

Conference Guide

April 26 – 29, 2018

The Omni Hotel & Resort
Championsgate/Orlando, Florida



24th Clinical Applications for Age Management Medicine Conference



www.AgeMed.org



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Advanced Medical Training for Forward Thinking Physicians



AMMG Training & Certification in Age Management Medicine

Earn **82 AMA PRA Credits***

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

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

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

Get Certified—Forward Your Career and Your Medical Practice.



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

Full Day Practice Management Training

AMMG delivers straightforward practice management training using an expertly guided process—ideal whether you choose a part-time or full-time practice. You, your healthcare professionals, and office staff gain the confidence, insights, and knowledge needed for long-term success.

- Evaluate your big-picture vision
- Determine goal-centered practice needs
- Develop a personalized business plan
- Learn growth-targeted marketing strategies
- Discover how to transition current patients
- Integrate direct-pay billing/collection methods
- Promote patient-retention strategies
- **30-day mentoring support** (Ongoing mentoring available.)

AMMG membership required. Reduced registration fee available for office staff.



Straight Forward Training for Practice Management Success.

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



One Day Training — AMMG November Conference in Tucson, Arizona

Office Based Aesthetics: Clinical Training in Micro Needling & PRP

In conjunction with the Advanced Aesthetics Education Group (AAEG)

FACULTY: H. William Song, M.D., Founder and CEO, Omni Aesthetics, Oakland, NJ
Marie Piantino, L.S., President, Advanced Aesthetic Education Group

COURSE AGENDA:

- Introductions and Instructions
- History of Micro Needling: Conceptual Knowledge
- Indications for Use
- Pre & Post Care Programs, Patient Consultation Forms, Pictures
- Hands on Demonstration of Micro Needling
- Understanding Growth Factors & PRP with Micro Needling
- Q & A and Discussion

Requirements: Must have graduated from an Accredited Medical, Osteopathic, Physician Assistant, Nursing, Naturopathic, Chiropractic or Licensed Esthetician, or other specialties may be considered. (This course non cme)

To register or get more information visit the Conference Registration Desk,
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FDA-Registered Facility (503B)

- Office-Use Medications
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- Independent Third-Party Validation
- cGMP Validated Facility
- FDA Compliant Quality System
- Licensed in All 50 States

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our *top priority*

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for your preventative medicine practice.

- Powerful, non-invasive, functional diagnostic-support devices for in-office early screening.
- Real-time data and wellness analytics identify: Cardiovascular Disease, Diabetes, Neuropathy, Autonomic Nervous System Disorder, and PAD.
- The RM-3A (Integral-8) screens for 8 essential risk factors in 5 minutes while the RM-3A+ (Cardio-V) pulse wave system pre-screens for cardiovascular disease in 3-minutes – total of 8 minutes for a complete full patient assessment.
- Uses 5 FDA-cleared technologies: Pulse Oximetry, Heart Rate Variability, Body Composition, Galvanic Skin Response, and Photo-plethysmography.
- One-page physician dashboard provides comprehensive analysis of a patient's health at-a-glance to support physician's diagnosis and best course of action.
- Real-time data reports and visual feedback motivates patients to participate in wellness programs and make self-care lifestyle changes.

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Dear Attendee,

Welcome to our April 2018 conference at the Omni Orlando Resort at ChampionsGate, Florida. AMMG is proud to again deliver four dynamic days filled with the latest revolutionary, interactive medical technologies and emerging science.

Make the shift. Bettering health outcomes is all about moving away from a disease-focused mindset—to a health-centered paradigm. This paradigm-shifting event introduces the latest approaches, study findings, and evidenced-based protocols that will challenge your thinking, widen your understanding, and better your practice value.

The new face of medicine. Medicine is on the move, and that's especially true with Age Management Medicine. Our expert presentations will take you on an eye-opening journey. AMMG delivers it all through peer-reviewed presentations, highly qualified lecturers, breakthrough science, and vetted vendors in our exhibit hall. With a welcoming atmosphere in which to network with colleagues and medical experts from diverse fields, our health-focused, age-management approach will help reawaken your passion for medicine while offering your patients healthier, better outcomes.

We have returned once again to the multiple award-winning Omni Orlando Resort at ChampionsGate, an environment that is both relaxing and luxurious. Enjoy the AAA Four Diamond accommodations equipped with every modern convenience, a host of luxury amenities including the signature Mokara spa, plus golf, multiple pools and many more recreational options.

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

We look forward to meeting you!

Sincerely,

Rick Merner
Executive Director
AMMG Co-founder

Greg Fillmore
Conference Chairman
AMMG Co-founder

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

Save The Date

November 1-4, 2018

YOU WON'T WANT TO MISS

The 25th Clinical Applications for Age Management Medicine Conference
JW Marriott Starr Pass, Tucson, Arizona

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

CALL FOR PRESENTERS

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

The Conference Planning Committee will review all submissions.

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

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

To submit, please email the following to gfillmore@agemed.org:

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

Age Management Medicine Group (AMMG)

1534 Serrano Circle, Naples, FL 34105

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

www.AgeMed.org conference@agemed.org

Schedule At-A-Glance

Thursday, April 26TH

4 Concurrent Pre-Conference Tracks

Track 1: Hormone Use in the Clinical Setting

This course is designed to provide clinicians with focused lectures on the topic of Hormone Use. Speakers will discuss optimization of hormone levels within the context of Age Management Medicine. Each lecture will include a case presentation and discussion. At the end of the day a more in-depth case discussion will take place giving attendees an extended opportunity for interaction with the speaker.

Track 2: Medical Uses of Marijuana, CBD and/or Derivatives for Aging and Age-Related Disorders and Disease

Over the past decade, the medical use of marijuana, CBD, and other derivatives of cannabis has increased exponentially in the U.S. Currently, 29 states and the District of Columbia have enacted laws in some form to allow physicians to prescribe marijuana medically—and by 2021, all 50 states may have laws allowing medical marijuana in some capacity. AMMG takes no political position on such uses—we are medical educators. That said, it is clear a definite gap exists in medical education for physicians/healthcare professionals who treat a rising patient base that is requesting or inquiring about medical marijuana for a gamut of disorders. AMMG bridges that gap to better educate and inform physicians so they are qualified to respond to this changing medical climate.

7:00 AM - 7:45 AM What You Need to Know About Compounding Presented by David J. Metayer Open to all attendees and includes a complimentary breakfast <i>Non-CME symposium sponsored by University Compounding Pharmacy</i>	
8:00 AM - 9:00 AM Testosterone for Men John K. Crisler, D.O. 9:00 AM - 10:00 AM Estrogen William Clearfield, D.O., FAAMA, DABMA, FAARFM	8:00 AM - 9:00 AM Scientific Rationale for the Use of Marijuana, CBD, and other Derivatives for Use as Clinical Interventions Greg Gerdeman, Ph.D. 9:00 AM - 10:00 AM Clinical Practice and Practice Guidelines for the Use of Medical Marijuana David Bearman, M.D.
10:00 AM - 10:15 AM Break	10:00 AM - 10:15 AM Break
10:15 AM - 11:15 AM Testosterone for Women William Clearfield, D.O., FAAMA, DABMA, FAARFM 11:15 AM - 12:00 PM Progesterone Rebecca Murray, APRN, FNP-BC, CDE	10:15 AM - 11:15 AM Reversing Osteoporosis with CBD Oil Eric I. Mitchell, M.D., MA, FACPE, CPE 11:15 AM - 12:00 PM Proper Dosages of Cannabis Barry Gordon, M.D.
12:00 PM - 1:30 PM Lunch Break	12:00 PM - 1:30 PM Lunch Break
12:00 PM - 1:00 PM To Pee or Not to Pee: That is the Question. An In-Depth Comparison of Urine, Serum and Saliva Testing Presented by Stacy Hinz, President, Clifford Morris, Chief Chemist and Research Scientist, Physician Lab Open to all attendees and includes a complimentary lunch <i>Non-CME symposium sponsored by Physician Lab</i>	
1:30 PM - 2:15 PM Adrenal and Thyroid John K. Crisler, D.O. 2:15 PM - 3:00 PM Precision Approach to hCG and Testosterone Todd House, M.D.	1:30 PM - 2:15 PM Cannabis Use in Neurological Disorders - Parkinson's Disease, ALS, MS, Crohn's Disease Betty Wedman-St. Louis, Ph.D. 2:15 PM - 3:00 PM How Cannabis Battles the So-Called Opiate Epidemic David Bearman, M.D.
2:30 PM Exhibits Open	2:30 PM Exhibits Open
3:00 PM - 3:45 PM Break / Visit Exhibits	3:00 PM - 3:40 PM Break / Visit Exhibits
3:45 PM - 4:30 PM Adult Onset Growth Hormone Deficiency Edwin N. Lee, M.D., FACE 4:30 PM - 5:30 PM Complex Case Presentations and Discussion Neal Rouzier, M.D..	3:40 PM - 4:35 PM Longitudinal Study on the Benefits of CBD on Decreasing Pain, Anxiety and Increasing Sleep Steve E. Warren, M.D., DPA 4:35 PM - 5:30 PM CBD and the Brain Michael Lewis, M.D., MPH, MBA, FACPM, FACN
5:30 PM - 7:00 PM AMMG Welcome Reception Held in Conference Networking and Exhibits Center Open to all conference attendees, spouses and guests	

Schedule At-A-Glance

Thursday, April 26TH

4 Concurrent Pre-Conference Tracks

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

*non-CME track

In conjunction with the Advanced Aesthetic Education Group

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

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

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

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

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

7:00 AM - 7:45 AM

What You Need to Know About Compounding

Presented by David J. Metayer

Open to all attendees and includes a complimentary breakfast

Non-CME symposium sponsored by University Compounding Pharmacy

8:00 AM - 8:45 AM

How to Make the Transition Into the Aesthetic World: What to Offer, What the Latest Trends Are with Patients, etc.

H. William Song, M.D.

8:45 AM - 9:30 AM

How to Introduce Aesthetic Laser, Non-Laser Devices and Products Into Your Practice - Part I

John Cumiskey, D.C., CLSO

9:30 AM - 10:15 AM

How to Introduce Aesthetic Laser, Non-Laser Devices and Products Into Your Practice - Part II

Cherie Morgan, R.N.C., N.P.

10:15 AM - 10:30 AM Break

10:30 AM - 11:15 AM

New Trends in Skincare: How Do Stem Cell Factors Stack Up?

Jordan R. Plews, Ph.D.

11:15 AM - 12:00 PM

Ingredient Knowledge and Procedure Protocols

Sheila Malmanis, L.E.

12:00 PM - 1:30 PM Lunch Break

8:00 AM - 8:30 AM

An Introduction to Traumatic Brain Injury

8:30 AM - 9:30 AM

Neurology, Neuropathology and Neuroendocrinology in Traumatic Brain Injury

9:30 AM - 10:15 AM

The Laboratory of Traumatic Brain Injury

10:15 AM - 10:30 AM Break

10:30 AM - 11:30 AM

Traumatic Brain Injury and Neurobehavior

11:30 AM - 12:00 PM

Supplementation for Traumatic Brain Injury - Part I

12:00 PM - 1:30 PM Lunch Break

12:00 PM - 1:00 PM

To Pee or Not to Pee: That is the Question. An In-Depth Comparison of Urine, Serum and Saliva Testing

Presented by Stacy Hinz, President, Clifford Morris, Chief Chemist and Research Scientist, Physician Lab

Open to all attendees and includes a complimentary lunch

Non-CME symposium sponsored by Physician Lab

1:30 PM - 2:15 PM

PRP Used with Fillers

H. William Song, M.D.

2:15 PM - 3:15 PM

Microneedling: Amplifying Results with Radiofrequency Energy - Lecture & Demonstration

H. William Song, M.D.

2:30 PM Exhibits Open

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

3:45 PM - 4:30 PM

Micro Dermabrasion plus Infusion - Lecture & Demonstration

Julie Quijada, M.A., CLT

4:30 PM - 5:30 PM

Light Emitting Diodes: Fact or Fiction? Lecture & Demonstration

Bertica M. Rubio, M.D.

1:30 PM - 2:30 PM

Supplementation for Traumatic Brain Injury - Part II

2:30 PM Exhibits Open

2:30 PM - 3:30 PM

Case Studies - Part I

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

4:10 PM - 5:30 PM

Case Studies - Part II

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

Warrior Angels Foundation
waftbi.org



5:30 PM - 7:00 PM

AMMG Welcome Reception

Held in Conference Networking and Exhibits Center

Open to all conference attendees, spouses and guests

Schedule At-A-Glance

Friday, April 27TH

General Session

7:00 AM - 7:45 AM
Use Medical Weight Loss To Expand Your Age Management Practice

Presented by Kimball Lundahl, D.C.
Non-CME symposium sponsored by Healthy Habits
 Open to all attendees and includes a complimentary breakfast

8:00 AM - 8:05 AM

Opening Remarks

Florence Comite, M.D.

INNOVATIVE CLINICAL TECHNOLOGY IN AGE MANAGEMENT MEDICINE

8:05 AM - 9:00 AM
Artificial Intelligence for Aging Biomarkers & Age Management Research

Ivan Ozerov, Ph.D.

9:00 AM - 9:45 AM

Precision Medicine Innovations in the Digital Health Era

Florence Comite, M.D.

9:45 AM - 10:30 AM **Break / Visit Exhibits**

10:30 AM - 11:30 AM

Biomobie - Sleep Apnea Device

George C. Shapiro, M.D., FACC

11:30 AM - 12:15 PM

Top 10 Genomic Markers & What to Do With Them

Michael Nova, M.D.

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

12:15 PM - 1:15 PM

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

Presented by Kiran Krishan, Microbiologist
Non-CME symposium sponsored by Microbiome Labs

Open to all attendees and includes a complimentary lunch

1:30 PM - 2:20 PM

Personalized Enhancement of Deep Sleep and Memory for Optimal Aging

Giovanni Santostasi, Ph.D.

2:20 PM - 3:15 PM

A Precisionist Approach to Stem Cell Therapy

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

3:15 PM - 3:45 PM

Break / Visit Exhibits

3:45 PM - 4:45 PM

Blood Serum Transfusions for Aging Rejuvenation

Dipnarine Maharaj, MB.ChB, M.D., FRCP (Edin.), FRCP (Glas.), FRCPath, FACP

4:45 PM - 5:30 PM

Panel Discussion: Accelerating Innovation in Precision and Age Management Medicine

Florence Comite, M.D., Ivan Ozerov, Ph.D., George C. Shapiro, M.D., Michael Nova, M.D., Drew DeMann, D.C., Dipnarine Maharaj, M.D.

5:30 PM - 7:00 PM

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

Presentation by Kenneth Janson, M.D.
 Non-CME presentation open to all conference attendees

Saturday, April 28TH

General Session

7:00 AM - 7:45 AM
Get The Most Out of Your Pharmaceutical Compounding - FDA Registered 503B Approach - Patient Safety, Effective Therapies & Profitable Office Solutions

Presented by Confidence Ekeanyanwu, M.S., CMQ/OE & Dan Powell, B.S.
Non-CME symposium sponsored by Olympia Pharmacy

Open to all attendees and includes a complimentary breakfast

8:00 AM - 9:00 AM

High Dose Melatonin

Russel J. Reiter, Ph.D.

