a comprehensive method analyzing the entire genome being established as the most effective test for rare disease diagnosis. At the same time, it is a transformative diagnostic tool supporting the paradigm shift from disease-driven to prevention-oriented precision medicine. The American College of Medical Genetics and Genomics (ACMG) recommends WGS testing as an effective strategy in comparison with traditional single or multi-gene testing in patients with 1) a strong family history of a likely unknown genetic disorder or otherwise unspecified phenotype, 2) known but heterogeneous disorder, and 3) in affected individuals with previously nonconclusive genetic results. We have been offering WGS testing first in the practice since 2018 with an identification of a pathogenic (P) and likely pathogenic (LP) gene variant in approximately 71%. Our approach was specifically designed to offer 1) WGS at the first interaction with the client in conjunction with a comprehensive family history intake/pedigree analysis, medical record review, and examination, 2) continuous genome data reanalysis every 6 months especially for the initially non-diagnostic cases, and 3) continuous analysis of their phenome (phenomics). We believe that every individual, especially the most vulnerable ones, should have access to WGS-driven services first to precisely optimize their health and life outcomes.

### Update on Epigenetics: Understand the Power of Epigenetics from Biological Clocks, Immune Status, Telomere Lengths to Early Cancer Detection

**Edwin N. Lee, M.D.**

*Assistant Professor of Internal Medicine, University of Central Florida College of Medicine*

The emerging science of epigenetics is exploding and exciting. Epigenetics is the science of how our environment and other factors can turn on or turn off our genes. "Epi" means on or above in Greek and one part of epigenetics is looking at the methylation on our DNA. There are over 26 million spots where methylation can occur on our DNA in each cell. Since 2013 we have epigenetic biological clocks that gives our biological age, which is far superior than chronological age for measuring the aging process; which is still the biggest risk factor for all chronic disease and death. There are several biological clocks that will be reviewed. Not all the commercially available biological clocks are the same. By using computer algorithms and artificial intelligence on the DNA methylation pattern we now have clinical application to do liquid biopsy to detect cancer including stage 0. Cancer screening, estimation of telomeres, immune status, and other clinical application of epigenetics will be reviewed.

### Turning Back Your Clock: Optimizing Epigenetics to Extend Your Healthspan for Life!

**Florence Comite, M.D.**

*Founder, Comite Center for Precision Medicine, New York, NY*

*Member, AMMG Planning Committee*

Diseases of aging arise as a result of systemic degradation to basic physiological function with chronological age, generally beginning in the 30's. Importantly, these metabolic, hormonal, microbiome, genomic, and epigenetic alterations that were once undetectable at the cellular level have become quantifiable with the emergence of novel diagnostic tools throughout the early 21st century. Precision Medicine physicians and clinicians are poised to seamlessly integrate these tools into clinical and digital health practices to support their ultimate objectives of intricate personalization and health optimization for each person. A multifaceted approach is essential to optimize health and stop chronic diseases on a targeted N-of-1 basis. Our longitudinal research, derived from >20 years of scientific data, suggests that it is possible to detect, predict, and stop chronic disease. This lecture will illustrate how our patients can achieve healthy longevity through this evidence-based approach.

### Improving Outcomes in Cardiometabolic Disease with Genomics

**Sharon Hausman-Cohen, M.D., FAAFP, ABIHM**

*Owner & Co-Founder, Resilient Health*

*CMO, IntellxDNA*

This talk will show how genomics can be used to understand some of the root causes of cardiometabolic disease including inflammation and hormonal signaling and mitochondrial factors. It will then elucidate how this root cause approach can guide the development of a precision medicine plan for prevention and treatment that incorporates diet, lifestyle, supplementation and even targeted medications.

### Matching DNA with Interventions: Optimizing Weight and Nutrition for Your Body Type

**Elliot Dinetz, M.D. ABFM, FAAMFM**

*Timeless Health, Miami, FL*

*Member, AMMG Conference Planning Committee*

As we continue to see the role of Genomics in the way we practice medicine, we will explore Single Nucleotide Polymorphisms' (SNP's) role in tailoring medical care focusing on how to reverse obesity and diet related health conditions based on the individual's genetic predisposition and needs. In reviewing well-studied SNPs we will dive into how to utilize this tool as part of a systems biology approach for advanced prevention and reversal of disease processes, a far leap from the way conventional medicine is managing them. This allows physicians to customize ideal lifestyle as well, from optimal exercise to unveiling food aversions and inflammation. Alleviating the need for trial and error ultimately limits patient suffering and is the new frontier in healthy aging. Excellent for experienced Integrative health providers or new to genetics primary care physicians, this dive into the literature will allow the practitioner to start making clinical improvements to their practice come Monday morning.

# SHORT ABSTRACTS - Thursday, April 7TH

## Workshop - A Day of DNA, Genetics & Epigenetics - C O N T I N U E D

### Epigenetics: Theory, Testing, and Using it to Guide Clinical Recommendations

**Daniel Stickler, M.D.**

*Co-Founder/Chief Medical Officer, Apeiron*

Epigenetics is quickly becoming an important tool in patient assessment and many physicians are lacking adequate training required to utilize and interpret the results to guide clinical decisions. Topic areas:

1. Ways in which epigenetic mark assessment can predict predisposition to health outcomes.
2. How foods and supplements can now be looked at from a bio-nutrient standpoint regarding their impact on gene expression and how to leverage this in clinical practice.
3. Clinical utility to epigenetic age assessments.

Understanding these new techniques will provide clinicians with a new and beneficial tool to guide clinical assessment and planning.

### A Root Cause Analysis of “Essential Tremor” Through the Lens of Functional Genomics

**David C. Socol, M.D.**

*Family Practice Physician, Beverly Hills, CA*

The conventional approach to treating essential tremor migrates from observation to the prescription of beta-blockers and perhaps onward to stereotactic surgery. In this root cause analysis using functional genomics as a preferred clinical decision-making tool, the etiology of essential tremor becomes a symptom of genomic polymorphisms that intersect with epigenetic influences. This genomic insight provides the clinician with a unique opportunity to disrupt the pathophysiology of essential tremor and improve long-term outcome using therapeutic interventions that are tailored to the unique genomic polymorphisms of an individual.

### Nutritional Deficiencies and Genetics: Optimizing Precision Health Outcomes with N-of-1

**Ashley Madsen, PA-C**

*Comite Center for Precision Medicine, New York, NY*

Nutrigenetics is a nascent and exciting field of study, focusing on the relationship between genetic variation and nutrient absorption, utilization, and daily requirements in the individual. With Precision Medicine, clinicians can utilize this N-of-1 data to further optimize each patient's metabolism and nutrient balance through medications, supplements, and dietary recommendations. This presentation introduces the core principles of nutrigenetics before exploring notable gene-nutrient relationships in the literature. After laying the groundwork, we illustrate the many ways we have integrated nutrigenetics into our clinical practice and consider advanced applications for the future. Audience members will learn the importance of nutrigenetics as a diagnostic tool in Precision Medicine to improve health outcomes via nutrient status.

### Your Genes Are Not Your Destiny: Re-engineering your physiology with N-of-1 interventions

**Lauren Klein, PA-C**

*Comite Center for Precision Medicine, New York, NY*

Precision Medicine is grounded in the collection, integration, and interpretation of N-of-1 data to assess disease risk and improve health outcomes in every patient. Family history is an essential piece to this assessment, which illustrates what may present in a patient's health trajectory with time and age. As biotechnology has advanced in the 21st century, genetic testing has become less expensive and more accessible for clinicians practicing age management medicine. Together with family history, clinical insights derived from genetic testing can revolutionize the quality and efficacy of preventive care. This presentation covers the core principles of Precision Medicine, followed by an extensive review on the utility of genetic testing in our clinical practice. Audience members will learn how to interpret genetic data to optimize cardiovascular health and slow the aging process.



# SHORT ABSTRACTS - Thursday, April 7th

## Core Issues in Age Management Medicine

### Basic Hormone Replacement/Replenishment for Men

**Neal Rouzier, M.D.**

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

Aside from routinely prescribing testosterone for men, it is important to understand many basic concepts before doing so. Wading through disagreements and issues with peers can also become problematic if you are not well-versed in the literature and controversies. Prescribing hormones for men can be simple, however, dealing with side effects and complications is not. This lecture will address common problems, complications, side effects, monitoring, understanding levels, erythrocytosis vs. polycythemia, prostate cancer and elevated PSA, use of 5 alpha reductase inhibitors, and aromatase inhibitors and the harm of blocking DHT and estrogen. Prescribing testosterone to men is easy in 90% of the time. However, it is the other 10% that requires skill, experience, insight, and command of the medical literature to appropriately treat routine and confusing cases. This lecture will review many usual as well as unusual cases and scenarios that will enable the experienced clinician to handle those difficult cases. A literature review will be provided to support why we do what we do in various scenarios.

### Hormone Supplementation for Women: Essentials for Competent, Effective Prescribing

**Angela DeRosa, D.O., MBA, CPE**

*Founder & President, Hormonal Health Institute, Scottsdale, AZ*

**Melissa Loseke-Ablett, D.O.**

*Chief Medical Officer, Limitless Male Medical, Omaha, NE*

*Medical Director, Trillion, Omaha, NE*

This lecture will provide an overview of proper assessment of women before hormone prescribing, available options for bioidentical estradiol, progesterone, and testosterone, dosage ranges, and appropriate follow-up. Emphasis will be placed on research along with significant clinical experience of the speaker.