9:00 AM - 10:00 AM

Peptides and Nutrients in 'Difficult to Treat Cases'

Rebecca R. Murray, APRN, FNP-BC, CDE

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

10:30 AM - 11:25 AM

Optimizing Testosterone Without Using Testosterone in Men

Edwin N. Lee, M.D., FACE

11:25 AM - 12:15 PM

Gut-Brain Axis and Immune Modulatory Treatments: Restoring 'Gut Instinct'

Kathy O'Neil-Smith, M.D., FAARM

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

12:15 PM - 1:15 PM

NeuroRegeneration: Treating Memory Loss and the Aging Brain

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

Non-CME symposium sponsored by Center for Regenerative Medicine

Open to all attendees and includes a complimentary lunch

1:30 PM - 2:45 PM

Brain, Memory, Dementia and How to Protect the Brain

Neal Rouzier, M.D.

2:45 PM - 3:15 PM **Break / Visit Exhibits**

3:30 PM **Exhibits Close**

3:15 PM - 4:00 PM

How to Assess and Enhance Cognitive Function, and Prevent Memory Loss

Steven C. Masley, M.D., FAHA, FACP, FAAFP, CNS

4:00 PM - 4:45 PM

Improving Cognitive High Performance: Cognitive Enhancement, Smart Drugs, Neuroplasticity, Brain Stimulators, Wearables, etc.

Paula Martin-Marfil, M.D., MSc

4:45 PM - 5:30 PM

Mold and Mycotoxins: How they affect our brain, and how to treat patients affected by them

Andrew W. Campbell, M.D.

Sunday, April 29TH

General Session

8:00 AM - 9:00 AM

The Triad of Gut Destruction: The Dance of Diamine Oxidase, Zonulin, LPS and Dysbiosis

Cheryl Burdette, M.D.

9:00 AM - 10:00 AM

Sexual Enhancers

Michael L. Krychman, M.D.

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

10:30 AM - 11:30 AM

Female Sexual Interest Arousal Disorder

Michael L. Krychman, M.D.

11:30 AM - 12:30 PM

Coffee/Caffeine to Improved Health

Kenneth R. Thomas, M.D.

12:30 PM - 1:30 PM

Optimizing Male Hormonal Output Through the Triangle of Performance: Biochemistry, Exercise and Nutrition

Ali Gilbert

1:30 PM **CONFERENCE CONCLUDES**

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

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www.agemed.org



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Hashtag: #AMMGSpring2018

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

Username: **AMMG2018**

Password: **AGEMED**

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

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Non-CME Events Open to All Attendees

THURSDAY, APRIL 26TH

7:00 - 7:45 AM	What You Need to Know About Compounding Presented by David J. Metayer <i>Symposium sponsored by University Compounding Pharmacy - Includes a complimentary breakfast</i>
12:00 - 1:00 PM	To Pee or Not to Pee: That is the Question. An In-Depth Comparison of Urine, Serum and Saliva Testing Presented by Stacy Hinz, President, Clifford Morris, Chief Chemist and Research Scientist, Physician Lab <i>Symposium sponsored by Physician Lab - Includes a complimentary lunch</i>
5:30 - 7:00 PM	AMMG Welcome Reception for attendees, spouses and guests Please join your colleagues in the Conference Networking / Exhibits Center

FRIDAY, APRIL 27TH

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

SATURDAY, APRIL 28TH

7:00 - 7:45 AM	Get The Most Out of Your Pharmaceutical Compounding - FDA Registered 503B Approach - Patient Safety, Effective Therapies & Profitable Office Solutions Presented by Confidence Ekeanyanwu, M.S., CMQ/OE & Dan Powell, B.S. <i>Symposium sponsored by Olympia Pharmacy - Includes a complimentary breakfast</i>
12:15 - 1:15 PM	NeuroRegenesis: Treating Memory Loss and the Aging Brain Presented by A.J. Farshchian, M.D. <i>Symposium sponsored by Center for Regenerative Medicine - Includes a complimentary lunch</i>

Introducing the Practice Management Workshop

Non-CME symposium sponsored by AMMG

Wednesday April 25TH – 6-9 pm

Discover the best practices for adding Age Management Medicine to your existing practice, whether it's part- or full-time.

This open-forum workshop lays it all out for you, helping you build a vital infrastructure to smoothly, efficiently run a patient-focused practice—starting with a smart direct-pay model and understanding your local demographics, then guiding you through compliance issues, diagnostic equipment, protocol training, latest technology, and even nutraceuticals/supplements for added value.

6:00 PM - 7:00 PM

- Evaluation of Personal, Professional and Financial Goals: Decision to Practice Full vs. Part Time vs. Gradually Incorporate Direct Pay Model into Your Practice
- Local Demographics and Resources Relative to a Direct Pay Practice
- Anticipating Practice Needs: Diagnostic Equipment, Lab Services, HIPPA Compliant Records, Compounding Pharmacy Relationships
- Education, Support & Mentoring: Training in Age Management Medicine Protocols, On-Going Peer Relationships and Continuing Education

Kenneth Janson, M.D., FACS - Senior Attending Physician, Northwestern Lake Forest Hospital
Chief Medical Officer, PreventMD, LLC, Boca Raton, FL

7:00 PM - 7:45 PM

- Reaching Patients Online: Search Engine Optimization, Websites, Social Media and Email Marketing

Frank Mitchell - Medical Enterprise Consultant, Webto Med

7:45 PM - 8:30 PM

- Nutraceuticals and Supplements as an Adjunct Revenue Generator to your Practice

Rebecca R. Murray, APRN, FNP-BC, CDE - Endocrine Nurse Practitioner, Institute for Hormonal Balance, Orlando, FL
Medical Director, Ward-Murray HealthCare Consulting, Groton, CT
Scientific Advisory Board, Designs for Health

8:30 PM - 9:00 PM

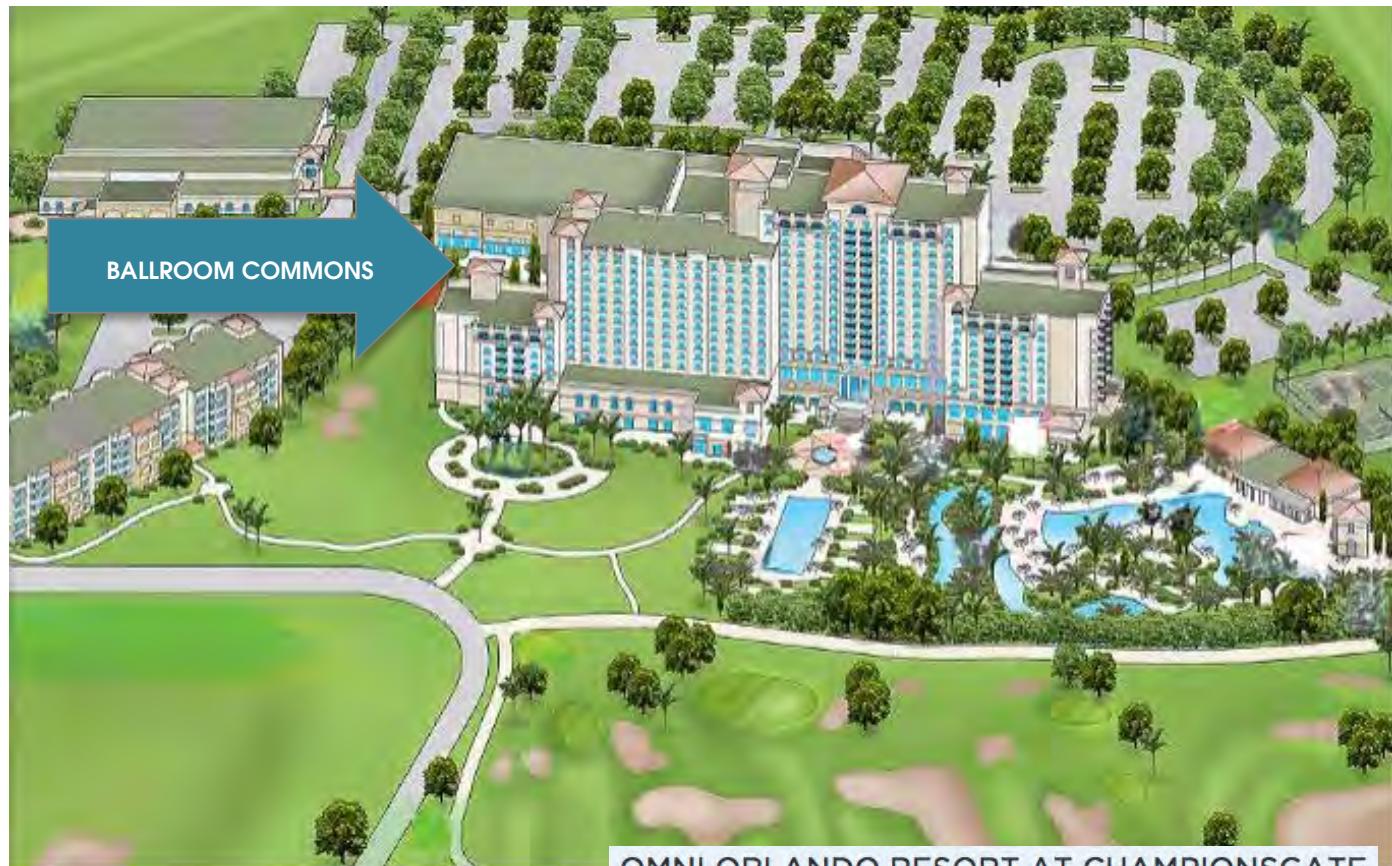
- Open Forum Q&A for All Speakers

Kenneth Janson, M.D., FACS

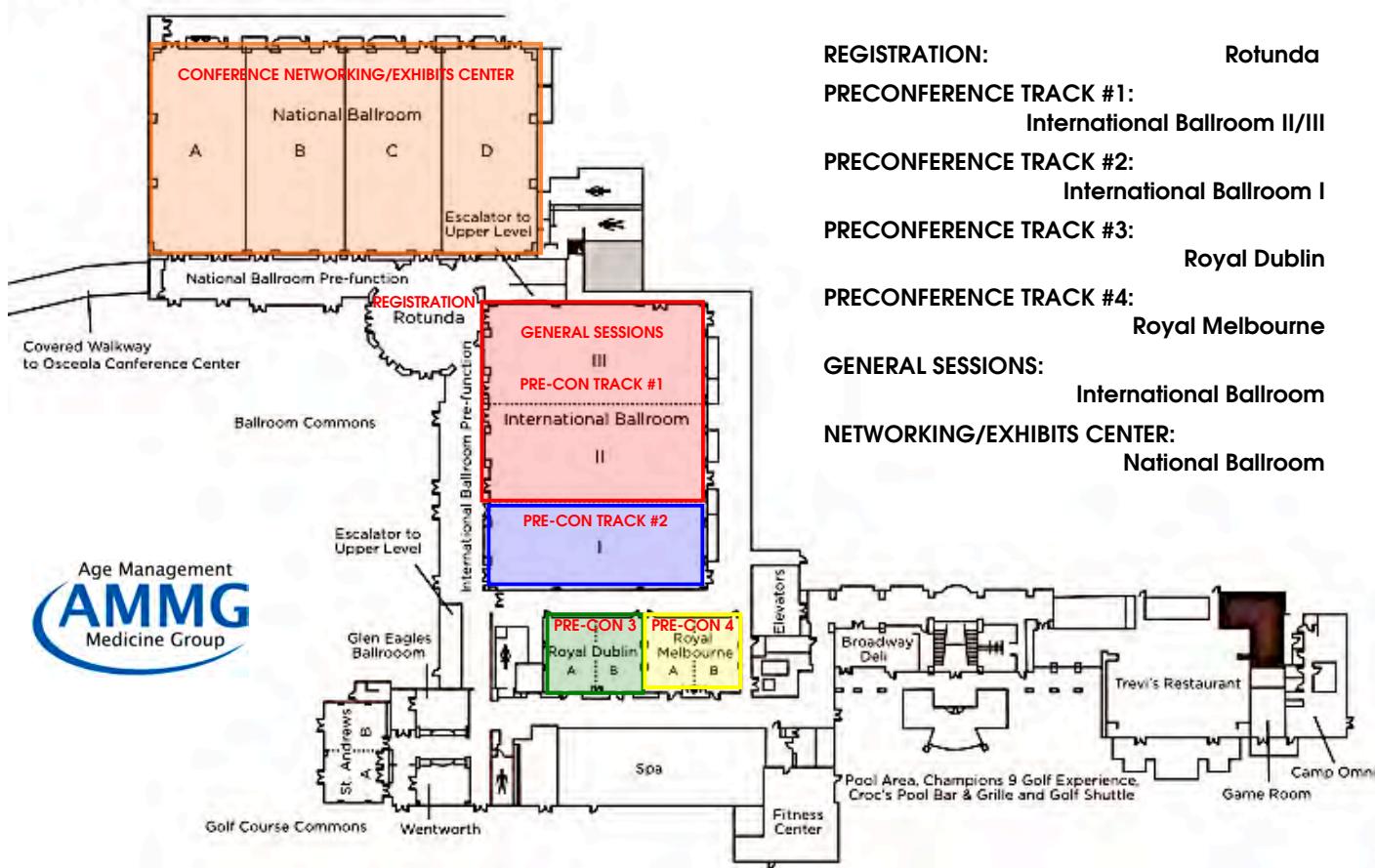
Frank Mitchell

Rebecca R. Murray, APRN, FNP-BC, CDE

Conference Floor Map



ChampionsGate Lower Level Ballrooms



To Pee, or Not to Pee: That Is the Question

An In-Depth Comparison of Urine, Serum and Saliva Testing



Special Lunch Engagement
Main Lecture Hall
Thursday, April 26th ▼ 12:00 PM

Join Us for an **Educational Lunch** with **Clifford Morris**,
Chief Chemist and Research Scientist at Physicians Lab

Physicians choose the way they assess patient hormones based on various reasons, including:

- ▼ Clinical Relevance
- ▼ Ease of Use (for the practice and patients)
- ▼ Cost and/or Profitability



But sometimes, making the choice is overwhelming—if only someone could tell you the most important things to recognize, set you up with the solutions required to be successful and deliver a seamless transition... wouldn't that be wonderful!!?



Welcome to wonderful! Physicians Lab is the leader in delivering State-of-the-art Science and Superior Solutions to practices across the country. We are excited to show you just how easy and effective Urinary Hormone Assessment can be in expanding your knowledge about hormone replacement, hormone metabolism and certain risk factors that you may be missing out on by testing with serum or saliva.

Knowledge is power—take this opportunity to gain the knowledge that can grow your practice and make you a leader in this exciting and rewarding field of medicine.

Whether you're just starting out, ready for expansion to a new level of hormone assessment or a seasoned practitioner, our educational resources, practice/patient solutions and science can expand your knowledge and show you **what you've been missing!**

**Visit our booth after the event to get more information
about Physicians Lab and what we offer!**

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CME Information



24th Clinical Applications for Age Management Medicine • April 26-29, 2018 • Tucson, Arizona



Target Audience

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

Educational Goal

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

Learning Objectives

- Describe the science and the evidence basis for the use hormones in Age Management Medicine. Identify and explain the science behind the individual basic hormones in the field of this specialty as well as the protocols covering a comprehensive patient history, and laboratory assessment of patients.
- Describe the science and the evidence basis for the use Medical Marijuana and CBD in Age Management Medicine. Identify and explain clinical practice guidelines and discuss various uses of Marijuana and CBD including protocols covering the use in pain, sleep and specific disorders of aging.
- Recognize the link between traumatic brain injury (TBI) and the disruption of neurosteroids and hormone production. Explain how this causes an inflammatory environment and

- subsequent impairment in cognition and behavior in those patients with various levels of TBI.
- Compare new methods of laboratory testing, lab interpretations and treatment protocols for TBI that can be effective in improving patient outcomes.
- Recognize and understand new and cutting edge Innovative Clinical Technology that is coming on line for use in Age Management Medicine and how this technology will impact patient outcomes.
- Discuss new evidence-based treatment concepts and scientific protocols in Age Management Medicine, such as the use of High Dose Melatonin, Vitamin D, Peptides, Alternatives to Testosterone, Sexual Health and Gut Health.
- Describe and identify current clinical treatment regimens for Brain Health, specifically those that involve memory, dementia, cognitive performance and aging brain.

Accreditation

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

CMEsolutions designates this live activity for a maximum of 27 AMA PRA Category 1 Credits.™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.



CMEsolutions is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.
This program is approved for 27.0 contact hours (2.700 CEUs). ACPE Program Number: 0274-9999-18-002-L04-P

This continuing nursing education activity was approved by the Western Multi-State Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approved for a maximum of 26.33 contact hours.

Fees

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

Participation Requirements

1. Complete sign in sheet
2. Attend accredited sessions
3. For credit log on to URL: <http://agemed.org/April2018/Accreditation/>
4. PLEASE NOTE: URL available beginning April 26, 2018
5. Complete evaluation, credit request form, and download or print credit statement

Off-label Use

23rd *Clinical Applications for Age Management Medicine* may contain discussion of unlabeled and/or investigational uses of agents not approved by the FDA. Please consult the prescribing information for each product.

Commercial Support

There is no commercial support provided for this educational conference.

Privacy Policy

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

Faculty and Planner Disclosures

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

Conference Planning Committee

Florence Comite, M.D.	No Relevant Financial Interest
Mary L. Corry, R.N.	No Relevant Financial Interest
Mark L. Gordon, M.D.	No Relevant Financial Interest
Edwin Lee, M.D.	Speakers Bureau/Honorariums: Tailor Made Compounding
John Rush, M.D.	LPIC: Founder, Chairman, CEO
George Shapiro, M.D.	No Relevant Financial Interest

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

Faculty Oral Presentations

David Bearman, M.D.	Stockholder, CW Pharmaceuticals
Cheryl Burdette, N.D.	Management Employee, Stock & Consulting, Dunwoody Labs and Xymogen
Greg Gerdeman, Ph.D.	CSO, 3 Boys Farm
Michael Krychman	AMAG, Duchesney, Lupin: Speakers Bureau, AMAG, Allergan Lupin: Consultant, Materna, Viveve Medical: Stock Holder
Edwin Lee, M.D.	Speakers Bureau/Honorariums: Tailor Made Compounding
Michael Lewis, M.D.,MPH	CV Sciences, Stocks & Options, Advisory Board
Steven Masley, M.D.	Author of Several Published Books, Website Ownership: President of Company
Michael Nova, M.D.	Salaried Employee in Management, Stock: Pathway Genomics
Ivan Ozerov, Ph.D	Salaried Employee: Insilico Medicine, Inc.
Neal Rouzier, M.D.	Honoraria for Lecturing, Speaking & Teaching: Worldlink Medical and Anazao Pharmacy
Giovanni Santostasi, Ph.D.	Founder & CSO, DeepWave Technologies, Inc.
Steve Warren, M.D.	Consulting Fees, Principal Investigator: Enoo-L

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

Andrew Campbell, M.D.	Barry Gordon, M.D.	Rebecca Murray, APRN
William Clearfield, D.O	Mark L. Gordon, M.D.	Kathy O'Neil-Smith, M.D.
Florence Comite, M.D.	Todd House, M.D.	Russel, J. Reiter, Ph.D.
John K. Crisler, D.O.	Dipnarine Majaraj, MB.Ch.B, M.D.	George Shapiro, M.D.
Drew DeMann, DC, CCSP, MA, FNP	Paula Martin-Marfil, M.D.	Kenneth Thomas, M.D.
Ali Gilbert	Eric Mitchell, M.D.	Betty Wedman-St. Louis, Ph.D.

Unrestricted Educational Grants / Commercial Support

There is no Grant or Commercial Support to report for this live activity

SHORT ABSTRACTS • Thursday, April 26TH

Pre-Conference Track #1: Hormone Use in the Clinical Setting

Testosterone for Men

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

This lecture will, in only one hour, demonstrate how to diagnose, and treat, male hypogonadism: subjective complaints, laboratory analysis, treatment modalities, and the general strategy for managing this insidious condition. Included will be the new low dose clomiphene therapy, HCG use in hypogonadism, managing estrogen, and the concept of "Backfilling the Pathways", to optimize health and happiness in your adult male patients.

Estrogen

William Clearfield, D.O., FAAMA, DABMA, FAARFM Medical Director, Clearfield Family Medicine & Ageless Zone Medical Spa, Reno, NV

With some 400 identified functions in the body, estrogen is perhaps the most studied compound in the history of humanity. As an introduction, Dr. Clearfield discusses estrogen in context of maintaining metabolic rate, improving insulin sensitivity, body temperature regulation, muscle maintenance, improved sleep, reduced incidence of cataracts, increased blood flow, decreased accumulation of arterial plaque, reducing visceral fat, memory enhancement, mood enhancement and preserving the amount of collagen in the skin. Estrogen replacement in the peri-and postmenopausal era, however, is not without controversy. The 2002 Women's Health Initiative identified prescription estrogen as potentially inducing an increased incidence of breast cancer, blood clots, and strokes. This lecture discusses the physiology of estrogen, the indications and contraindications of estrogen as replacement therapy in the menopausal period, the safety of plant-based "natural" estrogens as opposed to equine based synthetic estrogen, the estrogen dominance syndrome, and the use of estrogen replacement therapy in the face of various hormonally related cancers. Lastly, we will review a case study, pointing out the intricacies of estrogen metabolism, its replacement in physiologic doses when indicated and clinical pearls gleamed from Dr. Clearfield's twenty plus years of hormone replacement.

Testosterone for Women

William Clearfield, D.O., FAAMA, DABMA, FAARFM Medical Director, Clearfield Family Medicine & Ageless Zone Medical Spa, Reno, NV

By maintaining adequate, youthful, physiologic levels of testosterone, women enjoy increased energy, mood, mental clarity, sexual desire, and fulfillment, increased muscle and tissue strength. Despite thousands of peer-reviewed studies described in reputable medical journals, testosterone remains unapproved by the FDA for administration as a means of relieving the above lifestyle symptoms. This lecture discusses the physiology of testosterone in women, the rationale for prescribing "natural" plant-based testosterone to restore youthful hormonal levels including effects on brain and bone metabolism, sexual energy and sexual desire, mood, and memory versus commercially available synthetic compounds. No hormone is an island. We discuss the laboratory evaluation of testosterone and its derivative hormones, DHEA, dihydrotestosterone and estradiol and its relationship with the other hormones in the female hormonic symphony. We discuss treatment options including creams, injectables, and pellets. We will present a case study that includes a discussion of short and long-term benefits, side effects and contraindications of testosterone therapy in women.

Progesterone

Rebecca R. Murray, APRN, FNP-BC, CDE Endocrine Nurse Practitioner, Institute for Hormonal Balance, Orlando, FL; Medical Director, Ward-Murray HealthCare Consulting, Groton, CT; Scientific Advisory Board, Designs for Health

Although progesterone is often referred to as the "hormone of pregnancy" as the origin of the name comes from the importance in

"pro-gestation," this hormone goes far beyond its role in placental integrity and maintenance of a pregnancy to full term. Progesterone is also a crucial metabolite intermediate in the production of endogenous hormones, including the sex hormones, corticosteroids, and the important role in the brain as a neurosteroid. This lecture will explore the signs and symptoms of "estrogen dominance/progesterone deficiency," when and how to measure levels, β and the benefits of various delivery systems such as oral, sublingual, transdermal, and intravaginal.

Adrenal and Thyroid

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

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

A Precision Medicine Approach to hCG and Testosterone

Todd House, M.D. Physician, Comite Center for Precision Medicine, New York, NY

Hormone optimization is fundamental to increasing the health span and optimizing longevity. While hormones are not the only answer, a Precision Medicine approach to testosterone therapy can help move the body into a sweet spot that's primed for vitality and performance. This lecture looks critically at the literature and uses case studies to explore the benefits of an *n-of-1* approach to hCG (human chorionic gonadotropin) and testosterone to reverse disease and optimize energy, cognition, sexual function, libido, metabolism and body composition (with the loss of visceral fat and gain in muscle) in the pre- through later stages of andropause in men.

Adult Onset Growth Hormone Deficiency

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

Growth hormone is an essential hormone in lowering body fat, improving on lipids, keeping muscles healthy and improving on bone density. In addition, adult growth hormone deficiency symptoms will be reviewed, as well as the role of growth hormone deficiency increasing inflammation, and the association of higher mortality with growth hormone deficiency. The normal physiology and role of IGF-1, IGF Binding Protein 3 will be discussed. Clinical trials with recombinant growth hormone will be covered. The diagnosis of adult growth hormone protocols will be reviewed, as will the treatment of recombinant growth hormone, IGF-1 and also the use of peptides CJC-1295, Ipamorelin and Tesamorelin.

Complex Case Presentations and Discussion

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

Dr. Rouzier will present a series of Hormone related complex clinical cases for discussion with attendees. Prescribing hormones to men & women is easy 90% of the time. However, it is the other 10% that requires skill, experience, insight, and command of the medical literature to appropriately treat complex cases. This lecture will review many complex 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 complex cases.

SHORT ABSTRACTS • Thursday, April 26TH

Pre-Conference Track #2: Medical Uses of Marijuana, CBD and/or Derivatives for Aging and Age-Related Disorders and Disease

Scientific Rationale for the Use of Marijuana, CBD, and other Derivatives for Use as Clinical Interventions

Greg Gerdeman, Ph.D. Chief Scientific Officer, 3 Boys Farm, Ruskin, FL

Modern research and clinical experiences are driving a global resurgence in the therapeutic use of cannabis and its primary bioactive compounds, most notably including delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD), which act in distinct ways to modulate the body's endocannabinoid system (ECS). Understanding the scientific rationale for using cannabis derived compounds in clinical medicine requires an understanding of the ECS that is unbiased by its association with a stigmatized recreational drug. Indeed, although the ECS was discovered as a direct result of investigating cannabis as a drug of abuse, it comprises a key system of lipid signal transduction that is so widespread in mammalian physiology as to be viewed now as a master regulator of homeostasis. The ECS is a critical mechanism within neuronal, immune and endocrine systems. Thus both THC and CBD are known to have anti-inflammatory effects throughout the body, and have important influence on cognitive/affective, sensory and motor functions of the central nervous system. CBD is of special interest because it is very well tolerated, does not produce an acute psychoactive "high," and appears to buffer the psychoactivity and potentially negative cognitive outcomes produced by THC alone. Myriad research studies combine to illustrate that these cannabinoids have potential therapeutic value for a very wide range of clinical conditions, the scientific basis of which will be reviewed.

Clinical Practice and Practice Guidelines for the Use of Medical Marijuana

David Bearman, M.D. Practicing Physician, Goleta, CA; Executive Vice President, American Academy of Cannabinoid Medicine

The presentation includes a brief history of cannabis as medicine, a medical-legal concerns, addresses patient screening, chart documentation, patient forms, patient orientation; laws, endocannabinoid system, routes of administration. A visit includes overview applicable California laws, patient questions, review of patient history form and all records, take oral history, do physical. If the patient meets your and your patient's approval criteria I provide the patient with written documentation of my approval/recommendation. In the visit I provide pertinent information as appropriate.

Reversing Osteoporosis with CBD Oil

Eric I. Mitchell, M.D., MA, FACPE, CPE President, CEO, TelMed Group, Bangor, ME; Clinical Director, Pine Tree Alternative Pain Clinic, Bangor, ME; Medical Director, AGRI-Med Industries, LLC; Medical Director, Hemp Commodity Industries, LLC
The agonists and the antagonists affects on the body's CB1 and CB2 receptors affecting osteoblastic and osteoclastic activity of bone.

Proper Dosages of Cannabis

Barry Gordon, M.D. President, Chief Medical Officer, Compassionate Cannabis Clinic, Venice, FL

For millennia, the cannabis plant and its extracts have been used to treat a variety of illnesses. From the ancient Chinese to being added to the United States Pharmacopeia in 1850, cannabis was routinely prescribed as a "use as directed" medication until 1942. Now, with 30 states and Puerto Rico having legal programs, contemporary practitioners are struggling to understand how to integrate newly legal cannabis into patient treatment protocols. From micro dosing to macro dosing, the results collected by Dr. Gordon's Compassionate Cannabis Clinic in the past year demonstrate the importance of individualized recommendations based upon debilitation and the healthcare goals of the patient. Dr. Gordon will explain his patient encounter protocol, including how determining a patient's past use of cannabis is vital in crafting an effective treatment plan. Additionally, Dr. Gordon will detail the importance of education and teaching in conjunction with patient control and delivery, as opposed to dosage protocols found in conventional pharmaceutical medications.