### Clinical Use of Supplements in an Age Management Medicine Practice

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

*Teaching Faculty, JFK Medical Center, Edison, NJ*

*Associate Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ*

As practitioners in functional medicine and "age management," our patients expect that we have and utilize the best options to guide them to optimize their health and protect them from the common problems associated with aging such as heart failure, stroke, osteoporosis, and cognitive impairment. Contrary to the standard RDA for nutrients, various factors that contribute to a person's actual needs include: decreased ability to absorb nutrients, medications that many deplete the body of certain nutrients, and environmental factors that contribute to a greater need. This presentation will provide an overview of the mechanism of action of nutraceuticals and supplements in the protection from the untoward effects of inflammation, oxidative damage, endothelial dysfunction and how they can be applied in your practice for the prevention and treatment of common medical conditions seen in the aging population.

### Improving Growth Hormone With and Without Growth Hormone

**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 most 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. Several peptides have been shown to improve IGF-1 levels and they will be reviewed. Unfortunately, the FDA has banned several of the Growth hormone releasing peptides. In addition the diagnosis of adult onset growth hormone deficiency and the use of human Growth Hormone will be reviewed.

### Use of Fitness & Exercise in an Age Management Medicine Practice

**Mary Corry, MSN, ED**

*Medical Education Specialist, Worldlink Medical, Salt Lake City, UT*

*Member, AMMG Conference Planning Committee*

*Member, Sigma Theta Tau International Honor Society of Nursing*

One of the key components to Age Management Medicine is exercise. During this presentation, we will discuss the benefits of exercise and how to build an effective exercise program for beginner and advanced patients.

### Compliance with Federal and State Regulations as You Begin Your Age Management Practice

**John Leardi, Esq.**

*Member, Buttaci, Leardi & Werner Law Firm, Princeton, NJ*

Recognize when relevant Federal and State regulations are implicated within your age management practice and measure and evaluate necessary steps to ensure compliance with these statutes and regulations. This workshop will focus on one essential element; compliance as an ongoing process. Compliance with Federal and State regulations depend entirely upon a provider's willingness to be motivated, alert, and self-critical. Compliance and compliance plans are a risk management tool that should address each and every area of potential exposure. Good faith efforts to focus on and implement thorough compliance mechanisms evidences a provider's commitment to compliant and ethical practice and therefore undermines any allegation of intentional malfeasance. Compliance with Federal and State regulations is not only important when beginning a new practice, but is an essential element to the ongoing success of that practice. Continual monitoring of compliance "hot spots," which requires a comprehensive understanding of the relevant regulatory framework, helps identify issues before they escalate into problems that could result in liability.

# SHORT ABSTRACTS - Thursday, April 7th

## Core Issues in Age Management Medicine - C O N T I N U E D

### Age Management Medicine Clinical Recommendations for Diet and Weight Loss

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

*Member, AMMG Planning Committee*

*Director, ReNue Health, Springboro, OH*

*Assistant Clinical Professor, Ohio University College of Osteopathic Medicine*

Obesity has gained epidemic proportions and is now the leading cause of chronic medical illnesses that occur as we age. Correcting obesity should therefore be paramount for every physician who practices age management medicine. Old concepts of weight-loss, such as low-fat diets, have been shown to actually increase cardiovascular risks. The Mediterranean diet has been proven to have beneficial effects on health but, per se, may not provide a good option for losing weight. Newer concepts such as higher fat diets, ketogenic diets and fasting mimicking diets have accumulated a plethora of evidence that suggests these appear to be preferred options for patients to lose weight. Physicians should consider this new evidence when recommending weight-loss options.

### Assessing the Age Management Patient

**Michale “Mickey” Barber, M.D.**

*CEO & CMO, Better Life Carolinas, Charleston, SC & Charlotte, NC*

This lecture will focus on the many aspects of a patient's health and fitness that should be evaluated as part of the initial assessment. This assessment should provide the patient and clinician with information about the patient's health and disease history, nutritional patterns, sensitivities and supplement history. An assessment of fitness, strength and balance are also considered to be essential to setting up goals for a healthy aging program. The measurement and interpretation of key aging biomarkers including hormones will be discussed. The impact of stress on our health and longevity is well known and should also be assessed from day one of beginning an age management program. Attendees should leave this lecture with a good understanding of a basic as well as advanced age management assessment protocol.



e-Journal of  
**AGE MANAGEMENT MEDICINE**

The **E-Journal of Age Management Medicine** (Editor, Jeff Morris) is published bimonthly by AMMG. Now in its 16th year, this electronic publication is designed to introduce readers to the specialty of Age Management Medicine, whether they are healthcare professionals familiar with this proactive, preventative approach who have already incorporated it into their practice, or are among those interested in doing so. We acknowledge the medical professionals who have pioneered in this area, and our goal is to provide them and those who will follow in their footsteps with a reliable source of cutting edge news, practical advice and relevant information about Age Management Medicine—with the goal of superior patient care, increased practice revenue and greater job satisfaction. Your comments or suggestions are welcome at [journal@AgeMed.org](mailto:journal@AgeMed.org).

## CALL FOR ARTICLES AND PAPERS

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

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

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

# SHORT ABSTRACTS - Thursday, April 7th

## Workshop - Traumatic Brain Injury: A Clinical Approach to Diagnosis and Treatment

### An Introduction to Traumatic Brain Injury

**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*

A 60-minute overview of trauma and non-traumatic brain injuries and the social and medical impact and the need for a paradigm shift in evaluation and treatment.

### The Laboratory of Traumatic Brain Injury

**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*

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

**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*

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.

### Neuroinflammation and Oxidative Stress, the Foundation for Treating Traumatic Brain Injury, Part I

**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*

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

### Neuroinflammation and Oxidative Stress, the Foundation for Treating Traumatic Brain Injury, Part II

**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*

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

### Putting it All Together with Case Studies

**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*

10 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 & Q&A

**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*

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

# SHORT ABSTRACTS - Thursday, April 7TH

## Workshop: Office Based Aesthetics for the Age Management Medicine Clinician

THESE SESSIONS ARE ALL NON-CME

### Adding Office Based Aesthetics to Your Existing Practice to Increase Revenue and Patient Retention

**H. William Song, M.D.**

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

Learn a simple start-up business model; low investment with high return; what are your patients looking for; what procedures are viable that are office based and do not require a board certification; and what is new in the field of Age Management Medicine.

### Developing a Dynamic and Comprehensive Office Based Aesthetic Procedure Selection

**Marie Piantino, L.E.**

*President, AAEG*

You have made the decision to add Aesthetics to your practice. Learn how to combine your procedures to add excitement to your menu and utilize all equipment. Increase your revenue by "Add On's"—what to use and how much. Retail business: Why have it? What's its cost, and how to sell!

### Latest Update on Stem Cells and Exosomes for Aesthetics

**H. William Song, M.D.**

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

When and how to use! What do I look for to evaluate quality/efficacy? Get the latest update on what's approved and how to use it. Are there alternatives?

### Hair Restoration (Includes Demonstration)

**Naomi Fayzulayev, NP**

*Functional Nurse Practitioner, NHL Med Aesthetics, Scottsdale, AZ*

Why is the procedure so popular? Do I add this now and how? What's the cost versus profit and does it work? Where do I get trained, how long is a course, and rough costs. Topics will include Introduction into Alopecia, Prevention Programs for Hair Loss, How to maximize the efficacy of injectables for the scalp, PRP, Exosomes, Microneedling + Growth Factors, How to increase workflow in the treatment room.

### Micro Needling (Includes Demonstration)

**Marie Piantino, L.E.**

*President, AAEG*

Find out about reclassification, why it's now a Class 2. What to look for in a device, how to incorporate into a business model, menu selection, training, and marketing. What's the cost to implement and what is profitability?

### Treating Ethnically Diverse Skin & Aesthetic Issues

**Tammy Polit, M.D.**

*Medical Director, Beautopia Cosmetic Medicine, Colleyville, TX*

Proper skin assessments and aesthetic treatment delineations are necessary to meet the growing demand for aesthetic treatments in all ages that include various pigmentation levels and skin health needs. We will review client requests vs clinical recommendations in light of the Fitzpatrick pigmentation scale and evaluation of levels of skin health and skin aging. Treatment options will vary based on this combination of assessments.

### Should Skincare/LED/ Aesthetic Devices be Offered for Home Use?

**Jordan R. Plews, Ph.D.**

*CEO & CSO, Elevai Labs*

*Consultant, Epigenetic Gene Editing (EGE) and TackleBio*

What's the latest in skincare? Find out about ingredients, delivery systems and anti-aging programs. Retailing equipment for at-home use by patient, is this safe? What's the latest in LED for wrinkles/hair/pigment/rosacea.

### Demonstrations of Office Based Cosmetic Peels, Products for Ethnically Diverse Skin and LED Aesthetic Devices (Includes Demonstration)

**Tammy Polit M.D.**

*Medical Director, Beautopia Cosmetic Medicine, Colleyville, TX*

Identifying our patients needs and supplying a treatment programs that are suitable. Precautions and pre treat/post care programs. Why use LED? Which are the best peels and why?

### PRP or PRF: What is the Difference? Which Do I Use?

**H. William Song, M.D.**

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

Find out what qualifies for PRP, platelet count/how to constitute/what kind of centrifuge. What's the difference in PRP to PRF and when to use which. Do I need a separate system or special kit?

### The Good, The Bad, and the Dirty in Skincare: What the Skincare Industry Does Not Tell You About Dirty Ingredients

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

*Teaching Faculty, JFK Medical Center, Edison, NJ*

*Associate Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ*

Our skin is the largest organ system in the body and receives approximately 1/3 of the circulating blood in the body. American women use an average of 12 personal care products that contain 168 different chemicals and American men use an average of 6 personal care products that contain 85 different chemicals. Many of the ingredients that are applied to the skin have the potential to disrupt the endocrine system and become triggers for various epigenetic (environmental triggers) changes that can disrupt numerous systems in the body. Fortunately, there are a variety of nutrients and supplements that can block and negate the potential dangers of some of these toxic ingredients. During this presentation we will examine the questions that need to be asked about the various products/ingredients and look deeper into the safety of the ingredients that are used to produce these products. We will also evaluate what basic nutrients can be used to clean these toxins out of the body and improve the efficacy of skin care. The question is, are you willing to settle for the skincare you are currently using? We will discuss healing the skin from INSIDE-OUT.