Cannabis Use in Neurological Disorders - Parkinson's Disease, ALS, MS, Crohn's Disease

Betty Wedman-St. Louis, Ph.D. Private Practice, Specializing in Renal Disease, Digestive Disorders, Food Allergies, Diabetes, Environmental Illness

The endocannabinoid system interconnects all systems and tissues of humans through the CB1 and CB2 receptors found throughout the body. Cannabinoids govern mood, sleep, and hormone production so as individuals age, these organ systems are constantly under stress which can manifest as headaches (migraines), gastrointestinal inflammation (IBS, Crohn's disease), motor dysfunctions (Multiple Sclerosis, Amyotrophic Lateral Sclerosis, Parkinson's Disease). Endocannabinoid ligands and receptors are highly abundant in the basal ganglia which are affected in Parkinson's disease (PD). Animal models of PD show that CB1 receptors are down regulated during the early stages of the disease but abruptly change in the later stages suggesting that the antioxidant potential of CBD may reduce levodopamine-induced dyskinesia (Neurology 2001). Neuronal cell death and loss of neurotransmitters in Alzheimer's disease (AD) and dementia leads to memory deficits with cognitive and motor impairments (Molecular Neurobiology 2007). Cannabinoids can help protect against excitotoxicity and oxidative stress/inflammation that is associated with the development of AD. CB1 receptors have been shown to control tremors and spasticity in multiple sclerosis (MS) while CB2 receptor function is unclear (Natural Medicine 2007). Published reports for over one hundred years have suggested people with spasticity may experience relief from using cannabis (Marijuana/Cannabinoids as Therapeutic Agents, CRC Press, 1986). MS patients report improved sleep, less spasticity and reduced pain (Neurology 2004). Cannabinoids have many functions in the digestive system including intestinal motility, inhibition of gastric acid production, and inflammation control (Pharmacology Therapeutics 2010). Irritable bowel syndrome (IBS) and Crohn's disease or ulcerative colitis are characterized by inflammation of gut tissue. Endocannabinoid system changes have been observed in experimental animal models and patients have reported improved stress and sleep using cannabis. Cannabis use has also been associated with reversible cerebral vasoconstriction syndrome and severe headaches/migraines (Brain 2007). Cannabidiol (CBD) treatment has been indicated for a therapeutic role in schizophrenia or psychosis. Vaporizing or oral consumption of cannabis is difficult to dose for achieving therapeutic effects and avoiding adverse symptoms. A slow and gradual dose approach is recommended to avoid overdosing and reactions of hypotension, anxiety or agitation. Edibles (cookies, baked goods) should be consumed in small amounts with adequate time - 1 hour or more- between ingestion doses to better gauge effects.

How Cannabis Battles the So-Called Opiate Epidemic

David Bearman, M.D. Practicing Physician, Goleta, CA; Executive Vice President, American Academy of Cannabinoid Medicine

Opiate abuse does not occur in a vacuum. Treating it requires taking a holistic approach that involves not only medical treatment but changing the paradigm. Treatment involves more than use of a substitute drug such as Suboxone or Methadone, or a psychoactive drug like Ayahuasca or alternative and complementary pain killers like turmeric, Kratom and/or cannabis. Opiate abuse is often a red flag to a history of growing up in a dysfunctional family, PTSD, ADD/ADHD or autism spectrum disorder. These comorbid diagnoses should be kept in mind when treating opiate abuse. Cannabis is an analgesic and an anti inflammatory. Its use in a chronic pain patient can decrease opiate dosage by 30-50%. Cannabis is also a harm reduction substitute.

Longitudinal Study on the Benefits of CBD on Decreasing Pain, Anxiety and Increasing Sleep

Steve E. Warren, M.D., DPA Medical Director, Regenerative Stem Cell and Wellness Center

The lecture will focus on the results of an IRB approved longitudinal study determining how significant a highly bio-available precisely dosed CBD (full spectrum hemp based cannabidiol) product will alter the research subject's pain levels and with the lessening of the pain, anxiety and if they will be able to better manage their sleep.

THURSDAY TRACK #2 CONTINUED

CBD and the Brain

Michael Lewis, M.D., MPH, MBA, FACPM, FACP *Colonel (Retired), U.S. Army; President and Founder, Brain Health Education and Research Institute; Physician, Cenegenics, Washington, D.C.*
There is much recent interest in medicinal uses of cannabidiol, or CBD, for health maintenance and certain medical indications. CBD

has application in limiting neurological damage following ischemic insults, such as stroke and trauma, or in the treatment of neurogenerative diseases such Alzheimer's and Parkinson's Diseases. Dr. Lewis will address the science behind the cannabinoid system, particularly in the brain, and the interaction with endocannabinoids and phytocannabinoids. Additionally, Dr. Lewis will discuss his clinical experience using hemp-derived CBD, particularly the value of using CBD for anxiety.

SHORT ABSTRACTS • Thursday, April 26TH

Pre-Conference Track #3: Office Based Aesthetics for the Age Management Clinician (non-CME track)

In conjunction with the Advanced Aesthetic Education Group

How to Make the Transition into the Aesthetic World: What to Offer, What the Latest Trends are with Patients, etc.

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

How to Introduce Aesthetic Laser, Non-Laser Devices and Products Into Your Practice- Part I

John Cumiskey, D.C., CLSO *Certified Laser Safety Officer and Instructor, Co-Owner, Integrated Laser Solutions, LLC, Phoenix, AZ*
The presentation will focus on introducing aesthetic lasers, non-laser devices and products into your practice. This presentation is for the practitioner who is thinking about expanding or transitioning their practice into the medical aesthetics field. It will first focus on decision making and commitment process needed to start an aesthetics practice. Dr. Cumiskey will go over the details of what it means to open and run an aesthetics practice. The importance of a business plan will be discussed followed by the actual steps to take before you make commitments to purchase laser and other devices. A review of the laser and non-laser devices and products will be presented. This will be followed by what appropriate training for the practitioner and staff is needed prior to operating laser devices. An emphasis on laser science and safety will be discussed. Laser State and federal requirements for operating lasers in the practice will be discussed.

How to Introduce Aesthetic Laser, Non-Laser Devices and Products Into Your Practice- Part II

Cherie Morgan, R.N.C., N.P. *Owner and Clinical Director, Skin + MedSpa, San Dimas, CA; Senior Clinical Trainer, Cynosure Lasers; Clinical Advisor, Omni Biomedical, Phoenix, AZ*

Cherie Morgan, NP will continue the presentation with an emphasis on knowing the demographics of your area(s) prior to purchasing devices or products. This will describe the skin type and socioeconomic factors that determine the demographics for the aesthetic practice. The importance of surveying your existing clients (patients) will be discussed. Evaluating your work space, supporting staff and marketing plan will be discussed. This will be followed by the appropriate research required on the part of the practitioner prior to purchasing devices or products. Strategies for negotiation with laser companies will be emphasized. Practice development and expansion will be highlighted. Practitioner motivation will be discussed followed by Q & A.

New Trends in Skincare: How Do Stem Cell Factors Stack Up?

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

What are the best factors for improving and maintaining healthy skin? The science of skin rejuvenation and healing has advanced significantly in recent years thanks to recent innovations and advances in human stem cell research. Despite this, the topical skincare market remains flooded with outdated products that fail to leverage the latest technology. Here we review the current state of growth factor and stem cell derived skincare ingredients in an attempt to delineate fact from fiction.

Ingredient Knowledge and Procedure Protocols

Sheila Malmanis, L.E. *President, MS Skintechical, Inc., Phoenix, AZ*
Non-invasive cosmetic procedures continue to drive the marketplace in the aesthetic world, but this is only step one. To truly enhance and maintain the results of procedures, i.e., for microneedling, microdermabrasion, and peels for instance, one must have the understanding of what protocols can accomplish that. This lecture will help you understand what type of ingredients to incorporate into your practice, along with the appropriate steps to enhance those results ongoing after the procedure.

PRP Used with Fillers

H. William Song, M.D. *Founder and CEO, Omni Aesthetics, Oakland, NJ*
Platelet-rich plasma (PRP) has been used for over 10 years in the areas of orthopedics, oral surgery, & wound care. These same tissue healing strategies are now increasingly being used for the treatment of facial cosmetics and for the relief of sexual dysfunction. Dr. Song will discuss the use of PRP facial aesthetics as well as sexual function in men & women. Learn about the uses of PRP in combination services and get a preview of what's coming.

Microneedling: Amplifying Results with Radiofrequency Energy - Lecture & Demonstration

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

Micro Dermabrasion plus Infusion - Lecture & Demonstration

Julie Quijada, M.A., CLT *Regenerative Skin Care, Skin Beautiful, Scottsdale, AZ*

Learn about the simplicity of combining Mechanical Resurfacing with Infusion and Peels. Julie Quijada will explain the science behind mechanical resurfacing and how to combine with the science of peeling: what works what doesn't. Also, utilizing such infusions as stem cell conditioned media and other topical ingredients. Julie will discuss why combining mechanical resurfacing with the peels is beneficial and how to implement into your practice

Light Emitting Diodes: Fact or Fiction? - Lecture & Demonstration

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

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

SHORT ABSTRACTS • Thursday, April 26TH

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

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

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

NOTE: Dr. Gordon is faculty for ALL sessions in this track

An Introduction to Traumatic Brain Injury

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

Neurology, Neuropathology and Neuroendocrinology in Traumatic Brain Injury

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

The Laboratory of Traumatic Brain Injury

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

Traumatic Brain Injury and Neurobehavior

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

Supplementation for Traumatic Brain Injury - Part I

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

Supplementation for Traumatic Brain Injury - Part II

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

Case Studies - Part I

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

Case Studies - Part II

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

SHORT ABSTRACTS • Friday, April 27TH

Artificial Intelligence for Aging Biomarkers & Age Management Research

Ivan Ozerov, Ph.D. Director, Drug Discovery, Aging and Age-Related Diseases, Insilico Medicine, Inc.

Recent advances in machine learning techniques led to their routine use in biomarker development and rapid increment in labeled medical data enables the entry of deep neural networks into the game. Methods based on deep architectures have outperformed classical approaches not only in image analysis, but also in solving a wide range of complex genomics, transcriptomics and proteomics problems. Here we discuss the application of deep learning techniques for the development of aging biomarkers and customer-oriented age-management systems that utilize multiple AI-driven approaches stacked into an ensemble and trained on multiple medical and biological data.

Precision Medicine Innovations In the Digital Health Era

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

Precision Medicine innovations are revolutionizing the way we think about health and longevity, transforming health care from a passive model, into an interactive, dynamic system. By integrating longitudinal *n-of-1* data from wearables, apps, and digital health tools, together with an individual's genomics, personal and family history, lifestyle, and evolving metabolomic data, a Precision Health Analysis can reveal a patient's unique health trajectory. This lecture explores the power and practical application of Precision Medicine innovations in the clinic to tailor health interventions and optimize vitality and performance for the *n-of-1*.

Biomobie - Sleep Apnea Device

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

The Biomobie device is effective in the treatment of insomnia and the recovery of cardiopulmonary function. Biomobie has completed three years clinical validation of 60,000 patients with chronic diseases. Insomnia is a highly prevalent disorder frequently

associated with loss of productivity, poor health outcomes, and higher healthcare utilization. Commonly used drugs to treat insomnia can be ineffective, side effect prone, and expensive. Biomobie is a device that emits a micromagnetic field which is thought to have therapeutic benefit. Extracorporeal Pulsed Electromagnetic Field treatment increases cardiac systolic function through inhibiting cardiac apoptosis and stimulating neovascularization.

Top 10 Genomic Markers & What to Do With Them

Michael Nova, M.D. Chief Innovation Officer, Pathway Genomics, San Diego, CA

Which genetic markers and genes have the most clinical validation in regards to providing actionable information useful for wellness and/or chronic disease management? Use of Artificial Intelligence to help curate and identify actionable traits.

Personalized Enhancement of Deep Sleep and Memory for Optimal Aging

Giovanni Santostasi, Ph.D. Chief Scientific Officer, DeepWave Technologies, Encinitas, CA

We spend more than 30% of our life sleeping. Sleep is a fundamental physiological process with many implications for optimal health. In particular, the stage of sleep called Slow Wave Sleep (SWS) has many implications for memory consolidation, cardiovascular health, immune system resetting, and hormone regulation. The lecture will cover some fundamental aspects of sleep science such as its different stages, typical neurotransmitters, electrical signals produced by the brain, and how aging affects the efficiency and depth of sleep. We will also discuss exciting developments in neuroscience that open the possibility for a non-pharmacological approach to enhance the benefits of sleep through audio-stimulation synchronized to brain wave typical of SWS. Dr. Santostasi has developed patent pending technology in this new field of neuroscience and will share his findings in regards to significant cognitive improvement in an older population with the class.

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A Precisionist Approach to Stem Cell Therapy

Drew DeMann, D.C., CCS, MA, FNP, RMSK, GCSRT Director, Board Certified Pain Management, Manhattan Medicine, New York, NY
We spend more than 30% of our life sleeping. Sleep is a fundamental physiological process with many implications for optimal health. In particular, the stage of sleep called Slow Wave Sleep (SWS) has many implications for memory consolidation, cardiovascular health, immune system resetting, and hormone regulation. The lecture will cover some fundamental aspects of sleep science such as its different stages, typical neurotransmitters, electrical signals produced by the brain, and how aging affects the efficiency and depth of sleep. We will also discuss exciting developments in neuroscience that open the possibility for a non-pharmacological approach to enhance the benefits of sleep through audio-stimulation synchronized to brain wave typical of SWS. Dr. Santostasi has developed patent pending technology in this new field of neuroscience and will share his findings in regards to significant cognitive improvement in an older population with the class.

Blood Serum Transfusions for Aging Rejuvenation

Dipnarine Maharaj, MB.ChB, M.D., FRCP (Edin.), FRCP (Glas.), FRCPPath, FACP Medical Director, The Maharaj Institute of Immune Regenerative Medicine, Boynton Beach, FL

Dr. Maharaj is going to share details about his most recent clinical study aimed at extending healthy lifespan, the 'Young Blood Plasma Project'. This study, which has FDA and WIRB approval, is already underway and recruiting participants between the ages of 55 and 95 who are showing signs of frailty. These participants will receive 12 monthly infusions of Stem Cell Mobilized Fresh Frozen Plasma (GMFFF) from young donors between the ages of 18 and 35. This will be followed by 1 year of follow ups. Dr Maharaj will share previous animal models and clinical papers, and discuss how they have shown that this GMFFF can enhance the Immune System and ameliorate frailty.

Panel Discussion: Accelerating Innovation in Precision and Age Management Medicine

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

Ivan Ozerov, Ph.D. Director, Drug Discovery, Aging and Age-Related Diseases, Insilico Medicine, Inc.

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

Michael Nova, M.D. Chief Innovation Officer, Pathway Genomics, San Diego, CA

Drew DeMann, D.C., CCS, MA, FNP, RMSK, GCSRT Director, Board Certified Pain Management, Manhattan Medicine, New York, NY Dipnarine Maharaj, MB.ChB, M.D., FRCP (Edin.), FRCP (Glas.), FRCPPath, FACP Medical Director, The Maharaj Institute of Immune Regenerative Medicine, Boynton Beach, FL

Giovanni Santostasi, Ph.D. Chief Scientific Officer, DeepWave Technologies, Encinitas, CA

Panel Chair: Florence Comite, M.D.

- What are the challenges of integrating/practicing/scaling innovative healthcare?
- What are the top 5 health innovation "areas to watch"?
- How will healthcare innovation change day-to-day practice in the clinic in the next 5 years?
- How does medical education need to adapt to ensure "no doctor left behind" ?
- How can we democratize access to precision age management medicine?