# SHORT ABSTRACTS - Friday, April 8TH

## General Session Curriculum

### Rendering Alzheimer's Treatable: Functional Medicine Approach to the Treatment of Alzheimer's Disease

**Dale E. Bredeesen, M.D.**

*Professor, Department of Molecular and Medical Pharmacology, David Geffen School of Medicine, UCLA*

*Founding President and CEO, Buck Institute for Research on Aging*

*Author, The End of Alzheimer's (NYTimes Bestseller)*

The COVID-19 pandemic has taken the lives of approximately one million Americans, but for perspective, Alzheimer's disease will lead to the death of nearly 50 times that many of the currently living Americans if effective treatment and prevention are not introduced. Using a personalized, network-medicine approach, we recently reported successful results from a proof-of-concept trial. These results, coupled with successful results from prevention trials such as the FINGER study, suggest that large-scale efforts to reduce the global burden of dementia are now in order, and that such efforts could indeed make Alzheimer's disease optional.

### The Genomics of a Pandemic: Human Polymorphisms, Viral Sabotage and Functional Medicine Solutions

**David C. Socol, M.D.**

*Family Practice Physician, Beverly Hills, CA*

Why is it that individuals with the same co-morbidities can have vastly disparate responses to infection with the same SARS-CoV-2 variant? What distinguishes wild-type coronavirus from SARS-CoV-2? And what functional medicine alternatives can healthcare providers use to successfully reduce the risk of infection and mitigate the depth and severity of SARS-CoV-2 infection in vaccinated and unvaccinated individuals through the lens of genomics? This AMMG presentation acknowledges the influence of body composition, metabolic disease, the hormonal milieu and micronutrient status on the immune system and viral infection, and moves beyond it to explore genomic polymorphisms that contribute to viral susceptibility and host inflammatory response. Genomic features of SARS-CoV-2 that exploit host susceptibilities will also be explored in tandem with dynamic, evidence-based alternatives to the prevention and treatment of viral infections and SARS-CoV-2 in particular.

### Precision Medicine + Health: Is it Time to Explore the Genome to Optimize Health for Life?

**Florence Comite, M.D.**

*Founder, Comite Center for Precision Medicine, New York, NY*

Diseases of aging arise as a result of systemic degradation to basic physiological function with chronological age, generally beginning in the 30's. Importantly, these metabolic, hormonal, microbiome, genomic, and epigenetic alterations that were once undetectable at the cellular level have become quantifiable with the emergence of novel diagnostic tools throughout the early 21st century. Precision Medicine physicians and clinicians are poised to seamlessly integrate these tools into clinical and digital health practices to support their ultimate objectives of intricate personalization and health optimization for each person. A multifaceted approach is essential to optimize health and stop chronic diseases on a targeted N-of-1 basis. Our longitudinal research, derived from >20 years of scientific data, suggests that it is possible to detect, predict, and stop chronic disease. This lecture will illustrate how our patients can achieve healthy longevity through this evidence-based approach.

### New Markers for Aging

**George Shapiro, M.D.**

*Chief Medical Innovation Officer, Fountain Life*

*Adjunct Assistant Professor Clinical Medicine, New York Medical College, Valhalla, NY*

*Founding Partner, Cenegenics, New York City*

*Member, AMMG Conference Planning Committee*

Over 25,000 biomarkers have been identified, I will review the newest biomarkers related to aging, stressing those that are related to improving human health, preventing age-associated diseases, and extend a healthy life span. Combined with artificial intelligence and machine learning techniques, biomarkers of aging will have tremendous potential to improve human health in aging societies. Blood based, physiological, neurological and AI driven age prediction biomarkers will be discussed. Clinical trials using various therapies such as Rapamycin, GH, DHEA, Metformin, Allogeneic Stem Cells, Autologous Exosomes and new lipid therapeutics while monitoring human subjects with up to 5 aging biomarkers will be reviewed.

### Controversies of Growth Hormone: Does GH Cause Cancer and Does GH Reverse Aging?

**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*

There are two recent controversies on the use of growth hormone. The first controversy is the link of cancer and growth hormone. The history of growth hormone will be reviewed. In addition, subsets of population (children and adults on GH, Laron syndrome (Low IGF-1) and acromegalics (high IGF-1) will be analyzed for the risk of cancer. The second controversy of growth hormone is, is it good or detrimental to aging? On one side of the argument is increasing IGF-1 levels is considered the fountain of youth. The other side of the argument is that growth hormone (in acromegaly) can accelerate the aging process. Data will be reviewed on both sides of this area of controversy, including the new study of growth hormone reversing aging.

### The Evidence Based Case for Blocking Estrogen Conversion in Men:

#### A Literature Review of the Harm of High Estrogen Levels in Men and the Suggested Use of Aromatase Inhibitors in Men

**Neal Rouzier, M.D.**

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

It has become customary to use aromatase inhibitors to block formation of estrogen in men. Even though the use of AI's is commonly taught, the utilization is not necessarily supported by the medical literature. However, I will make the case for the use of AIs in men based on multiple studies suggesting that high levels of estrogen in men are associated with CVD harm and symptoms. This can have significant adverse consequences on men's health. The purpose of this lecture is to present the literature demonstrating the need to block estrogen in men with aromatase inhibitors. Using the medical literature, we will come to understand the importance of keeping estrogen levels low in men. The medical literature will be cited as it pertains to the harm of elevated levels of estrogen in men.

## SHORT ABSTRACTS - Friday, April 8TH

### CONTINUED

#### **The Evidence Based Case Against Blocking Estrogen in Men**

**John C. Carrozzella, M.D., MSMS**

*Director & Founding Physician, CEO, Florida Center for Hormones and Wellness*

Since testosterone went “underground” in the 1970’s, shortly after it became a controlled substance following the “performance enhancing drug” legislation by Congress, many have come to believe that it was important to block its conversion into the “female” hormone, Estradiol. This concept was further enhanced by observational literature that showed an “association” with elevated Estradiol and many disease conditions in men. It has since become an “accepted dictum” that Estradiol should be blocked during the course of Testosterone therapy in men. However, higher quality prospective studies published more recently, show that when Estradiol is blocked (such as in the treatment of prostate and other cancers), severe medical consequences follow and when Estradiol is allowed to rise without blocking, less disease and debility ensue. This discussion will review significant recent literature showing that allowing Estradiol levels to rise with Testosterone treatment is not only safe but medically essential.

## SHORT ABSTRACTS - Saturday, April 9TH

### General Session Curriculum

#### **The Dangers of Inhibiting Estrogen in Men**

**Rob Kominiarek, D.O., FACOPF**

*Member, AMMG Planning Committee*

*Director, ReNue Health, Springboro, OH*

*Assistant Clinical Professor, Ohio University College of Osteopathic Medicine*

Estradiol is a pleiotropic hormone that has instrumental influence over numerous critical functions related to the cardiac and vascular system, bone and mineral metabolism, cognition, memory, mood, balance, age related neurodegenerative disorders and lipolysis of fat. Evidence suggests that estradiol has neurotrophic and neuroprotective properties and promotes the survival and viability of intimate brain structures. The benefits of estradiol on neuroprotection are attributed to genomic and non-genomic signaling, regulation of mitochondrial energy and antioxidant action. Damaged neurons increase the production of aromatase, the enzyme that is responsible for the conversion of androgens into estradiol. Our own astrocytes after suffering trauma increase aromatase expression to exert the numerous benefits of estrogen to these intimate structures. Knowing all this to be an evident truth, why then do some clinicians insist on blocking the aromatization of testosterone into the ever-important, pleiotropic hormone estradiol? Attendees will learn the importance of allowing the natural aromatization of testosterone into estradiol to occur and how blocking this important conversion will do long term harm to these numerous systems.

#### **The Fallacy of Testosterone Precipitated Erythrocytosis**

**Neal Rouzier, M.D.**

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

There are long term studies and literature support for testosterone improving longevity and decreasing the diseases of aging. However, testosterone has also been implicated in significant side effects, the most common of which is termed polycythemia. Therefore, it has become customary to phlebotomize men on testosterone therapy that experience an elevated hemoglobin/hematocrit, which is the most common side effect of testosterone therapy. The Endocrine Guidelines require regular monitoring of therapy for this elevated hematocrit, commonly referred to as polycythemia. However, despite what most believe, testosterone does not cause polycythemia vera (PCV) nor does it cause an increase in arterial or venous thrombosis as commonly seen with PCV. Nevertheless, the erythrocytosis that is prevalent with testosterone administration is commonly extrapolated to be just as harmful as polycythemia vera, which is a blood disorder that increases the risk of blood clots, both arterial and venous. This is both an incorrect and inappropriate extrapolation due to misunderstanding of the terms. Although the widespread use of phlebotomy as the treatment of erythrocytosis is common, erythrocytosis is not polycythemia vera nor should the harm of PCV be extrapolated to be the same for physiologic erythrocytosis. The literature supports no harm of physiologic erythrocytosis caused by either testosterone or living at altitude, and this elevation of red blood cells does not require treatment even though it has been the typical standard operating procedure for decades. Erythrocytosis does not result in the same harm as true PCV and assuming that it does is both incorrect and leads to inappropriate treatment. We should not extrapolate or misconstrue the two entities, although most hematologists and cardiologists will disagree. The purpose of this lecture is to present the literature support of lack of harm of testosterone-induced erythrocytosis or the need to phlebotomize men with erythrocytosis, even though multiple medical society guidelines recommend regular monitoring and phlebotomy. The safety of erythrocytosis and the difference between erythrocytosis and thrombo-producing PCV will be reviewed. The importance of following evidence-based standards, and not public opinion, will be explained and demonstrated. Reality is not consensus of opinion, yet this seems to be the case when it comes to testosterone-induced erythrocytosis or altitude-induced erythrocytosis. However, it has become customary to phlebotomize men with an elevated hemoglobin/hematocrit, the most common side effect of testosterone therapy. The most recent hematologic literature does not recommend treatment or phlebotomy for that which is termed secondary polycythemia (physiologic erythrocytosis) induced by testosterone therapy, living at altitude, or that produced by emphysema (COPD). Secondary polycythemia (erythrocytosis) is not PCV, nor does it cause the thrombotic complications of PCV, nor does it require the standard treatment of PCV. The literature supports no harm of secondary polycythemia caused by testosterone administration, from living at altitude, COPD, or congenital heart disease with right to left shunt. Medical society guidelines continue to suggest otherwise despite evidence to the contrary. The most recent literature will be reviewed demonstrating the most current recommendations contrary to what we have been misled to believe.

# SHORT ABSTRACTS - Saturday, April 9th

## CONTINUED

### **Medical Use of Psychedelics: Addiction, Depression, Anxiety, Obesity, Heart Disease, Diabetes and PTSD**

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

*Teaching Faculty, JFK Medical Center, Edison, NJ*

*Associate Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ*

The psychedelic effects of some plants and fungi have been known and deliberately exploited by humans for thousands of years. Fungi, particularly mushrooms, are the principal source of naturally occurring psychedelics. Psychedelic use was largely associated with the “hippie” counterculture movement, which, in turn, resulted in a growing, and still lingering, negative stigmatization for psychedelics. As a result, in 1970, the U.S. government rescheduled psychedelics as Schedule 1 drugs, ultimately ending scientific research on psychedelics. Since then, significant advances have been made in characterizing the chemical properties of some of these psychedelic compounds as well as their therapeutic uses. This presentation will explore the potential of the role for psychedelics in the treatment of a variety of neuropsychiatry-related conditions (depression, anxiety, addiction, PTSD, OCD etc.) especially during this time of COVID, and examine recent advances as well as current research in this newly emerging field of therapeutics.

### **ALS and Dr. Roy Walford**

**Kenneth S. Sharlin, M.D., MPH**

*Diplomate, American Board of Psychiatry and Neurology*

*Director, The Brain Tune Up! Program, #1 Bestselling Author of The Healthy Brain Toolbox*

*Sharlin Health and Neurology/Functional Medicine*

Dr. Roy Walford was the preeminent aging researcher and thought leader of his time. He published more than 340 scientific papers, authored 7 books, served on numerous committees, and won many prestigious awards. He was also one of seven terranauts who participated in the experimental Biosphere 2 project in the Arizona desert between 1991 and 1993. Despite his accolades, and his self-experimentation with strategies to prolong the aging process, Walford died of Amyotrophic Lateral Sclerosis at the age of 79. This presentation examines the life of Roy Walford to frame an understanding of ALS and offer a unifying theory of its pathogenesis, along with a structure for a clinical approach ideal for integrative practitioners whose focus is chronic neurodegenerative disease.

### **Food as Medicine**

**John E. Lewis, Ph.D.**

*Voluntary Associate Professor, Departments of Psychiatry and Behavioral Sciences and Psychology, University of Miami*

This lecture will feature some of the latest nutrition science information, starting with some of the basic facts and principles around nutrition and dietary behaviors, the links between inadequate nutrition and chronic diseases, the benefits of dietary supplementation, the importance of bioavailability of active ingredients, and why certain polysaccharides are crucial for health. Dr. Lewis will discuss the results of his extensive line of research on how polysaccharides modulate the immune system and other organ systems in the context of patients with Alzheimer's, HIV, MS, non-alcoholic fatty liver disease, and healthy adults. Having a proper understanding of the evidence base of nutrition and dietary supplementation and their relationships to chronic disease is important for all allied health practitioners and wellness industry professionals, especially considering all of the marketing hype around diet, food, and dietary supplements. Dr. Lewis's lecture provides attendees an evidence-based review of nutrition science that emphasizes some recent important findings that have an impact on health and quality of life.

### **Orthobiologics for Age-Related Musculoskeletal Conditions: Ushering Sports Medicine into the 21st Century**

**Dallas Kingsbury, M.D., FAAPMR, CAQSM, RSMK**

*Medical Director, Fountain Life, Naples, FL*

*Assistant Professor of Psychiatry, Rusk Rehabilitation at NYU Langone, Teaching Faculty*

*Orthobiologics: Bringing Sports Medicine into the 21st Century*

### **Plasma Dilution Therapy as a Clinical Treatment for Age Related Disorders and Aging**

**Luis Martínez, M.D., MPH**

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

*President, Regenera Global, Ponce, Puerto Rico*

The aging process involves and is further accelerated by the accumulation of dysfunctional and toxic proteins and components. Heterochronic parabiosis treatments have shown rejuvenating effects in animal studies. More recently, plasma dilution studies have shown similar and even better results for some age-related parameters. This lecture will cover the research as well as the clinical aspects for implementing therapeutic plasma exchange as a clinical intervention to address aging and age-related disorders. Regulatory aspects of offering such a therapy will also be discussed.

### **Managing Elevated PSA on Testosterone Therapy**

**Brian Gerber, M.D.**

*Attending Urologist & Chief of Surgery, St. Joseph Hospital, Elgin, IL*

*Urology Care Center / Optimal Aging Institute*

When treating male patients with testosterone, the PSA can often rise either from prostate cancer or other reasons. Learn how to prevent false rises in PSA and also how to manage false elevated PSA levels in men without prostate cancer on testosterone. This lecture will help you evaluate these patients with falsely elevated PSA levels and hopefully prevent you from sending them to the Urologist for an unnecessary negative prostate biopsy.

# SHORT ABSTRACTS - Sunday, April 10TH

## General Session Curriculum

### The Origins of Regenerative Medicine: Stem Cells, Epigenetics and Aging

**Ian A. White, MS., Ph.D.**

*Founder, President and Chief Scientific Officer, Neobiosis*

Regenerative medicine is the fastest growing and most dynamic field to evolve out of the contemporary allopathic method of medicine. The current trajectory of experimental and informational growth is unprecedented in our history. One might even think of this evolutionary leap in terms of Epochs. We are currently at the beginning of the third epoch of medical evolution and regenerative medicine is the driving influence guiding our advancements. But what is regenerative medicine? Using a foundation in evolutionary biology to understand the mechanisms of aging provides unprecedented opportunities for understanding the biology of tissue homeostasis and repair and how we can potentially uncouple chronological aging from biological aging to promote youthful healing in an aging patient population.

### Progesterone After Hysterectomy, Yeah or Nay? Testosterone in Women, Yeah or Nay?

**William Clearfield, D.O.**

*Medical Director, Clearfield Family Medicine, Reno, NV*

*Executive Director, American Osteopathic Society of Rheumatic Diseases*

Progesterone's primary function in the reproductive tract is to protect the uterus from endometrial proliferation. "Conventional wisdom" and a source of controversy in hormone replacement therapy contend that women having undergone a hysterectomy no longer need progesterone. Anti-aging specialists need to know that progesterone has profound global effects due to receptors in the kidney, cardiovascular, respiratory, GI, central nervous, and bone remodeling systems. The earliest signs of progesterone deficiency occur when women enter the perimenopausal years. Progesterone is the first hormone to devolve, resulting in agitation, irritability, insomnia, poor libido, headaches, and short temperedness. The North American Menopause Society and the Endocrine Society recommend antidepressants, antihypertensive agents, and synthetic progesterone for symptom relief. Their literature confuses progestogens, synthetic progesterone, a proven carcinogen, with plant-based natural progesterone. Women have progesterone, not fluoxetine deficiencies! This lecture explores the pros and cons of progesterone therapy post-hysterectomy. We provide the learner with fifty-four (54) peer-reviewed references answering the question, Yeah or Nay? Progesterone after Hysterectomy. It provides a template to send to insurance companies and fellow physicians who cling to the outdated notion that one does not need progesterone if one does not have a uterus.

### Naltrexone Therapy in Age Management Medicine: Biological Mechanisms and Principles of Use

**Luis Martínez, M.D., MPH**

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

*President, Regenera Global, Ponce, Puerto Rico*

Naltrexone is a competitive antagonist of the opioid receptors which has been used for decades in the management of substance abuse disorders. Interestingly, opioid receptors can affect multiple biological aspects including immune function and inflammation. This lecture will review the history and use of naltrexone and the biological mechanisms related the opioid receptors. Immune modulation and anti-inflammatory effects of transient receptor blockade will be discussed. The effects of the different Naltrexone dosing regimens and their biological effects will be reviewed. Finally, opioid receptor modulation and its implications will be presented as a strategy to incorporate in Age Management Medicine.

### Subcutaneous Naltrexone Therapy (SNT) For the Management of Addictions and for Weight Loss

**Luis Martínez, M.D., MPH**

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

*President, Regenera Global, Ponce, Puerto Rico*

Naltrexone is FDA approved either as a stand-alone therapy or as combination therapy for the management of addictions and weight loss. One of the challenges with naltrexone therapies as it relates to these conditions is compliance. Subcutaneous Naltrexone Therapy (SNT) is an option for many patients who are candidates for therapy. This lecture will review the history of naltrexone implants and the evidence for their use. We will also detail how the actual procedure is performed and dosing will be discussed. Attendees will learn the fundamentals of incorporating Subcutaneous Naltrexone Therapy in their practices.

### Protocols and Case Discussion Using Subcutaneous Naltrexone Therapy (NON-CME SESSION)

**Luis Martínez, M.D., MPH**

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

*President, Regenera Global, Ponce, Puerto Rico*

When performing Subcutaneous Naltrexone Therapy, it is important to understand dosing, possible side effects and proper follow up. This lecture will present the protocols for SNT and an interactive case discussion will ensue. Clinical pearls and pitfalls will be reviewed. Attendees will learn how proper management and integrative approaches are crucial for subcutaneous naltrexone therapy to be successful.