SHORT ABSTRACTS • Saturday, April 28TH

High Dose Melatonin

Russel J. Reiter, Ph.D. Professor of Cell Biology, Dept. of Cellular and Structure Biology, UT Health Science Center, San Antonio, TX
This presentation will be concerned with the ability of melatonin to prevent the initiation, progress and metastasis of cancer. The mechanisms as to how melatonin exerts these actions will also be discussed. Additionally, the role of melatonin in decreasing the toxicity of standard cancer chemotherapies will be considered along with the role of melatonin in sensitizing drug-resistant cancers to these treatments. Finally, since endogenous melatonin production is inhibited when humans are exposed to light at night, the rationale for avoiding excessive light exposure at night will be considered.

Peptides and Nutrients in "Difficult to Treat Cases"

Rebecca R. Murray, APRN, FNP-BC, CDE Endocrine Nurse Practitioner, Institute for Hormonal Balance, Orlando, FL; Medical Director, Ward-Murray HealthCare Consulting, Groton, CT; Scientific Advisory Board, Designs for Health

Inflammatory Bowel Disease (IBD), such as Ulcerative Colitis and Crohn's Disease, include very "difficult to treat cases" as they involve life-long relapsing episodes of extreme inflammation and pain and commonly suffer nutrient deficiencies. As there is no known cure, treatment entails long term, high dose steroids and "immune modulating" pharmacological agents that have the possibility of negative health consequences.

This lecture will include the testing options for nutrient deficiencies and gut dysbiosis, an overview of nutrients shown to be beneficial in reducing inflammation and restoring a healthy gut microbiome. and will also include the cutting edge role of "peptide therapy" BPC-157 in the healing of the gastrointestinal mucosa.

Optimizing Testosterone Without Using Testosterone in Men

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

It is estimated that one out of four men over 30 years old has low testosterone. Having low testosterone in men is considered a lethal disease with a higher incidence of heart disease, stroke and cancer. The number of prescriptions for testosterone is climbing rapidly. The use of exogenous testosterone is an option however one should

always consider using a treatment that can help with boosting their natural production of testosterone. A review of using DHEA, Clomid, Enclomiphene, HCG, SARM and some new peptides will be discussed.

Gut-Brain Axis and Immune Modulatory Treatments: Restoring "Gut Instinct"

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

Optimal functioning of the brain is dependent upon a healthy gut. The opposite is also true. Perhaps you've heard the saying... "what happens in the gut, does not stay in the gut!" We will look at neuro-endo-immunology as it relates to gut health and brain health. Using case studies, we will discuss diagnostic and therapeutic options for gut healing and neuroprotection.

Brain, Memory, Dementia and How to Protect the Brain

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

Hormone replacement in both men and women is controversial. Primarily this is due to misunderstanding or extrapolation and assumption that is not correct or appropriate. Nevertheless, overwhelming evidence supports the protective effects of estrogen in women and testosterone in men. Despite the inability of the Pharmaceutical Industry to develop a treatment or preventive therapy, the medical literature is overlooked as it is there that we find the prevention of dementia and Alzheimer's Disease. Physicians should be aware of the science that supports the protective effects of hormones on the brain and cognitive function which is ignored and suppressed by our medical societies.

How to Assess and Enhance Cognitive Function, and Prevent Memory Loss

Steven C. Masley, M.D., FAHA, FACN, FAAFP, CNS President, Masley Optimal Health Center, St. Petersburg, FL; CEO, Heart Tune-Up, LLC; Medical Director, Ten Years Younger Program™; Clinical Assistant Professor, University of South Florida, Tampa, FL; Special Program Instructor, Eckerd College and the University of Tampa

Objective: Rates of mild cognitive impairment and Alzheimer's disease are increasing rapidly. None of the current treatment regimens for Alzheimer's disease are effective in arresting progression. Lifestyle choices may prevent cognitive decline. This study aims to clarify which factors best predict cognitive function.

Methods: A prospective cross-sectional analysis of 799 men & women undergoing health and cognitive testing every 1-3 years at an outpatient center. This study utilizes data collected from the first patient visit. Subjects ages were 18-88 (mean = 50.7 years) and were 26.6% female/73.4% male.

Outcome Measures: Measurements were made of body composition, fasting laboratory and anthropometric measures, strength & aerobic fitness, nutrient & dietary intake, and carotid intimal media thickness (IMT). Each subject was tested with a computerized neurocognitive test battery. Cognitive outcomes were assessed in bivariate analyses using t-tests and correlation coefficients and in multivariable analysis (controlling for age) using multiple linear regression.

Results: The initial bivariate analyses showed better Neuro Cognitive Index (NCI) scores with lower age, greater fitness scores (push up strength, VO2max, and exercise duration during treadmill testing), and lower fasting glucose levels. Better cognitive flexibility scores were also noted with younger age, lower systolic blood pressure, lower body fat, lower carotid IMT scores, greater fitness, and moderate alcohol intake. After controlling for age, factors that remained associated with better NCI scores include no tobacco use, lower fasting glucose levels, and better fitness (aerobic and strength). Higher cognitive flexibility scores remained associated with greater aerobic and strength fitness, lower body fat, and moderate intake of alcohol.

Conclusions: Modifiable biomarkers that impact cognitive performance favorably include greater aerobic fitness and strength, lower blood sugar levels, moderate alcohol intake, lower body fat, and avoidance of tobacco. Further studies are warranted to study whether modifying these lifestyle factors improves cognitive function and slows cognitive decline.

Improving Cognitive High Performance: Cognitive Enhancement, Smart Drugs, Neuroplasticity, Brain Stimulators, Wearables, etc.

Paula Martin-Marfil, M.D., MSc Anti-Aging & Stress Management Medicine (Europe-Middle East)

Creativity, memory and attention represent three different cognitive domains, which are interconnected and contribute the "cognitive performance" of an individual. Modern neuroscience has investigated some of the neuronal circuits and of the neurotransmitters and molecular events underlying the above-mentioned cognitive functions. Within this renewed reference context, some of the properties of the components of the remedies to increase mental performance have been studied and validated in experimental models and, to date, these substances are named "smart drugs", "memory enhancing drugs" or "nootropic drugs." Also the application of TMS or neuro/biofeedback to cognitive enhancement appears to be a fruitful area of investigation that may shed light on the basic mechanisms of cognitive function and their therapeutic modulation.

Molds and Mycotoxins: How they affect our brain, and how to treat patients affected by them

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

This evidence based lecture reviews the effects of molds and mycotoxins; a historical medical perspective is explained. How molds grow, an explanation of mycotoxins that affect human health is given and their toxicities presented. The diseases and disorders caused by molds and mycotoxins are described. An explanation of published studies is reviewed. What are the best tests to order to help in diagnosing whether a patient has been affected by molds and mycotoxins, followed by a section on treatment, including natural supplements and probiotics as it affects the gut, where 80% of the immune system resides.

SHORT ABSTRACTS • Sunday, April 29TH

The Triad of Gut Destruction: The Dance of Diamine Oxidase, Zonulin, LPS and Dysbiosis

Cheryl Burdette, N.D. Education Director and Owner, Dunwoody Labs, Dunwoody, GA; Director of Education and Naturopathic Residency Program, Progressive Medical, Atlanta, GA; Faculty, Integrative Medicine Program, George Washington University, Washington, D.C.

A symphony of signaling occurs in the gut which results in immune regulation or inflammation. This lecture will review the interplay between complement activated food reactions, diamine oxidase the enzyme that degrades histamine, and Zonulin a regulator of tight junctions. Understanding the interplay of signaling gives clinical direction for treatment.

The gut is the major interface to the outside world. It is our first line of defense as well as where our first exposure happens. It is where we decide if we are immune tolerant of the world or inflamed by the world. Recent research by Dr. Fassano demonstrates that the inflammatory contribution from the gut results in a host of systemic conditions, from neurologic to autoimmune but even contributing to diabetes and some cancers. He also affirms that movement away from a disease centered paradigm is possible by recognizing underlying processes that are occurring before pathology is evident. We will review highly evidenced biomarkers that map care. The gut is our window to prevention and remission. By addressing the triggers of histamine, pathogens such as LPS and food sensitivities, as well as the body's ability to handle the assault, through enzymes such as diamine oxidase that degrade histamine, we can halt inflammation and truly practice healthcare and promote wellness. This will further ICNM knowledge and practice as the knowledge of biomarkers and their meaning direct clinical practice. Oral immunoglobulin therapy, strains of probiotics and other innovative therapies are specific for targeting the cause of Zonulin alterations and minimized Diamine Oxidase production. This lecture will enhance knowledge around the area of gut and its interplay between obesity, diabetes, and neuroendocrine dysfunction further widening our tools for treatment.

Sexual Enhancers

Michael L. Krychman, M.D. Clinical Associate Professor, University of Southern California, Los Angeles, CA; Medical Director of Sexual Medicine, Hoag Presbyterian Hospital, Newport Beach, CA

The Food and Drug Administration (FDA) has defined an aphrodisiac drug product as "any product that bears labeling claims that it will arouse or increase sexual desire, or that it will improve sexual performance." Presently, there are limited medically approved pharmaceuticals for the treatment of sexual problems in both men and women. Since sexual medical conditions are troublesome and cause significant distress, many individuals currently opt for herbs, supplements and complementary products to help ease the sexual suffering they are experiencing. The aim of this presentation is provide an evidence based scientific overview of the most popular and currently used herbal and supplements, products that are designed for the treatment of sexual problems. The safety and efficacy of animal and plant-based aphrodisiacs, vitamins and minerals, and popular over-the-counter combination supplements will be reviewed. The astute clinician must be able to differentiate between fact and fiction and critically examine the evidence to best help patients in their quest for treatment for sexual complaints. This comprehensive multifaceted approach involves many potential options for treatment including but not limited to medical intervention, conventional medications, herbs/dietary supplements, cognitive behavioral interventions and psychological counseling.

Female Sexual Interest Arousal Disorder

Michael L. Krychman, M.D. Clinical Associate Professor, University of Southern California, Los Angeles, CA; Medical Director of Sexual Medicine, Hoag Presbyterian Hospital, Newport Beach, CA

Hypoactive sexual desire disorder (HSDD) is described as persistent or recurrent deficiency or absence of sexual thoughts, fantasies and/or desire for sexual activity that causes marked personal distress or marked interpersonal difficulties not better accounted for by another primary disorder, drug medication, or general medical condition (DSM IV-TR). With the new revision of the DSM V, researchers now have

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combined both Arousal and Desire Disorders into one combined diagnosis now called Female Sexual Interest Arousal Disorder (FSIAD). FSIAD has diagnostic overlap of both conditions and includes a time duration of symptomatology in the range of 75% to 100% of the time. HSDD may be a condition that is either lifelong or acquired. The woman may experience lowered desire with distress with one partner (situational) or with all partners (generalized). Some clinical studies have estimated that sexual problems encompassing issues surrounding desire, arousal, and orgasm may exist in over 40% of women. However, when one factors in the issues related to personal distress that number decreases and the most prevalent disorder remains HSDD. It is estimated that HSDD has a frequency of approximately ten percent. Women with lowered sexual desire may suffer from lowered sexual self-esteem, poor self-image, mood instability, depression and relationship discord. In addition to these issues, research demonstrates that when sexual activity is satisfying and enjoyable it adds approximately 15-20% of positive value to the relationship. Conversely, when sex is nonexistent or unsatisfying, it disproportionately drains an inordinate amount of value (of about 50-70%). Loss of libido not only affects the psyche of the woman herself but certainly has direct effects on her partner. The woman with HSDD may suffer from underlying mood concerns, and HSDD also has an impact in multiple domains of sexual responsiveness. Diagnosis, evaluation and assessment of sexual complaints is paramount even for the busy health care clinician. Currently there is only one approved pharmaceutical medication approved for the treatment of premenopausal generalized acquired HSSD, named Flibanserin/ Addyi®. While approved, flibanserin has a boxed warning prohibiting alcohol use and explicit concerns regarding adverse events such as hypotension and or syncope. In addition, there are interactions with conventional commonly prescribed medications. Health care professionals and patients alike are utilizing and seeking alternative evidence based therapies to help ease the burden of distressing sexual complaints. A comprehensive and detailed discussion concerning the treatment paradigm for sexual dysfunction is not only timely, but given the growing incidence of sexual complaints in the general population, and the lack of safe and effective treatment options, number of women suffering in silence is growing to staggering proportions. A detailed discussion concerning treatment options will be reviewed discussed during the evidence based scientific lecture: hormones, approved and investigational medications, herbs, vitamins, supplements, lifestyle modifications (diet, exercise, stress and time management). Complementary and alternative therapies that are used to treat sexual problems will also be discussed. Mindfulness, acupuncture and aromatherapy will be reviewed.

Coffee/Caffeine to Improved Health

Kenneth R. Thomas, M.D. *Founder and Medical Director, Thomas Urology Clinic, Starkville, MS; Founder and Medical Director, Complete Health Integrative Wellness Clinic, Starkville, MS; Owner & Roaster, Umble Coffee Co., Starkville, MS*

Coffee is one of the most ubiquitous beverages on the planet and has been for around one thousand years. We drink this magic elixir because we flat out like it and/or enjoy the stimulation caused by caffeine, but is it healthy for us? It wasn't too long ago that doctors cautioned against coffee consumption. We have more data now, and the pendulum is swinging back towards coffee showing long-term health benefits. In this lecture, we'll discuss these health benefits, the factors in coffee that positively and negatively impact our health, and come away knowing what it takes to make a cup of coffee optimized for the health of ourselves and the community we serve.

Optimizing Male Hormonal Output Through the Triangle of Performance: Biochemistry, Exercise and Nutrition

Ali Gilbert *Founder, Metabolic Golf, Cos Cob, CT; Partner, Greenwich DX Sports Labs, Cos Cob, CT; Director of Performance, CLAY Health Club & Spa, Greenwich, CT*

Biochemistry is the one variable fitness professionals do not have control over, yet medical professionals do. Providing there is communication between the two fields, could yield some powerful results for patients from a fat loss and vitality standpoint, as both these professions have a large amount of crossover in terms of information and relevancy.

This talk will focus on bridging the gap between the conventional medical model and the science of metabolism, nutrition and exercise as it is relevant to Men. In order for patients to truly experience ultimate results it requires an amalgamation of both fields within a "triangle of performance" that includes addressing exercise protocols, nutrition/lifestyle, and biochemistry/hormone optimization. In our current 24/7 stressed out society, many men turn to exercise as an outlet. However, it is important to be able to determine what someone can effectively handle from a subjective and objective standpoint, specifically their hormonal health and physical state. If we can determine how to effectively prescribe weight training, cardio and nutrition from a physiological understanding of a person's current hormonal state, we are likely to improve results more so than with one variable by itself.

Ali will draw upon research-based evidence for the type, load, and frequency of exercise that drives hormonal output in men. Ali will cover the current state of male hormonal health, how the male physiology has adapted to the current estrogenic environment, and what can be done from the exercise & nutrition side to help Men live a more optimal life. Attendees will walk away with a practical understanding of how to optimize the relationships of the triangle of performance-lifting, nutrition, and biochemistry in order to forge the highest performing humans.