## PLEASE NOTE:

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# FACULTY BIOGRAPHIES

## Michale “Mickey” Barber, M.D.

CEO & CMO, Better Life Carolinas, Charleston, SC & Charlotte, NC



Dr. Michale “Mickey” 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 competed in Masters level figure competitions at the age of 48, placing second, and ten years later competed 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. Dr. Barber has been CEO/CMO of Better Life Carolinas for four years and previously was CEO/CMO of Cenegenics 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. She has been featured on television and in publications across the country, is a Maria Shriver “Architect for Change,” and a sought-after lecturer on age management and hormone replacement.

## Dale E. Bredesen, M.D.

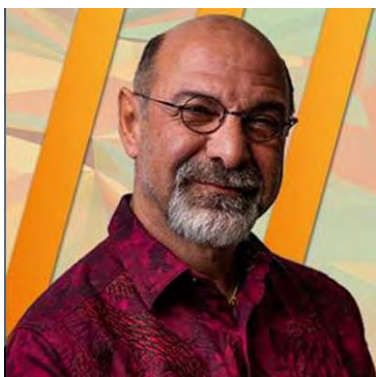
Professor, University of California at Los Angeles

Dr. Bredesen graduated from Caltech and received his MD from Duke. He served as Resident and Chief Resident in Neurology at UCSF, then postdoctoral fellow with Nobel laureate Prof. Stanley Prusiner. He was the Founding President of the Buck Institute for Research on Aging. The Bredesen Laboratory studied basic mechanisms underlying the neurodegenerative process, and the translation into effective therapeutics for Alzheimer’s disease, leading to the publication of over 220 research papers. He established the Alzheimer’s Drug Development Network with Dr. Varghese John, leading to the identification of new classes of therapeutics for Alzheimer’s disease. His work led to the discovery of subtypes of Alzheimer’s disease, followed by the first description of reversal of symptoms in patients with MCI and Alzheimer’s disease, with a precision medicine protocol, and a recent successful proof-of-concept trial. Dr. Bredesen is the author of two New York Times best sellers. He is currently a professor at UCLA.



## John C. Carrozzella, M.D., MSMS

Director & Founding Physician, CEO, Florida Center for Hormones and Wellness



Dr. Carrozzella, a 1978 Honors Graduate from Yale, subsequently earned his MD from the University of Cincinnati (UC) in 1982 with the honor of Alpha Omega Alpha. He completed his Orthopaedic Surgical Residency and Hand Surgery Fellowship in 1988. After practicing as an Orthopaedic Surgeon for 25 years, he switched his focus to the nontraditional medical specialties of Hormone Replacement, Sexual Health and Dysfunction and Age Management. Over the years he has been a member of a number of medical associations which have included: the American Academy of Orthopaedic Surgeons, American Board of Orthopaedic Surgery, the American Society for Surgery of the Hand, and the American College of Surgeons. In 2014, Dr. Carrozzella became an Advanced Fellow of the American Academy of Anti-Aging and Aesthetic Medicine, a member of the International Society for Sexual Medicine and the International Society for the Study of Women’s Sexual Health. In August 2016, Dr. Carrozzella was awarded a Master’s Degree in Metabolic and Nutritional Medicine from the University of South Florida; in 2013 he became a diplomat of the American Board of Anti-Aging and Regenerative Medicine and he carries a certificate in Sexual Medicine from the American Academy of Anti-aging Medicine, a Certificate in Advanced Metabolic Endocrinology from the University of South Florida and a Certificate in Advance Bio-identical Hormone therapy from Worldlink

Medical. He is an expert in Hormone therapy, sexual dysfunction and age management for both men and women. Dr. Carrozzella currently practices in the Windermere / Bay Hill / Dr. Phillips section of Orlando, where he devotes his practice to serving the needs of patients with hormonal deficiencies, sexual dysfunction, incontinence, nutritional imbalances and age management issues.

# FACULTY BIOGRAPHIES

## **William Clearfield, D.O., FA, MA, DABMA, FAARFM**

*Medical Director, Clearfield Family Medicine, Reno, NV*

*Executive Director, American Osteopathic Society of Rheumatic Diseases*

Dr. William Clearfield, a graduate of LaSalle College, completed his medical training at the College of Osteopathic Medicine and Surgery, now Des Moines University in Des Moines, IA. He completed a rotating internship and served as an OB/GYN resident at Metropolitan Hospital, Philadelphia, PA and a Family Practice resident in 1982 at United Health and Hospital Services in Kingston, PA. He was certified by the American Board of Family Medicine and opened a private practice devoted to family and integrative medicine. Dr. Clearfield obtained a certificate degree in Cardiac Rehabilitation from the University of Wisconsin/Lacrosse and implemented a supervised diet and exercise program for cardiac patients at Nesbitt Hospital in Kingston, PA. Dr. Clearfield graduated from UCLA's "Acupuncture for Physicians" program, served as Secretary of the American Academy of Medical Acupuncture, and was editor of the journal "Medical Acupuncture" from 1994 through 1996. In 1994, Dr. Clearfield established the first combined conventional and alternative medicine pain clinic at John Heinz Rehabilitation Hospital in Wilkes-Barre, PA. In 2002 Dr. Clearfield attended a workshop with instruction on testosterone hormone replacement implants and neuromodulators for facial rejuvenation, and his career took a different direction. Dr. Clearfield studied the intricacies and subtleties of anti-aging and wellness and safe hormone replacement therapy. He became a leading authority with many speaking engagements and publications throughout the United States. Also, Dr. Clearfield trained and in turn became an instructor in neuromodulator, dermal filler, laser therapies, the PDO Thread Lift, and Platelet Rich Plasma techniques, including facial, joint, genitourinary rejuvenation and is certified as a "Vampire" technique practitioner. Dr. Clearfield is one of three Nevada Delegates to the American Osteopathic Association's House of Delegates and the Executive Director of the American Osteopathic Society of Rheumatic Diseases. He lectures extensively for A4M, the Nevada Osteopathic Medical Association, the Age Management Medicine Group, and along with Dr. Pamela Smith, presented a breakthrough six-hour mini-course on Bioidentical Hormone Therapy in 2017 at OMED, the American Osteopathic Association's scientific conference in Philadelphia. So successful was this course, Dr. Clearfield expanded the curriculum to eight hours at OMED in San Diego, CA in October 2018.



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

*CEO & Founder, Comite Center for Precision Medicine & Health, New York, NY*

*Member, AMMG Conference Planning Committee*



Dr. Florence Comite is a physician-scientist and innovator in the field of Precision Medicine, internationally known for her expertise in leveraging *N-of-1* data to detect, predict, and proactively reverse disorders of aging, genomic aging, and optimize the healthspan. In 2005, Dr. Comite founded the Center for Precision Medicine & Health in Manhattan, where she established an academic approach to personalized health care. By interpreting and integrating genomic, metabolomic, phenotypic, lifestyle, and digital health data, the Center provides predictive analysis, clinical insights, and actionable interventions to clients. The Center's clinical protocols serve as robust proof-of-concept in Dr. Comite's pursuit to optimize *a healthspan to match a lifespan*<sup>™</sup>. Utilizing the Center and its 16-year longitudinal database, GROQ Health scales this unique approach to a digital health app, designed for a global market. Dr. Comite is a graduate of Yale School of Medicine where she was a faculty member for over two decades. During this time, she had a triple appointment as an Associate Professor in Endocrinology (Internal Medicine and Pediatrics) and Reproductive Endocrinology (Gynecology and Andrology). In 1992, Dr. Comite founded Women's Health at Yale. Dr. Comite trained at the National Institute of Child Health and Human Development within National Institutes of Health (NIH). She gained experience through a multi-disciplinary clinical research program with other physicians,

including urologists, gynecologists, internists, and pediatricians. Dr. Comite publishes original research in numerous clinical journals and contributes regularly to editorial publications. She speaks to audiences around the world as a sought-after keynote speaker. She is the Amazon bestselling author of *Keep It Up: The Power of Precision Medicine to Conquer Low T and Revitalize Your Life!*

## **Mary Corry, MSN, Ed.**

*Medical Education Specialist, Worldlink Medical, Salt Lake City, Utah*

*Member, AMMG Conference Planning Committee*

*Member, Sigma Theta Tau International Honor Society of Nursing*

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



# FACULTY BIOGRAPHIES

## Angela DeRosa, D.O., MBA, CPE

*Founder, Hormonal Health Institute*

*Medical Director, Belmar Pharm Solutions*

*CEO & Founder, DrM Integrative Health*

Dr. Angela DeRosa is a dynamic professional on a mission to change the face of women's health and wellness. As a respected, internationally recognized authority on women's hormonal health, Dr. DeRosa understands the range of health issues women face leading up to and during menopause as she herself was in full-blown menopause by the age of 35. Dr. DeRosa has more than 25 years experience in the medical field, both on the pharmaceutical side and in clinical practice. In 2006 she founded DeRosa Medical, which quickly became eponymous with bio-identical hormonal healthcare. She eventually sold her company in the fall of 2017 in order to focus on new opportunities including re-opening another hormonal health practice, DRM Integrative Health. Dr. DeRosa's enthusiasm for educating patients on the realities of menopause and the risk factors of hormonal health imbalances has never waned. It was the driving force behind her first bestselling book, *How Your Doctor Is Slowly Killing You: A Woman's Health Survival Guide*. Her book, along with its controversial title, caught the attention of the public, media and the medical community. In fact, she received an avalanche of requests from physicians across the country wanting to learn more. In 2018, she heeded their call by launching The Hormonal Health Institute: Executive Instruction for Medical Professionals, a hormonal healthcare consultancy designed to instruct medial providers and provide practice development training on bio-identical hormonal replacement therapies. In addition to her educational and clinical activities, Dr. DeRosa serves as the medical director for Belmar Pharma Solutions where she provides clinical and scientific technical support for all aspects of the business as well as clinical expertise for internal and external customers. Dr. DeRosa is a member of the International Menopause Society, European Andropause and Menopause Society, International Society of the Study of Women's Sexual Health and a researcher on women's health issues. Dr. DeRosa is Clinical Assistant Professor at Midwestern University, Arizona College of Osteopathic Medicine, Clinical Assistant Professor of the Department of Internal Medicine at the University of Arizona College of Medicine – Phoenix, and is the Past President of the Arizona Osteopathic Medical Association.



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

*Senior Attending Staff, Dept. of Medicine, Raritan Bay Medical Center, Perth Amboy, NJ*  
*Teaching Faculty, JFK Medical Center, Edison, NJ*

Derrick M DeSilva, Jr, M.D. is a practicing internist, a senior attending staff member in the Department of Medicine at Raritan Bay Medical Center in Perth Amboy, NJ, and a member of the Teaching Faculty at JFK Medical Center in Edison, NJ. He is past chairman of the conference planning committee of Age Management Medicine Group (AMMG), past president of the American Nutraceutical Association, and a recipient of the Alan P. Mintz, M.D. Award for Clinical Excellence in Age Management Medicine. Dr. DeSilva has received the Best Doctor Award by Castle Connolly for the past 19 consecutive years. He is the host of "Ask the Doctor" on WCTC Radio, NJ, and medical correspondent for Cablevision (News 12 NJ) as well as host of "Health Matters". Dr. DeSilva is also a published author.

## Elliot Dinetz, M.D.

*Timeless Health, Miami, FL*

Elliot Dinetz, M.D., is a board certified Family Physician and Fellowship trained specialist in Metabolic and Functional Medicine. He is on the faculty and planning committee for the Age Management Medicine Group (AMMG) as well as contributing lecturer. He serves on the medical advisory board to Forbes Health and is also a contributing author to *Psychology Today* magazine. He recently partnered with Sollis Health, the 24/7 medical concierge, further expanding his network so his patients have access to premium emergency care across the country. He is a member of the Institute for Functional Medicine and the LDN research trust and sees patients from across the United States and internationally who seek Functional Medicine and Longevity. After his training he saw the real issues facing societies healthcare wasn't a lack of access or medications, but rather not targeting the root causes of health issues and over medicating with a one-size-fits-all approach. He has set out to change this. He was an early adopter of Clinical Genomics where his novel approach involves using genetic information as well as biochemical markers and lifestyle to optimize health and wellness. By targeting underlying issues at their root, he is often able to wean people off chronic and harmful medications while restoring health and slowing the aging process. This approach strategically works on the gut microbiome, hormone optimization, and improving immune function. He is the founder of Timeless Health in Miami, FL.



## Jeremy Edwards

*Director of Business Development, GAINSWave®/FemiWave® – USA*

Jeremy Edwards, Director of Business Development for GAINSWave®, has worn many hats, from entrepreneur to operator to sales and marketer. In 2003, Jeremy started HealthGAINS, a privately owned concierge age-management practice that helps men and women optimize performance, appearance and QOL. In 2016, Jeremy started GAINSWave®, a branded and licensed treatment which enables practices to enter the growing field of sexual wellness in order to facilitate improved patient outcomes and practice growth.



# FACULTY BIOGRAPHIES

## Naomi Fayzulayev, FNP-BC

*Functional Nurse Practitioner, NHL Med Aesthetics, Scottsdale, AZ*

Naomi Fayzulayev is a Board-Certified Family Nurse Practitioner. With over fifteen years of experience in the medical field. Naomi specializes in medical aesthetics, bio-identical hormone replacement therapy, sexual health, pain management, peptide therapy, ozone therapy, and anti-aging medicine. Naomi's greatest experience is in non-surgical medical hair restoration which she practices at National Hair Loss treatment center in Scottsdale Arizona. Naomi is also one of National Hair loss's exclusive trainers thru their Clinical Academy Program. Teaching other providers techniques and protocols when implementing hair loss programs within their own practice. It brings her great joy to be part of a patient's restoration journey.



## Brian Gerber, M.D.

*Urologist and Chief of Surgery, St. Joseph Hospital, Elgin, IL  
AMMG life member*

Dr. Gerber is a board-certified urologist practicing in Elgin, IL. He is the president and medical director of both Urology Care Center and Optimal Aging Institute both in Elgin, IL. He is a mentor and a proctor helping new physicians in learning how to treat their patients with Hormonal Therapy. In January 2021, he was a guest on the TV show "The Balancing Act" discussing "A Men's Guide to Balancing Hormones". He has lectured on various topics mostly involving Urology issues and Hormone Optimization. He did his urology residency at the University of Illinois in Chicago and completed a fellowship in Age Management Medicine with the Cenegenics Medical and Research Institute. He is a husband and father of five children and keeps himself active with his children's sports (varsity basketball, soccer, Muay Thai kickboxing, volleyball, track, and swimming). He is a Referee, Starter, and Judge for Itasca Park Swim Team.



## 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. Dr. Gordon has joined with Warrior Angels Foundation and Task Force Dagger to provide services to members of the armed forces and veterans.



## Chuck Guglin, M.D., FACS

*Owner, Hyperfit MD Age Management Center*

Charles A Guglin, M.D., FACS was a practicing General Surgeon in Southern Connecticut for 35 years prior to pursuing a new career in age management. His clinic, which he operates along with his wife Francesca, is HyperFit MD Age Management Center in Milford, CT.



# FACULTY BIOGRAPHIES

## Sharon Hausman-Cohen, M.D., FAAFP, ABIHM

*Owner & Co-Founder, Resilient Health*

*CMO, IntellxxDNA*

Dr. Sharon Hausman-Cohen is the Chief Medical Officer and co-founder of IntellxxDNA and of a precision medicine practice, Resilient Health Austin. Dr. Hausman-Cohen received both her master's degree and medical degree from Harvard Medical School. She is a fellow of the American Academy of Family Medicine and a diplomate of the American Board of Integrative Medicine. Dr. Hausman-Cohen has been in the field of integrative medicine for over 25 years. She and her co-founder developed IntellxxDNA as an answer to an unmet need in the integrative and functional medicine community; the need for an accurate, evidence-based genomics tool geared at helping functional and integrative physicians practice personalized medicine. They envisioned and created a tool that could help identify root causes of cognitive decline, environmentally acquired illness, autism, and other chronic illnesses, and one that could also help clinicians know how to address these genomic factors. The IntellxxDNA™ clinical decision support tool is now being used to make genomics actionable and understandable and is being used as part of medical decision-making by Integrative and Functional Medicine physicians across the country. Dr. Hausman-Cohen loves combining her passion for science and medicine and using her scientific mind to integrate large amounts of complex data. She has taught extensively across the country at conferences for physicians as well as for community members and will be featured in a documentary being released in 2022 on the "Future of Healthcare". She is also writing a precision medicine textbook chapter on "Genomics for improving precision medicine outcomes". The genomics developed by Dr. Hausman-Cohen and her team are being used for research and to improve outcomes for individuals in private physicians' offices across the world. Recent paper with Dr. Heather Way in the Journal of Personalized Medicine focused on outcomes in children with ASD. She is also a co-author on a cognition study publication with Dr. Dale Bredesen, and has two other publications pending regarding improving outcomes in cognition and autism. She has additionally published review papers discussing Alzheimer's disease and neurocognition genomics as well as a paper on the Genomics of Detoxification: "How Genomics can be Used for Targeting Potential Intervention and Prevention Strategies for Environmentally Acquired Illness". She was also one of the co-authors along with Dr. Dale Bredesen on his landmark paper, "Reversal of Cognitive Decline: 100 patients".



## Rudy Inaba

*Vice President of Performance Health, Cenegenics*



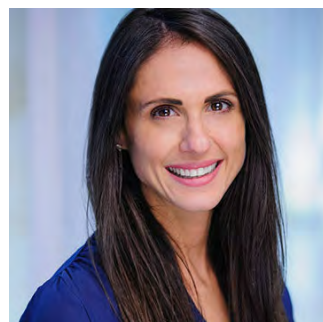
Rudy Inaba is the VP of Performance Health for one of the leading concierge performance health management practices in the country. He is a recognized fitness and sports nutrition expert with nearly 20 years of experience in clinical exercise physiology and lifestyle management. After pursuing his Master of Science in Clinical Exercise Physiology at the University of Nevada, Las Vegas, Rudy launched his career in Performance Health where he now oversees 20 clinical locations nationwide. He is responsible for creating physician education in the areas of kinesiology, nutritional biochemistry and strength coaching. Rudy is the host of an online educational series, designed as a part of an organized outreach to patients, to better understand concepts of healthy aging. As an integral member of the clinical leadership team, he has helped to develop and oversee quality assurance programs. He has also worked to design custom clinical & sports performance programs and nutraceutical formulations. Rudy directs and manages a national team of more than 20 performance health coaches with respect to protocols, procedures and interpretations of clinical outcomes. With the performance health coaches, Rudy performs diagnostic assessments, clinical exercise testing and patient consultations, on how to manage the aging process with nutrition, exercise, and nutrient supplementation.

## Dallas Kingsbury, M.D.

*Medical Director, Danford Works*

*Assistant Professor, NYU Langone Health*

Dallas Kingsbury is a teaching assistant professor of physiatry and sports medicine in the Rusk Rehabilitation department at NYU Langone Medical Center. His interests are in interventional sports and regenerative medicine. He is a certified musculoskeletal sonographer, and has contributed to several publications, lectures, and workshops on diagnostic sports ultrasound. He has also been involved in several randomized controlled trials investigating platelet rich plasma for tendinitis and osteoarthritis.