**E-Journal of
Age Management Medicine**



The **E-Journal of Age Management Medicine** (Editor, Jeff Morris) is published monthly by AMMG. Now in its 12th year, this electronic publication is designed to introduce readers to the specialty of Age Management Medicine, whether they are healthcare professionals familiar with this proactive, preventative approach who have already incorporated it into their practice, or are among those interested in doing so. We acknowledge the medical professionals who have pioneered in this area, and our goal is to provide them and those who will follow in their footsteps with a reliable source of cutting edge news, practical advice and relevant information about Age Management Medicine—with the goal of superior patient care, increased practice revenue and greater job satisfaction. Your comments or suggestions are welcome at journal@AgeMed.org.

CALL FOR ARTICLES AND PAPERS

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

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

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

Faculty Biographies



David Bearman, M.D.

*Practicing Physician, Goleta, CA
Executive Vice President, American Academy of Cannabinoid Medicine*

Dr. David Bearman is one of the most clinically knowledgeable physicians in the U.S. in the field of medicinal marijuana. He has spent 40 years working in substance and drug abuse treatment and prevention programs. Dr. Bearman was a pioneer in the free and community clinic movement. His career includes public health, administrative medicine, provision of primary care, pain management and cannabinology. His almost 40 year professional experience in the drug abuse treatment and prevention field includes being the Co-Director of the Haight-Ashbury Drug Treatment Program, being a member of Governor Reagan's Inter Agency Task Force on Drug Abuse, a member of both the Santa Barbara and the San Diego County Drug Abuse Technical Advisor Committees, and a consultant to Hoffman-LaRoche, Santa Barbara County Schools and the National PTA. He has been recognized by the Santa Barbara Medical Society with the Humanitarian Recognition Award. Dr. Bearman is also the author of "Drugs Are NOT the Devil's Tools: How Discrimination and Greed Created a Dysfunctional Drug Policy and How It Can Be Fixed" in 2 volumes.

Cheryl Burdette, N.D.

*Education Director and Owner, Dunwoody Labs, Dunwoody, GA
Director of Education and Naturopathic Residency Program, Progressive Medical, Atlanta, GA
Faculty, Integrative Medicine Program, George Washington University, Washington, D.C.*

Cheryl Burdette, N.D. is the Director of Education and the Naturopathic Residency program at Progressive Medical. She has been in private practice since 2001. She directs an accredited Naturopathic residency program that is focused on Integrative Medicine and Nutritional Biochemistry. She is the founder and Educational Director of a functional laboratory, Dunwoody Labs, for which she designs clinical profiles and trains clinicians in their utilization. At Dunwoody labs, she is involved in nutritional trials and translational research. She is the Research and Outreach director for Xymogen, an Inc.500 supplement company, and serves on their BOA. She also serves on an independent IRB giving feedback concerning various studies in integrated medicine. She lectures internationally and nationally for groups such as IFM, A4M, MMI, and ACAM. She wrote and designed the curriculum for Advanced Medicine's Academy online certification program in Integrative Medicine. She is called upon yearly to do grand rounds at all the major naturopathic medical schools. She has taught Clinical and Nutritional Oncology at the University of Bridgeport and is part of the faculty at the University of Miami, the first allopathic school to require Integrative Medicine training for MDs. She is also adjunct faculty at George Washington University, the first PhD program in Integrative Medicine.



Andrew W. Campbell, M.D.

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

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

William Clearfield, D.O., FAAMA, DABMA, FAARFM

Medical Director, Clearfield Family Medicine & Ageless Zone Medical Spa, Reno, NV

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 the Nevada Delegate to the American Osteopathic Association's House of Delegates and a member of the Board of Directors of the American Osteopathic Society of Rheumatologic Diseases. He lectures for A4M, the Nevada Osteopathic Medical Association, the Age Management Medical Group, and in a breakthrough for his specialty, was invited to speak at OMED, the American Osteopathic Association's scientific conference in Philadelphia. He along with Dr. Pamela Smith presented a six-hour mini-course on Bioidentical Hormone Therapy.



Faculty Biographies

Florence Comite, M.D.

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

Florence Comite, M.D. is a leader and innovator in the field of Precision Medicine with extensive experience detecting and reversing disease at the cellular level. In 2005, Dr. Comite established the Center for Precision Medicine in New York City, where she integrates and interprets individual genomic, metabolomic, and phenotypic data to provide health analyses and actionable, personalized guidance to some of the nation's top executives, physicians, and clients worldwide. Dr. Comite is a graduate of Yale School of Medicine where she was a faculty member for 25 years and founder of Women's Health at Yale. She is an endocrinologist with multidisciplinary training in Internal Medicine, Pediatrics, Gynecology, and Andrology at the National Institute of Child Health and Human Development, NIH. Dr. Comite contributes regularly to national media outlets, and is the author of Amazon best seller, *Keep It Up! The Power of Precision Medicine to Conquer Low T and Revitalize Your Life!* Dr. Comite has authored numerous peer-reviewed publications. She is currently preparing original research from her Center on the topics of lab variability in biomarker analysis and hypogonadotropic hypogonadism. Dr. Comite was the 2013 recipient of the Alan P. Mintz, M.D. Award for Clinical Excellence in Age Management Medicine.



John K. Crisler, D.O.

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

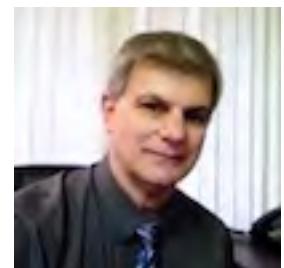
"Dr. John" Crisler is an Osteopathic Physician located in Lansing, MI. Dr. Crisler got his start in hormone modulation and recovery therapies protecting professional and non-professional athletes from the adverse affects of anabolic steroid use. He has distinguished himself in the field of Age Management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



John Cumiskey, D.C., CLSO

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

Dr. Cumiskey is a co-owner of Integrated Laser Solutions, LLC, a laser training company. He is a certified laser safety officer (CLSO) and has been teaching laser science and safety for the past 4 years. He developed a Laser Science and Laser Safety Compliance course that has been approved by the Arizona Radiation Regulatory Agency, which has the most stringent laser safety regulations in the United States. He holds a Bachelor of Science Biology degree and Doctor of Chiropractic degree from the Los Angeles College of Chiropractic. Dr. Cumiskey has a California X-ray Supervisor License (Ionizing Radiation). He has seven years experience in the Physical Therapy field and was in the United States Air Force medical service for seven years.



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

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

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

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Faculty Biographies



Greg Gerdeman, Ph.D.

Chief Scientific Officer, 3 Boys Farm, Ruskin, FL

Dr. Greg Gerdeman is a neuroscientist and educator with expertise in the physiological actions of cannabis and the endocannabinoid system (ECS). His Ph.D. dissertation in Pharmacology from Vanderbilt University was one of the first studies to discover endocannabinoids acting as “retrograde messengers” that regulate synaptic plasticity in the brain, findings that have become a foundation to modern understanding of the ECS and the neuroprotective actions of cannabis. Dr. Gerdeman’s research has been widely cited in the scientific literature, and highlighted in such diverse publications as *Science*, *National Geographic*, *Men’s Health*, and *The New York Times*. He has been a member of the International Cannabinoid Research Society (ICRS) since 1999, and has received research funding through grants from the National Institute on Drug Abuse (NIDA) and the National Science Foundation (NSF). His scholarly research has spanned topics ranging from synaptic physiology of the ECS; behavioral pharmacology of CB1 receptors and their regulation of habitual memories; the physiological activation of ECS signaling in exercise; and the evolutionary comparative biology of cannabinoid receptors through studies on invertebrate marine chordates. Through deep study of the science of cannabis Dr. Gerdeman became a vocal advocate for reclaiming this plant as a safe and effective natural remedy. Over the last 10 years, he has progressively studied the chemical ecology and genetics of cannabis, and the extraction of cannabis biomolecules to create medicinal formulations. He recently resigned a tenured faculty position as professor of biology at Eckerd College (St Petersburg, FL) to become Chief Scientific Officer for 3 Boys Farm: a rainwater harvesting, solar powered, low carbon footprint, USDA certified organic produce farm that is newly licensed to cultivate cannabis in the state of Florida.

Ali Gilbert

Founder, Metabolic Golf, Cos Cob, CT

Partner, Greenwich DX Sports Labs, Cos Cob, CT

Director of Performance, CLAY Health Club & Spa, Greenwich, CT

Ali Gilbert has been committed to achieving excellence in the field of performance training for over a decade. She has become highly sought after for her unique approach to training that includes nutrition and hormone optimization in conjunction with changing body composition. With her passion in optimizing men’s health, her clientele consists of busy elite professionals who aspire to become stronger, optimize testosterone and conquer their nutrition. She lectures nationally on various Hormonal health topics educating both the public and fellow industry professionals. Ali holds a B.S. in exercise science from Springfield College, and holds certifications through the Titleist Performance Institute (TPI) Certified Level 3 Fitness Professional, NSCA as a certified Strength & Conditioning Specialist FMS Certified Level II, CFSC, FRCMs. She is also featured on numerous podcasts and publications on the topic of testosterone and fitness.



Barry Gordon, M.D.

President, Chief Medical Officer, Compassionate Cannabis Clinic, Venice, FL

A 1981 graduate of the Ohio State University College of Medicine and a founding fellow of the American Academy of Emergency Medicine, it wasn’t until decades into his medical career that Dr. Barry Gordon even began hearing the words “endocannabinoid system.” Now Dr. Barry, as he is affectionately known, is at the forefront of the medical cannabis movement. For more than three decades, Dr. Gordon built a career working on the front lines of the American health care system, spending years in Ohio emergency rooms. Opportunity came knocking when he took an early retirement from Alliance Community Hospital in 2015 and relocated to Florida with his wife Patty. He created Florida Vacation Telehealth P.A., which eventually gave birth to the Compassionate Cannabis Clinic. No longer tethered to a large healthcare organization, Dr. Gordon made the decision upon overwhelming passage of the Florida Medical Marijuana Legalization Amendment on November 8, 2016, to begin seeing and treating patients with chronic illnesses using cannabis therapy. Today, Florida is just one of 30 states that recognize the medicinal value of marijuana for the relief of symptoms associated from everything from neurological illness to chemotherapy. Dr. Barry has utilized his undergraduate degree in communications from The Ohio State University to advocate for patients before becoming the owner of the largest medical marijuana practice in Florida. He provides an unique voice and an ability to break down complex medical terminology, whether answering common medical questions or facilitating discussions on complicated ailments.

Mark L. Gordon, M.D.

Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios;

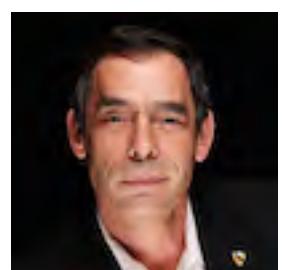
USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA

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 Medial Board of California, he was enlisted as a consultant in Endocrinology, Internal Medicine and Alternative medicine in 2015. Dr. Gordon has been a strong advocate of preventive medicine through the optimization of neuroactive and neurosteroids. He was instrumental in increasing the recognition of Traumatic Brain Injury (TBI) as a cause of hormonal deficiency in the hallmark presentation on ESPN's Outside the Lines (2007). His first book, *The Clinical Application of Interventional Endocrinology* (2008), is recognized by his peers as a dissertation on the standards of care and assessment for Hormone Replacement Medicine. His academic standards and medical knowledge had been recognized by USC, where he holds the position as Voluntary Associate Clinical Professor (1998) in the USC Keck School of Medicine. As medical director of CBS Studios (2001), he has participated in studio projects in addition to outside projects with HBO, CBS, ESPN, CNN, FOX, and a number of international programs. In 2004, Dr. Gordon recognized the association between TBI, hormonal imbalances and neurobehavioral conditions. Since then he has focused intensely on this association lecturing to both national and international organizations. In 2015, he was invited to give his TBI - A Hormone Dysfunctional Syndrome at UCLA under the late Dr. Stephen L. Coles. Dr. Gordon is Medical Director of Millennium Health Centers, Inc. – Medicine for the 21st century, in Encino CA. In 2010 he became the Medical Director of Education for Access Medical Laboratories of Jupiter, FL, helping to promote the newest technologies in laboratory science. In 2015, Dr. Gordon released his newest book, *Traumatic Brain Injury - A Clinical Approach to Diagnosis and Treatment*, presenting the science and his experience treating all precipitating causes of traumatic brain injury in both military, veteran, sports, and civilian populations. Presently, Dr. Gordon has joined with charitable organizations Warrior Angels Foundation and Task Force Dagger to provide services to members of the armed forces both active and veterans.



Faculty Biographies



Todd House, M.D.

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

Dr. Todd House is a partnering physician at the Comite Center for Precision Medicine with a passion for tailoring interventions to optimize healthy longevity. He received his Doctor of Medicine degree from the University of Louisville School of Medicine and is board certified by the American Board of Anesthesiology. A decorated Veteran, Dr. House served the military service for 13 years as a flight surgeon in both the US Navy and US Air Force where he achieved the rank of Lieutenant Colonel. Dr. House is a Kentucky transplant, father of five, and is passionate about meditation and mindfulness.

Michael L. Krychman, M.D.

Clinical Associate Professor, University of Southern California, Los Angeles, CA

Medical Director of Sexual Medicine, Hoag Presbyterian Hospital, Newport Beach, CA

Michael L. Krychman, MDCM, is the Executive Director of the Southern California Center for Sexual Health and Survivorship Medicine located in Newport Beach, CA. He is the former Co-Director of the Sexual Medicine and Rehabilitation Program at Memorial Sloan-Kettering Cancer Center. He also is a clinical sexologist and has completed his Masters in Public Health and Human Sexuality. Dr. Krychman has a degree in Erotology, Sexual Education and Forensic Sexology. Dr. Krychman is also an AASECT certified sexual counselor. He is an Associate Clinical Professor at the University of California Irvine, Division of Gynecological Oncology and the Medical Director of Ann's Clinic, a high-risk program for Breast and Ovarian Cancer Survivors. He is extensively published in both lay and peer reviewed journals and lectures nationally and internationally on sexual health and menopause. He has over 75 peer-reviewed journal articles published and has written eight books. His latest, "The Sexual Spark: 20 Essential Exercises to Reignite the Passion" has recently been released.



Edwin N. Lee, M.D., FACE

Assistant Professor of Internal Medicine, University of Central Florida College of Medicine, Orlando, FL

Founder, Institute for Hormonal Balance

Member, AMMG Conference Planning Committee

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



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

Colonel (Retired), U.S. Army

President and Founder, Brain Health Education and Research Institute

Physician, Cenegenics, Washington, D.C.

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



Dipnarine Maharaj, MB.ChB, M.D., FRCP (Edin.), FRCP (Glas.), FRCPath, FACP

Medical Director, The Maharaj Institute of Immune Regenerative Medicine, Boynton Beach, FL

Dr. Maharaj is a world renowned expert, the Medical Director of The Maharaj Institute, and a leader in the clinical field of Stem Cell Transplantation, Immunotherapy and Regenerative medicine. He was part of the team in Scotland which developed the standard of care for leukemia patients back in the 1980s. Dr. Maharaj has developed several innovative protocols involving Immunotherapy and sees this as the future in the treatment of chronic disease. He has also created a protocol to collect and store an adult's healthy immune system, in case of future need. One of the most exciting areas is in the field of aging. Dr. Maharaj is now working on a clinical trial that will see about 30 study subjects receiving stem cell mobilized fresh frozen plasma from the blood of healthy young donors. The objective of this study is the meaningful and systemic reversal of pathological aging processes and restoration of youthful immune status.

Faculty Biographies

Sheila Malmanis, L.E.

President, MS Skintechnical, Inc., Phoenix, AZ

Sheila Malmanis is a Licensed Aesthetician, President and Founder of MS Skintechnical, Inc., based in Phoenix, AZ since 2001. She was formerly an L.P.N. in the State of Tennessee. Licensed in 1993 as an aesthetician, Ms. Malmanis has 30+ years combined in sales, marketing a product development experience. Sheila has worked with chemists nationwide to develop a line of high quality products, which among its numerous customers has included dermatologists and aesthetics schools. In addition to her own line of products, Ms. Malmanis has developed unique private label products for physicians, spas & salons throughout the USA and internationally.



Paula Martin-Marfil, M.D., MSc

Anti-Aging & Stress Management Medicine (Europe-Middle East)

Dr. Paula Martín-Marfil is a psychiatric specialist and graduate in medicine from the University of Navarra, with a master's degree in Mental Health Research from the Consortium of five Spanish Universities, CIBERSAM (Mental Health Research Spanish Network) and Diplomated in Nutrigenomics and Orthomolecular Medicine from the Spanish Society of Nutrition and Orthomolecular Medicine. She is a member of the International Society of Nutritional Psychiatry Research (ISNPR) and is currently working on her Ph.D. in the field of Stress and Metabolism in the Endothelium and Cardiometabolic Medicine Unit of the Ramón y Cajal Hospital in Madrid. She has a private practice and works between Beirut and Madrid. In her passion for the management of stress, from the control of inflammation, oxidative stress and endothelial dysfunction (for her the physical key of the field of psychiatry), she found Anti-aging Medicine and Stress Management Medicine, beginning her career with Dr. José Sabán, collaborating in his Endothelium and Cardiometabolic Medicine Unit of Hospital Ramón y Cajal, and participating with the chapter "Depressive disorder and endothelial dysfunction, synergies in diagnosis and treatment" in his last treatise "Global Control of Cardiometabolic Risk: endothelial dysfunction as a preferential target". She continued her training in Anti-aging Medicine in Spain with Dr. Ángel Durández, continuing with brief training stays in clinics in the U.S. with Dr. Comité, Mexico (Neovitality, Stress & Sleep Center) and Belgium (Dr. Hertoghe Clinic), to finally start her private practice in Lebanon and Spain. Her work focuses on Stress Management in 3 variants: Anti-aging, Pre/post Surgery and Stress Relief/BurnOut/PTSD, using cognitive performance enhancement with personalized evidence-based medicine programs that include nutrition, exercise, oral and parenteral supplementation, hormonal optimization and psychotherapy. She is also the creator of the BoosterHeal pre/post surgery program for the management of metabolic stress in surgery and the improvement of patient outcomes and recovery.

Steven C. Masley, M.D., FAHA, FACN, FAAFP, CNS

President, Masley Optimal Health Center, St. Petersburg, FL

CEO, Heart Tune-Up, LLC

Medical Director, Ten Years Younger Program™

Clinical Assistant Professor, University of South Florida, Tampa, FL

Special Program Instructor, Eckerd College and the University of Tampa

Steven Masley, M.D. is a physician, nutritionist, trained chef, and has created leading health programs on public television. He is also a Fellow with three prestigious organizations: American Heart Association, the American Academy of Family Physicians, and the American College of Nutrition. He has devoted his medical career to the study of heart disease, nutrition, and aging, and has published numerous articles on these subjects in leading medical journals. His passion is empowering people to achieve optimal health through comprehensive medical assessments and lifestyle changes. He is the president of the Masley Optimal Health Center in St. Petersburg, FL and sees patients from across North America at his clinic. Dr. Masley is also a clinical assistant professor at the University of South Florida. Dr. Masley has published several health books, including Ten Years Younger, The 30-Day Heart Tune-Up, and most recently, Smart Fat. His work has been featured on the Discovery Channel, the Today Show, and in more than 350 media interviews. Plus, millions of viewers have watched his top-rated public television programs on PBS: 30 Days to a Younger Heart and Smart Fats to OutSmart Aging.



Eric I. Mitchell, M.D., MA, FACPE, CPE

President/CEO, TelMed Group, Bangor, ME

Clinical Director, Pine Tree Alternative Pain Clinic, Bangor, ME

Medical Director, AGRIMed Industries, LLC

Medical Director, Hemp Commodity Industries, LLC

Dr. Eric Mitchell is a practicing orthopedic surgeon and sports medicine doctor specializing in pain management. Upon completion of a premed program, he deferred the NBA for entry into medical school. Dr. Mitchell maintained a 30+year private practice in Orthopaedic Surgery and Sports Medicine, with a specialization in Arthroscopic Surgery. He was denoted 'Outstanding Orthopaedic Resident' by the Pennsylvania Orthopedic Society with his creation of the 'E-M Angle of Blount's Disease'. He also has a 10-year history as team physician for four US Olympic Teams covering two Olympics. He is also a certified physician executive. Dr. Mitchell was Senior Vice President of Medical Affairs for the inner city three-hospital network of North Philadelphia Health System. He initiated quality assurance programs of prevention, education and treatment (Q-PET) to provide a more equitable healthcare system for all citizens. He has traveled and lectured nationally and internationally. Dr. Mitchell's military career spanned 23 years and moved from Captain to the highest field grade officer position of Colonel in the United States Army Reserve and also served as a Deputy Inspector General at the Pentagon. The colonel (ret.) commanded two combat support hospitals. He was called to active-duty three times. Dr. Mitchell has been featured in numerous newspapers and magazines, including Ebony magazine, Physician Executive magazine, and the Philadelphia Daily News, is a published coauthor in major medical journals, and the author of "The Flow of Life: Keeping the Dream Alive."

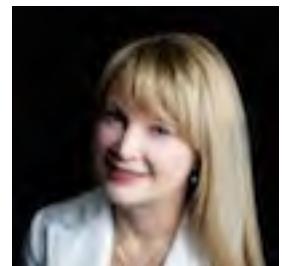
Cherie Morgan, R.N.C., N.P.

Owner and Clinical Director, Skin + MedSpa, San Dimas, CA

Senior Clinical Trainer, Cynosure Lasers

Clinical Advisor, Omni Biomedical, Phoenix, AZ

Cherie Morgan, RNC, NP has been an Aesthetic and Clinical Laser Trainer since 2003 in over 2000 facilities. Cherie has also performed private aesthetic and laser treatments since 1997 and holds certification for over 35 laser, IPL and RF devices. Cherie co-founded and is Clinical Director of Integrated Laser Solutions and is a California BRN Continuing Education Provider. Other affiliations include Member and Invited Faculty Speaker for Advanced Aesthetic Education Group, American Society for Laser Medicine & Surgery and Medical Advisor for Omni Bioceutical Innovations.



Faculty Biographies



Rebecca R. Murray, APRN, FNP-BC, CDE

*Endocrine Nurse Practitioner, Institute for Hormonal Balance, Orlando, FL
Medical Director, Ward-Murray HealthCare Consulting, Groton, CT*

Rebecca Murray is a board-certified Family Nurse Practitioner who specializes in Functional Medicine and Endocrinology. After graduating from Columbia University, she spent the first 12 years of her career in Critical Care Medicine, overseeing the care of patients with debilitating medical conditions that most often could have been prevented. In 2001, she joined and eventually became the Medical Director for CT Holistic & Integrative Medicine in Groton, CT, where she specialized in the prevention and treatment of Metabolic Syndrome, Diabetes, Autoimmune Diseases, and Risk Reduction of Hormonally-Related cancers. In 2016, she joined Dr. Edwin Lee, a renowned Functional Medicine Endocrinologist, at the Institute for Hormonal Balance in Orlando, FL, where she focuses her practice as an Endocrine Nurse Practitioner on the optimization of hormones across the lifespan, including hormonal imbalances that contribute to infertility, early pregnancy loss, and premature births. She follows her passion for sharing the “constantly evolving” knowledge of functional medicine by lecturing both nationally and internationally on the topics of Insulin Resistance, Diabetes, Obesity, Adrenal and Thyroid Dysfunction, and Hormonal Imbalances that decrease one’s quality of life.

Michael Nova, M.D.

Chief Innovation Officer, Pathway Genomics, San Diego, CA

Dr. Michael Nova is Chief Innovation Officer and co-founder of Pathway Genomics. He is the inventor of the Pathway-IBM/Watson Machine Learning A.I. mobile platform: OME; and the entire Wellness (Pathway FIT/Healthy Weight, SkinFIT), Cardiac and Mental Health line of genetic testing products for Pathway. Dr. Nova's scientific career began as a research associate at the Salk Institute in the laboratory of Nobel Laureate Roger Guillemin, where he studied the genetics and proteomics of human growth factors and cancers. He was previously the founder and CEO of Discovery Partners Inc., which completed a successful \$150M IPO and marketed wireless drug discovery technology and radio frequency combinatorial chemistry to large pharmaceutical companies. Intellectual property developed by Dr. Nova at DPII included the original “barcode on bead” patents used by many diagnostic and DNA companies. He then founded the wireless sensory network company Graviton. Dr. Nova is also the 2005 World Economic Forum (WEF) Technology Pioneer Award Winner; and the physician of record on the first person ever to have their entire genome sequenced by Illumina (2009). He is a member of the IBM Watson Advisory Board, the Metagenics Scientific Advisory Board, the Salk Institute NeuroAI group, and the Longevity Org Advisory Board. Michael has given 100's of seminars, talks, and interviews at venues around the world on subjects including genetics, machine learning, and mobile big data. Dr. Nova has over 30 issued, and 45 pending patents; and he has numerous publications in peer-reviewed journals. With degrees in Computer Science, Biochemistry, and Medicine, Dr. Nova is a Board-certified Dermatopathologist licensed in California.



Kathy O'Neil-Smith, M.D., FAARM

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

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



Ivan Ozerov, Ph.D.

Director, Drug Discovery, Aging and Age-Related Diseases, Insilico Medicine, Inc.

Dr. Ivan Ozerov is Director, Drug Discovery, Aging and Age-related diseases, at Insilico Medicine, a Baltimore-based leader in the next-generation artificial intelligence and blockchain technologies for drug discovery, biomarker development, and aging research. Ivan graduated from Lomonosov Moscow State University in 2010 and defended his Ph.D. in radiobiology in 2015. Ivan’s Ph.D. thesis was related to kinetic modeling of the cellular pathways affected by exposure to ionizing radiation and cellular senescence. Ivan joined the international team of Insilico Medicine, Inc. in 2015 through winning the bioinformatics hackathon in Russia. Since 2015 Ivan has developed the novel state-of-the-art tool for ‘omics data analysis on the level of cellular signaling pathways (iPANDA). The team led by Ivan has successfully developed and launched Young.AI, an AI-powered platform integrating multiple biomarkers of human age in order to manage personal health, track changes overtime and optimize people’s lifestyles.



Jordan R. Plews, Ph.D.

Chief Scientific Officer & Co-Founder, XytoGen Biotech

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

Faculty Biographies

Julie Quijada, M.A., CLT

Regenerative Skin Care, Skin Beautiful, Scottsdale, AZ

Julie Quijada is an experienced skin care professional who uses her nursing background and over 24 years in the medical field to make sure she provides strategic advantages to getting and maintaining healthy regenerated glowing skin with minimal downtime. Julie has an extensive teaching background including high risk pregnancy/crisis intervention. She moved into the aesthetic field about 20 years ago and soon became an educator in Laser training/pre- post-op care and microdermabrasion. Treating the skin and getting it to optimal health both pre- and post-op is an important part of the equation, and using microdermabrasion is an important tool. Learn how to complete a treatment and answer all patient questions.



Russel J. Reiter, Ph.D.

Professor of Cell Biology, Dept. of Cellular and Structure Biology, UT Health Science Center, San Antonio, TX

Dr. Russel J. Reiter is Professor of Cell Biology in the Department of Cellular and Structure Biology at the UT Health Science Center, San Antonio, TX. In addition to his Ph.D. degree, Dr. Reiter has received three honorary M.D. degrees and one honorary D.Sc. degree from international

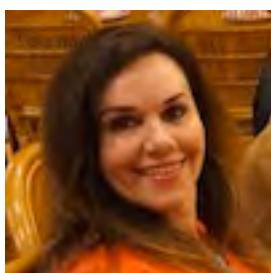


universities. His research relates to the multiple receptor-independent and receptor-dependent actions of melatonin in humans, animals and plants. He has trained 25 Ph.D. students and 144 postdoctoral fellows. Dr. Reiter has received numerous awards for his research including the A. Ross McIntyre Gold Metal (USA), the US Senior Scientist Award (Germany), Lizoni Lincee Award (Italy), Inaugural Aaron B. Lerner Pioneer Award (USA), Chulabhorn Royal Academy medal (Thailand), etc. He has published numerous research papers, reviews and chapters and he has written or edited 25 books. According to Google Scholar, his papers have been cited in the scientific literature more than 113,000 times and his h-index is 164. Thomson Reuters has identified Dr. Reiter as a Highly Cited Scientist (top 1%) and lists him as one of the World's Most Influential Scientific Minds-2014. Dr. Reiter has been an invited speaker at more than 300 international meetings and symposia. He is the Editor-in-Chief of the Journal of Pineal Research (2016 impact factor = 10.391) and he is or has been on the Editorial/Advisory Board of 26 other journals.

Neal Rouzier, M.D.

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

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



Bertica M. Rubio, M.D.

Medical Director, Antiaging Regenerative Medicine Clinic, Redlands, CA

Medical Advisor, Rejuvenate Image Restoration, Refine and AQ Skin Solutions

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



Giovanni Santostasi, Ph.D.

Chief Scientific Officer, DeepWave Technologies, Encinitas, CA

Giovanni Santostasi received a Ph.D. in Astrophysics from Louisiana State University. He is interested in the study of consciousness, intelligence, and memory. He also studies the role of sleep in processing and storing memories. His research areas include computational neuroscience, neural networks, and biophysics. His work includes patent pending IP developed at Northwestern University with the goal to augment deep, restorative sleep and enhance memory consolidation, in particular for the elderly.

Faculty Biographies

George C. Shapiro, M.D., FACC

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

Founding Partner, Cenegenics, New York City

Member, AMMG Conference Planning Committee

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

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.