## Lauren Klein, PA-C

*Comite Center for Precision Medicine & Health, New York, NY*

Lauren Klein is a Physician Associate with a passion for a precise and personalized approach to medicine. Lauren completed her undergraduate degree at the University of Florida and earned her Master of Science in Physician Assistant Studies from Nova Southeastern University. Specializing in Internal Medicine for nearly a decade, Lauren joined the Comite Center to further her efforts on shifting the paradigm from treating diseases to preventing them. Her proactive versus reactive approach focuses on longevity by incorporating genetics, epigenetics, biomarkers, and lifestyle factors to provide precise and personalized interventions to optimize an individual's healthspan.

# FACULTY BIOGRAPHIES

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

*Member, AMMG Planning Committee*

*President & Director, ReNue Health, Springboro, OH*

*Assistant Clinical Professor, Ohio University College of Osteopathic Medicine*

Dr. Rob Kominiarek is a board certified Fellow of the American College of Osteopathic Family Physicians and a Fellows Crest Award Winner 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, Florida. He completed his residency training at Ohio University, Grandview Hospital and Medical Center in Dayton, Ohio and is an Assistant Clinical Professor at Ohio University. An Amazon Bestselling Author and Executive Producer of “Dr. Rob In the House” on NBC2 in Dayton, Ohio. Dr. Rob is a veteran of the United States Army and is a bestselling author with a passion directed towards overall health of the mind and body thru proper nutritional habits, regular exercise, appropriate supplementation, and the intelligent optimization of hormones. Dr. Rob is an avid pilot currently flying a Cirrus SR22 and a Diamond DA-42 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.



## **John W. Leardi, Esq.**

*Member, Buttaci Leardi & Werner LLC*

Mr. Leardi represents a diverse range of individual and institutional healthcare clients in both adversarial and transactional matters arising out of their business dealings and contracts. To that end, he regularly handles matters related to: corporate formation, restructuring, and dissolution; commercial contracts and leases; employer/employee relations; restrictive covenants; insurance coverage and reimbursement; business torts; administrative and regulatory compliance; health information technology; and the protection of confidential and proprietary information. Mr. Leardi's litigation practice includes a special emphasis on representing healthcare providers in reimbursement disputes, including: post payment audits; overpayment disputes and litigation; insurance fraud investigations and prosecutions; claims for unpaid or underpaid benefits; and facility rate-setting appeals. Because of his substantial

experience in defending providers facing regulatory and payer scrutiny, Mr. Leardi has developed a substantial risk management practice, providing baseline compliance auditing to providers of all types and sizes, and assisting in implementing plans of corrective action, when needed.

## **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*

*Co-Founder, Clinical Peptide Society*

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.



## **John E. Lewis, Ph.D.**

*Voluntary Associate Professor, Dept. of Psychiatry & Behavioral Sciences, University of Miami Miller School of Medicine*

*Founder and President, Dr Lewis Nutrition™*



John E. Lewis, Ph.D. is a Diplomate, Faculty Member, and Advisor of the Medical Wellness Association. He has been the principal investigator of over 30 different studies in his research career. Much of his research has focused on evaluating the effects of nutrition, dietary supplementation, exercise, and medical devices on various aspects of human health and disease. He and his colleagues have been continually searching for ways to help people achieve and maintain health through natural treatments that align with our physiology. In addition to his research, Dr. Lewis has been an invited national and international lecturer and guest speaker at conferences and as a guest on television shows. In addition, he has over 180 peer-reviewed publications in scientific journals, such as AIDS and Behavior, American Journal of Clinical Nutrition, American Journal of Public Health, Journal of the International AIDS Society, Journal of Strength and Conditioning Research, Nutrition and Cancer: An International Journal, Sports Medicine, Stroke, The Journal of Alternative and Complementary Medicine, and The Gerontologist. He has also mentored many different students, from undergraduates to post-doctoral trainees, in not only how to conduct clinical research but to apply the principles of health promotion into daily practice. Dr. Lewis also embodies the model of health and wellness by eating a whole-food, plant-based diet for over 25 years, taking certain key dietary supplements, and through a rigorous, daily exercise training program.

# FACULTY BIOGRAPHIES

## Melissa Loseke Ablett, D.O.

*Physician, Re-new Institute, Omaha, NE*

*Medical Director, Metro Men's Health, National*

Dr. Melissa Loseke is a family medicine physician who's passion is innovative medicine. Dr. Loseke practiced primary care for 18 months before turning her focus to regenerative and functional medicine. She joined a clinic specializing in treating chronic joint pain with Hyaluronic Acid injections, Platelet Rich Plasma (PRP), and Stem Cell therapies. With the constant desire to learn and for cutting edge treatments for her patients, she began to practice at a nationwide hormone replacement organization specializing in pellet therapy for hormone replacement as well as aesthetics. During her tenure there, Dr. Loseke expanded her scope of certifications to include the Vampire Facelift, Vampire Breastlift, O shot, and Priapus Shot, as well as Low-Level Laser Therapy, or photobiomodulation, used to treat various injuries and chronic conditions. After four years of service, she then took a role as Chief Medical Officer for a national testosterone replacement company and Medical Director of a partner female hormone replacement clinic. During that time, she expanded her knowledge as part of the inaugural A4M Peptide Certification group. Dr. Loseke, recently entered into private practice with the quest for a better way in medicine, with pillars of innovation, education and an experience unlike any other. Dr. Loseke constantly recommits herself to learning about the latest methods and treatments to help patients lead healthier lives, focusing on wellness not illness in treatment of patients. She has a passion for knowledge and educating, both patients and peers. One of her favorite sayings sums up the belief on the importance of not only balancing hormones but their vital role in overall health and well being, "Our hormone levels don't decline because we age...Perhaps we age because our hormone levels decline."



## Ashley L. Madsen, PA-C

*Comite Center for Precision Medicine & Health*

Ashley L. Madsen is a Certified Physician Associate, receiving her training at St. Johns University, Stanford University, and the Institute for Integrative Nutrition. Ms. Madsen spent the first 10 years of her career in the surgical subspecialties with affiliations at NYU Langone Medical Center and Lenox Hill Hospital in New York City. Her interest in preventing and reversing chronic inflammatory disease lead her to precision medicine. She especially enjoys the application of nutritional interventions to improve longevity and metabolic optimization. Ms. Madsen currently works at the Comite Center for Precision Medicine & Health in New York, NY and Palo Alto, California.

## Luis Martinez, M.D., MPH

*President, XanoGene Clinic, Rio Pedras, Puerto Rico*

*President, Regenera Global*

*Co-Founder, Clinical Peptide Society*

Dr. Luis Martínez is a Regenerative Medicine 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 specialized 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.



## Audrey Neff

*Director of Marketing, PatientNow*

Audrey Neff serves as the Director of Marketing for PatientNow, which provides practice management & marketing solutions for over 3,000+ elective medical practices worldwide. Audrey brings over a decade of experience in sales & marketing — seven years of which has been in the anti-aging & medical aesthetic verticals. She is a frequent industry speaker on practice development & marketing strategy and is faculty for 18 prestigious medical associations and conferences across the U.S.

## Tony Orlando

*President, DEXA*

I've been helping customers implement DEXA into their businesses for over 20 year and formed DexaPlus, to create public awareness of the "Three Critical Health Markers". Health, fitness and wellness are a lifelong passion and I am working daily to promote this to increase awareness and access to get DEXA Scans to improve lives.





# FACULTY BIOGRAPHIES



## Marie Piantino, L.E.

*President, Aesthetic Education Group LLC*

*Founder, American Academy of Medical Microneedling*

Marie Piantino is currently President of Advanced Aesthetic Education Corp. Co-Founder of DermaMD Skincare, she is recognized globally for her comprehensive and direct training style. Her vast knowledge and 25 years experience has allowed her to be published in and serve on the advisory board of monthly periodicals such as Healthy Aging magazine. She has lectured at some of the 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.

## Tammy Polit, D.O.

*Medical Director, Beautopia Cosmetic Medicine, Colleyville, TX*

Dr. Tammy Polit is a cosmetic and regenerative medicine physician practicing in the Dallas-Fort Worth area. She is best known for her "No Scar Tummy Tuck" Liposuction technique using manual microcannula liposuction techniques, laser liposuction, and ultrasound assisted liposuction. She has been performing a wide range of liposuction procedures for over a decade and her practice includes a number of advanced laser, RF, IR, injectable and combination therapies. Regarding regenerative services, Dr. Polit is a leader and pioneer in advanced joint repair using PRP, autologous fat, Shockwave Therapy and peptides to help patients make life changing improvements to health and well-being without joint surgery. Her regenerative medicine focus is on the extensive use of Platelet Rich Plasma modalities for both orthopedic and aesthetic applications, as well as a number of new approaches that include injectables, broad spectrum light, shockwave, and peptide therapies. Dr. Polit's additional areas of expertise include men's and women's intimate wellness procedures including ThermiVa, P-Shots and O-Shots, and Shockwave Therapy. Dr. Polit has worked with the pioneers of many of these techniques both in the US and in Europe to optimize her approach.



## Apostolos "Paul" Psychogios, M.D., FACMGG

*Director Clinical Genetics and Genomics Research, Comite Center for Precision Medicine & Health*



Dr. Apostolos "Paul" Psychogios is an American Medical Board of Medical Genetics and Genomics (ABMGG) certified clinical geneticist and a Fellow of the American College of Medical Genetics and Genomics (ACMG). He completed his residency in medical and clinical genetics at Columbia University Medical Center in New York City and his fellowship in clinical molecular genetics at Harvard Medical School in Boston. He served as the Chief of Genetics at Dayton Children's in Dayton, Ohio and the Chief of Genetics and Metabolism at the Kentucky Children's in Lexington, KY. He founded the first cardiovascular genetics and genomics service in Kentucky at the UK Gill Heart & Vascular Institute. Psychogios has held previously practicing privileges and academic appointments at Mayo Clinic, Vanderbilt University Medical Center, and Cleveland Clinic. Before coming to the US, he practiced cardiology in the United Kingdom. He has more than 30 years of clinical experience in internal medicine, cardiology, medical genetics, clinical molecular genetics, and genomic medicine with emphasis in the diagnosis, management, and prevention of heritable disorders and complex undiagnosed conditions.