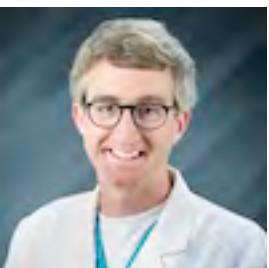
Kenneth R. Thomas, M.D.

Founder and Medical Director, Thomas Urology Clinic, Starkville, MS

Founder and Medical Director, Complete Health Integrative Wellness Clinic, Starkville, MS

Owner & Roaster, Umble Coffee Co., Starkville, MS

Kenneth Thomas, M.D. is a board-certified urologist providing healthcare in Mississippi, our nation's most unhealthy state. He has a passion for Age Management Medicine as he sees this can make a significant positive impact on the community he serves. This led him to create CompleteHealth Integrative Wellness Clinic where he focuses on hormones, weight management, nutrition, exercise, sleep and mental health. He also writes a weekly Health and Wellness article that is published in two-thirds of Mississippi's major newspapers including The Clarion Ledger, a USA Today affiliate. He also has a passion for fresh-roasted specialty coffee and understands the health benefits it provides. This led him to create Umble Coffee Co., an online subscription-based coffee company for individuals and businesses. He won an international coffee roasting award from the Roasters Guild in 2017.



Steve E. Warren, M.D., DPA

Medical Director, Regenerative Stem Cell and Wellness Center

Steven E. Warren, M.D., DPA is a practicing regenerative medicine specialist. He is board certified in family medicine, hospice and palliative medicine, and addiction medicine. He graduated with a medical degree from George Washington University as well as a doctorate in public administration. He completed a residency in family medicine and preventive medicine. His current practice involves stem cell therapies, IV infusions, and alternative pain management therapies. He practices in Bountiful, Utah.

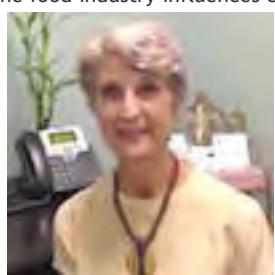


Betty Wedman-St. Louis, Ph.D.

Private Practice, Specializing in Renal Disease, Digestive Disorders, Food Allergies, Diabetes, Environmental Illness

Betty Wedman-St. Louis, Ph.D. is a licensed nutritionist specializing in digestive diseases, diabetes, cancer and environmental health issues who has been a practicing nutrition counselor for over 40 years. Her BS in Foods & Business from the University of Minnesota introduced her to how the food industry influences eating habits. Dr. Wedman-St. Louis completed her MS in Nutrition at Northern Illinois University where she studied

the relationship between prolonged bed rest and space flight weightlessness nutrient requirements. She had a private practice at the Hinsdale Medical Center before completing her Ph.D. in Nutrition & Environmental Health from The Union Institute in Cincinnati. Dr. Wedman-St. Louis completed her doctorate internship at WUSF-Tampa in Multi-Media Production for distance learning and online course development. Dr. Wedman-St. Louis is the author of numerous published articles on current nutrition topics including bariatric surgery, lectin toxicity, phosphates in food, folate, Vitamin B12, seafood nutrition, alpha lipoic acid and diabetes. She has authored columns for The Hinsdale Doings, Chicago Sun Times and Columbia Missourian and has taught undergraduate and graduate courses on nutrition. She has written a personal health column for the Tampa Bay Times and maintains a private practice in Pinellas Park, Florida. Her website is www.betty-wedman-stlouis.com.



Exhibitor Directory

AMMG would like to acknowledge the valuable contributions of our Sponsors and Exhibitors.

Their commitment to our common goals and the growth of the medical specialty of Age Management Medicine is greatly appreciated.

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Acella Pharmaceuticals, located in Alpharetta, Ga, strives to deliver quality products at affordable prices, thus bringing value to our customer base while providing savings and choice to patients nationwide. Our leadership team, with nearly a century of combined industry experience, is able to leverage a knowledge and understanding of the complexities of the prescription drug industry to bring to market high-quality products at reasonable price points.

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Phone: 800-995-4363 Fax: 800-985-4363

AnazaoHealth is a full-service nationwide compounding pharmacy, with both a 503A Traditional pharmacy and a 503B FDA-Registered Outsourcing Facility. We provide patient-specific and office-use preparations that are not commercially available for Aesthetics, Age Management, HRT, Men's and Women's Health, Mesotherapy, Urology, Vitamin Injectables, Weight Management and more.

APS Pharmacy

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Website: APSmuds.com Email: newphysician@APSmuds.com

Phone: 727-787-4137 Fax: 727-330-7840

APS Pharmacy specializes in compounding medication specifically for individuals. APS Pharmacy is USP 797 and 795 compliant for sterile and non-sterile preparations. Products are tested by independent third-party labs and in-house. Your medication is safe, reliable, and affordable.

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Phone: 800-525-9473 Fax: 866-415-2923

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Boston Heart Diagnostics

175 Crossing Blvd., Suite 100, Framingham, MA 01702

Website: www.bostonheartdiagnostics.com Email: info@BostonHeartDX.com

Phone: 508-877-8711 Fax: 508-877-8707

Boston Heart Diagnostics is transforming the treatment of cardiovascular disease by providing healthcare providers and their patients with novel, personalized diagnostics and integrated customized lifestyle programs that have the power to change the way clinicians and patients communicate about disease and improve heart health. Boston Heart looks beyond the "good" and "bad" cholesterol assessment that conventional labs provide to give a more complete picture of heart health. Founded by renowned cardiovascular researchers and led by seasoned lab and diagnostic executives, Boston Heart is one of the fastest growing health companies in the country. For more information on Boston Heart Diagnostics, please visit www.BostonHeartDiagnostics.com

Cardio Group

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Website: www.thecardiogroup.com Email: Melissa@thecardiogroup.com

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The Cardio Group is the leader in Pulse Wave Analysis technology. The Max Pulse cardiovascular device is a three minute functional diagnostic specific to endothelial function, arterial elasticity, eccentric constriction as well as remaining blood volume valuations. The test can be administered by a staff member and is reimbursed between \$81 and \$105. Within three minutes the patient and clinician are presented with valuable information regarding cardiovascular risk factors. The clinician may use this objective data to prove clinical efficacy, improve patient compliance as well as prove medical necessity for upper level diagnostics.

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Center for Regenerative Medicine

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Website: www.tenscam.com Email: Ccrosby1@aol.com

Phone: 407-823-9502

Crosby Advanced Medical Systems is the manufacturer and distributor of several devices using CAMS technology. These devices through creative engineering and quantum physics revolutionize the treatment of most pain and age related diseases. The treatments are painless, quick and non-invasive. You're invited to come to our booth for a personal demonstration.

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Crystal Clear Digital Marketing offers a complete Digital Marketing System: from Search Engine Optimization, Search Engine Marketing, Social Media Engagement, Websites, Email Marketing, Mobile & Text Marketing, Patient Relationship Management and so much more! Crystal Clear does most of the work so local practices don't have to.

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Website: www.dermasweep.com Email: customerservice@dermasweep.com

Phone: 916-632-9134 Fax: 916-630-9125

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Website: designsforhealth.com Email: info@designsforhealth.com

Phone: 860-623-6314 Fax: 206-333-0408

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Phone: 678-736-6374 Fax: 770-674-1701

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Phone: 832-678-4417 Fax: 832-678-4419

Empower Pharmacy is a FDA Registered 503B outsourcing facility and compounding pharmacy. With state-of-the-art facilities that tout the latest cGMP equipment, cleanrooms, environmental controls, and professional staff we are proud to be a leader in the compounding pharmacy industry. We specialize in Weight Management, Anti-Aging, Hormone Replacement Therapy.

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Website: www.Evexias.com Email: info@evexias.com

Phone: 844-4-EVEXIAS Fax: 877-673-1167

EVEXIAS Health Solutions is an organization that is dedicated to providing comprehensive, integrative, medical diagnostics, technologies, and individualized therapies in a cash-based business model. Exceptional Medical Training, Integrative Business Systems, Innovative Products and Marketing Systems, Superior Patient Outcomes.

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GAINSWave™ provides a revolutionary non-invasive treatment for erectile dysfunction and is the only FDA cleared technology in the United States. The GAINSWave™ protocol improves sexual performance and in some cases has even cured ED. Utilizing GAINSWave™ training, medical protocols, and turn-key marketing solution is a great cash generating revenue source that's a win-win for patients and providers.

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Phone: 561-972-1122

HCPN Alliance offers an end-to-end solution of objective assessment, nutrigenomics, and product solutions coupled with the ability to monitor a patient's progress while adding significant cash revenue to the practice. The program utilizes a small, in-office, non-invasive biometric device, with lab equivalent test results provided in real-time. This technology is revolutionary and changing the way physicians make nutrition and nutrigenomic recommendations to improve tissue regeneration, inflammation and the overall health of the patient. Featured on the Discovery Channel, Yale University, and Corporate Wellness programs. Contact Dr. Stephen Moore at 561-972-1122 or drsteveotg@gmail.com to get started or to learn more.

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Microbiome Labs was originally established as Physicians Exclusive in 2013 as an organization focused on providing probiotic bacteriotherapy. In the past several years our business model has grown and so has public awareness for gut health issues. Microbiome Labs comes to you as an all inclusive resource center designed to address the needs of physicians and health care practitioners.

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Exhibitor Directory

Olympia Compounding Pharmacy

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Website: www.olympiapharmacy.com Email: dan@olympiapharmacy.com

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Website: www.refineusa.com

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Refine USA, LLC located in Jacksonville, FL has been a market leader in manufacturing and distribution of premier aesthetic technologies for over a decade. We pride ourselves in designing and developing medical devices that meet the clinical and financial needs of aesthetic health care providers. The Rejuvapen® Automatic Therapy System, and the Purespin PRP® System are just a couple examples of our "market changing" technologies.

Rhein Consulting Laboratories

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Website: www.rheinlabs.com Email: ingridnordt@rheinlabs.com

Phone: 503-292-1988 Fax: 503-292-2012

Rhein Consulting Laboratories is an independent, research-driven facility specializing in state-of-the-art, cost-effective assessment of sex and adrenal hormones. Assayed in a 24-hour urine, rather than saliva or spot urines, RCL's results are clinically relevant, accurate, reproducible, and widely accepted scientifically.

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seca

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Website: www.mbcaseca.com Email: info.us@seca.com

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Phone: 800-227-5227 Fax: 713-621-3234

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200 Moore Drive, Nicholasville, KY 40356

Website: www.tailormadehealth.com Email: Admin@tailormadehealth.com

Phone: 859-887-0013 Fax: 859-406-1242

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2 Marsh Court, Madison, WI 53718

Website: www.womensinternational.com Email: info@womensinternational.com

Phone: 800-279-5708 Fax: 800-279-8011

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Unlike name brand medications our prescriptions are compounded to meet patient specific needs as directed by a licensed medical practitioner. Our consulting pharmacists are available to answer technical questions from healthcare practitioners, clinic staff and patients.

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Xymogen

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Website: www.xymogen.com Email: info@xymogen.com

Phone: 800-647-6100 Fax: 407-445-7227

Xymogen, a family owned health sciences company, has introduced numerous innovations to the functional medicine community, providing high-quality dietary supplements to licensed healthcare practitioners for more than a quarter century. Its Medical Board of Advisors consists of clinical practitioners who represent a broad range of specialties. For information, visit www.xymogen.com.

ZyCal Bioceuticals Healthcare Co.

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Website: www.zycalbio.com Email: marketing@zycalbio.com

Phone: 888-779-9225 Fax: 888-373-0594

ZyCal Bioceuticals Healthcare Company, Inc. is the manufacturer of Ostinol™ brand products - powered by Cyplexinol®; an all-natural, partially hydrolyzed collagen complex with its associated proteins including Bone-Morphogenetic Proteins (BMPs). Ostinol™ is the first all-natural protein complex proven to grow new bone and cartilage tissue while helping fight inflammation. Ostinol™ doesn't just fortify like traditional supplements do; calcium, glucosamine and chondroitin ... Ostinol stimulates the stem cells that grow new, healthy tissue, helping improving YOUR bone and joint health! Visit us at our booth at AMMG to learn about our science & more about all the fine products from ZyCal Bioceuticals Healthcare Company, Inc.

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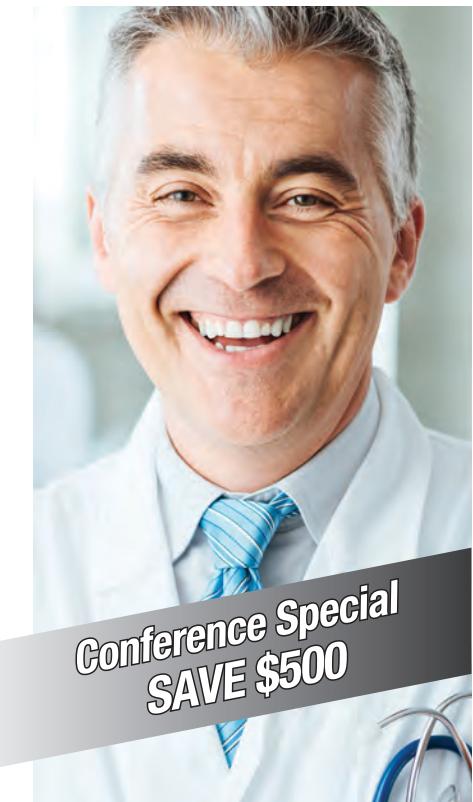
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Certification in Age Management Medicine is a multidisciplinary, advanced course that covers the foundational principles and progressive tools to help certified physicians stay on the leading edge of this rapidly evolving, ever-expanding medical specialty. It's an exceptional program, marked by its contributing experts from a variety of medical fields—hormones, nutrition, exercise, patient assessment—and applications for 21st century clinical innovations, such as genetic testing and personalized medicine.

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



To apply or get more information visit our Conference Registration Desk,
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We will teach you how to build a medical weight loss business that will dramatically increase your age management practice. With over 30 years of industry experience, our turn-key complete business system will help you get more patients through the door and convert them to your other services, as well as help your current patients lose weight. Transform and improve your practice, and your patients' lives!

Ten reasons business owners choose Healthy Habits:

- | | |
|--|--|
| 1 Speed of Implementation
(Most up and running within 60 days) | 6 Corporate Staff Trainers
(You get a team of people to train your staff) |
| 2 Effective Marketing
(Don't learn the hard way) | 7 Discounted Lab Account
(Wholesale pricing on high quality diagnostic testing) |
| 3 Less Costly Mistakes
(We've made most of them & have learned from them) | 8 Business Partners
(We provide the resources you need to be successful) |
| 4 Training Portal
(Save time & headaches training staff) | 9 Rewarding and Profitable Business
(Make a difference in the battle against obesity) |
| 5 Structured Weight Loss Program
(Successful for the past 30 years) | 10 Grows Other Services
(Strong conversion rates to your other services) |

Enhance Your Medical Weight Loss Business with our Diamond Laser

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- Increase Your Cash Revenue
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