## Neal Rouzier, M.D.

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

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





# FACULTY BIOGRAPHIES



## Jeff Rubinoff

*Vice President, Ultrasound and C Arm Product Specialist, iRad Sales Group*

With over 25 years of specializing in diagnostic imaging equipment – helping physicians implement quality diagnostic imaging to provide for the best patient outcomes. I will be talking about the importance of specific diagnostic imaging, like ultrasound, C-arm in a cash-based regenerative and health optimization focused medical practice.

## George C. Shapiro, M.D., FACC

*Chief Medical Innovation Officer, Fountain Life*

*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 30 years, specializing in Internal Medicine, Cardiovascular Disease and Age Management Medicine. He was the recipient of the 10th Annual Alan P. Mintz, M.D. Award for Clinical Excellence in Age Management Medicine. He is known nationwide as an expert in age management medicine, and led one of the most prominent age management practices in the country as president of Cenegenics New York City. An innovator, Dr. Shapiro has patented medical devices as well as 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. Previously Dr. Shapiro served as an Attending Physician at the New York Presbyterian Hospital, Assistant Professor of Clinical Medicine-Columbia University College of Physicians & Surgeons, Clinical Assistant Professor of Medicine-NYU School of Medicine 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, and a long-standing member of the AMMG Conference Planning Committee. A graduate of New York Medical College and an internship and residency at Albert Einstein College of Medicine preceded Dr. Shapiro's completion of a fellowship at Columbia University College of Physicians and Surgeons where he focused on Cardiovascular Disease Management, including Congestive Heart Failure and Heart Transplantation. Dr. Shapiro was named 2016-2020 Top Doctor in New York City.



## Kenneth S. Sharlin, M.D., MPH

*Sharlin Health & Neurology Clinic, Ozark, MO*

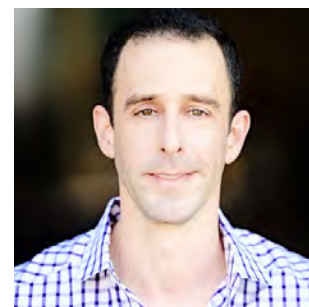
Ken Sharlin, M.D., M.P.H., IFMCP, is a board certified-neurologist, consultant, functional medicine practitioner, author and speaker. Dr. Sharlin completed his medical education at Emory University, Atlanta, GA (1992), and post-graduate training at Emory Affiliated Hospitals, The University of Virginia and Vanderbilt University. In addition to his M.D., he has a Masters in Public Health (Emory-1991). Dr. Sharlin has been in practice since 1998. Dr. Sharlin is one of the few medical doctors who is a functional medicine trained neurologist. Currently, he is the only physician to be recognized as a Wahls Protocol Certified Health Professional. He is also in the Bredesen MEND Protocol for Alzheimer's disease prevention and reversal. Dr. Sharlin practices general neurology, conducts clinical research, and directs his functional medicine program—Brain Tune Up!—through his clinic located in Ozark, MO. He is also the

author of *The Healthy Brain Tool: Neurologist-Proven Strategies to Prevent Memory Loss and Protect Your Aging Brain*. Dr. Sharlin lives and works in Springfield, MO, is married and has three grown children. He became interested in Functional Medicine while exploring his own health and performance as a cyclist, runner and triathlete.

## David C. Socol, M.D.

*Family Practice Physician, Beverly Hills, CA*

Dr. Socol practiced Occupational & Environmental Medicine at the Boeing Corporation for 17 years after working as the medical director for a nascent biotechnology company in Long Beach, California and medical director at US Healthworks (now Concentra) in the City of Industry, California. While at Boeing, Dr. Socol began his medical education and fellowship training in Age Management Medicine at the Cenegenics Medical Institute, which was followed several years later by additional education in the treatment of mild traumatic brain injury (mTBI) and neurodegenerative disease in 2018. In 2019, Dr. Socol completed training in functional genomics with a focus on precision medicine applications in medical, brain and mental health domains on behalf of his patients with traumatic brain injury. He presently integrates genomics across nearly all of his patient base. Dr. Socol founded Socol MD in 2017 to support mTBI treatment in the veteran community while continuing to work on behalf of Cenegenics in Beverly Hills, California. Dr. Socol returned to the biotechnology world in early 2020 during the early days of the American SARS-CoV-2 outbreak to continue the development of technologies that were started 20 years prior. While developing advanced concepts in clinical humeomics, Dr. Socol trained physicians across the United States



# FACULTY BIOGRAPHIES



## 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 Stickler, M.D.

*Co-Founder, Apeiron Center for Human Potential, Austin, TX*

*CME & Co-Founder, Apeiron Academy Medicine Education and Technology*

Dr. Daniel L. Stickler is the Co-Founder and Chief Medical Officer at Apeiron ZOH Inc. He is the pioneer behind systems-based precision performance medicine, a new paradigm that re-defines medicine from the old symptoms-based disease model to one of limitless peak performance in all aspects of life.



## Joel Suraci

*Owner & Clinical Specialist, RegenTX*

Mr. Suraci has been the owner of RegenTx, Inc. for 7 years, and has been assisting physicians in the field of regenerative medicine for over a decade. The RegenTx mission is to emphasize the relevant objective science in the field of regenerative medicine, and illuminate the abundance of data and studies pointing to efficacy, and the protocols and requirements necessary to duplicate the results in successful treatments. RegenTx works with over 200 physicians across the United States; some of whom are the most noted, knowledgeable, and experienced in the regenerative medicine field. Through this network, outcome tracking and feedback on protocols, the company has developed a great understanding and respect for "doing things right". With far too much attention being paid to marketing material hype, pseudo science and misinformation being proliferated by companies out to make a quick buck, RegenTx primary focus is validating current technologies objectively, sharing the results with practitioners, while also helping them stay completely informed in order to be compliant with FDA guidelines.



## Samael A. Tejada

*President & Founder, Liquivida*

At 19 years old, while preparing to become a firefighter and paramedic, Sam Tejada opened his first company, Rescue-101, and turned it into a sought out and authorized provider of CPR, First Aid, and Lifeguard Training courses for the American Red Cross in South Florida. During his tenure as a Licensed Firefighter & Paramedic for the City of Oakland Park, he discovered the overarching health benefits of Nutrient IV Therapy. And through his association with Cenegenics, he developed a keen interest in the alternative health options offered by holistic medicine. He attended countless seminars, and was mentored by Dr. Robert D. Willix, a board-certified cardiac surgeon who was widely recognized as a leader in preventive medicine. Sam's two passions converged, culminating in the opening of Liquivida Lounge in 2013, with Sam taking on the role of Wellness Coordinator at the very first location, in Coconut Creek, FL. Word spread as Sam shared his vision of creating "a wellness spa for the health-conscious." Potential investors and strategic partnerships quickly followed, taking Sam north, south, east and west, assessing future growth opportunities and locations for Liquivida and developing strong relationships with top-notch pharmaceutical and medical aesthetic companies. Liquivida has flagship stores in Lauderdale Beach, Boca Raton and West Palm Beach, integrated locations in major markets, and three new Florida locations opening soon.



## Ian White, Ph.D.

*President, Chief Scientific Officer, Neobiosis, LLC*

*Member, Board of Directors, Chairman, Scientific Committee, American College of Regenerative Medicine*

*Founder, SpaceAgeing.org*

Dr. White is considered a leading expert in the field of aging and regenerative medicine with 20 years' experience working with stem cells, regenerative cells and tissue regeneration. Dr. White received his BS and MS from Liverpool University, England prior to being hired at Dartmouth College to study the genetics of gamete biology. From there Dr. White was recruited to Harvard University to work with hematopoietic stem cells (HSC) and immune cell biology under the mentorship of the world-renowned Dr. Laurie Glimcher, where he co-authored several high impact peer-reviewed scientific manuscripts on the subject. Dr. White went on to receive his Ph.D. from the Ansary Stem Cell Institute, Division of Regenerative Medicine at Cornell University under the guidance of Dr. Shahin Rafii. Since his Ph.D. Dr. White spent some time in the embryonic stem cell (ESC) laboratory of Dr. Stephen Dalton, whose pioneering work led to the inclusion of c-myc as one of the 4 factors used by Nobel award winning Dr. Shinya Yamanaka in the generation of induced pluripotent stem cells (iPSCs). Subsequently, Dr. White relocated to the Interdisciplinary Stem Cell Institute at the University of Miami's Miller School of Medicine. Dr. White published ground-breaking research in the field of regenerative medicine alongside Dr. Joshua Hare, including a book chapter on the use of Mesenchymal Signaling Cells (MSCs) in Cardiology. In 2015 Dr. White's work on the regeneration of the heart was featured on the cover of *Circulation Research*, one of the top peer-reviewed journals for cardiovascular medicine in the world. In 2016 Dr.



White was honored with an award for the "Best Manuscript" by the American Heart Association for his work highlighting the role of peripheral nerves in cardiac regeneration. In 2018 Dr. White joined with IMAC Regeneration Centers as their Chief Scientific Officer to take them public on NASDAQ. Dr. White currently sits as the president and CSO of NeoBiosis, LLC a perinatal regenerative tissue research and manufacturing CDMO facility in Gainesville, FL, and is a founding member of the board of directors for The American College of Regenerative Medicine.

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