



Anti-Aging Medicine Specialization



CREATED IN 2002
 6TH YEAR PROGRAM

THE MOST COMPLETE ANTI-AGING MEDICINE COURSE IN THE WORLD
 OVER 1000 STUDENTS FROM 70 NATIONALITIES

Paris, APRIL 5-6-7-8-9-10, 2008

6-day Seminar

Palais des Congrès Paris - FRANCE



AMONG THE INTERNATIONAL SPEAKERS

Dr Bill ANTON (Australia)	Dr Mario KRAUSE (Netherlands)	Dr Michel PERRING (UK)
Dr Benoit CLAEYS (Belgium)	Dr Bruno LACROIX (France)	Dr Steve RAY (USA)
Dr Claude DALLE (France)	Dr Hansjoerg LAMMERS (Germany)	Dr Stéphane RÉSIMONT (Belgium)
Dr John DUNPHY (Ireland)	Dr M. Christine LHERMITTE (Belgium)	Dr Erik-Alexander RICHTER (Netherlands)
Dr Murphy DUNHILL (Ireland)	Dr John Van LIMBURG (Belgium)	Mr Thierry SOUCCAR (France)
Dr Pascal GERARD (France)	Dr Maciej MALECKI (UK)	Dr Suzie SCHRUDER (U.S.A)
Dr Monica GOLKOVA (Czech Republic)	Dr Sohail MANSOOR (UK)	Dr Gina VAN BOGAERT (Belgium)
Dr Malgorzata GODZIEJEWSKA Z. (Poland)	Dr Anna MODELSKA ZIOLKIEWICZ (Poland)	Dr Eric VAN GUYSE (Belgium)
Dr Thérèse HERTOGE (Belgium)	Dr Jean MONRO (UK)	Prof. Emar VOGELAAR (Netherlands)
Dr Thierry HERTOGHE (Belgium)	Prof. Kenny de MEIRLEIR (Belgium)	Dr Adrian ZENTNER (Australia)
Dr Christophe de JAEGER (France)	Prof. Imre Zs. NAGY (Hungary)	Dr Alain WALRAVENS (Belgium)
Dr Laurent JACOB (France)	Dr Ascanio POLIMENI (Italy)	And many others prominent speakers...

AAMS course - Purpose:

The **AAMS** program (Anti-Aging Medicine Specialization) is a **2-year PROGRAM (200 Hours)** for an international **Post-University Certificate** in Anti-Aging Medical Therapeutics for physicians with leading international Speakers.

It consists of:

- A **Theoretical Part** of two **6-Days** Seminars, it is necessary to attend these seminars (**100 Hrs**) to be qualified for the first **Theoretical Year**
- A **Second Practical Year** where **100 Hours** of participation are requested, several options exist to complete these required number of hours: Attendance to Practical Seminars - Training in the practice of an Anti-Aging supervisors (list upon request) - Participation to accredited national and international congresses.

Next to the global certificate for the global **Anti-Aging Medicine Specialization**, participants receive a separate certificate for each seminar they attend.

AAMS is a continuous course repeating each year, whenever you join, you can continue your training and attend the next sessions of the Seminars you may have missed.

AAMS Program can be joined at any time, and you can do parallelly both Theoretical and Practical if you want to finish the complete cycle in a shorter period.

For those who have joined late the **First Theoretical cycle** it is the opportunity to prepare their second Year of attendance.

How to do it?

Theoretical post-university course

Choose your days of attendance mentioning whether it is THEORETICAL or PRACTICAL (when proposed). You can get your **100 Hours** of Theoretical by participating to the **two 6-DAY** Seminars. And then complete the **100 Hours of Practical** by attending the corresponding courses and congresses.

Purpose of the Anti-Aging Medicine Specialization:

- Provide more practical information to physicians on how to efficiently and safely practice Anti-Aging medicine.
- Provide university level efficient courses with complete theoretical and practical information on each important topic of Anti-Aging medicine.
- Provide certificates that attest the attendance of a physician to such courses, his participation in practical sessions and, following the level of competence a physician has achieved, attest the successful passing of a board exam on the entire field of Anti-Aging medicine.

Who may attend?

Only licensed physicians may attend the full 2-year program as the successful passing of the written exam acknowledges that the physician has an adequate formation to prescribe Anti-Aging therapies (including hormone replacement therapies). The 1st Theoretical year may be attended by other health professionals after request and acceptance by the college of speakers.

Certificates

Four different kinds of certificates will be awarded:

- "**Certificate of attendance**" to each seminar.
- "**Certificate of Post-University Education in Anti-Aging Medical therapeutics - Theoretical**" delivered after the first year of attendance to the theoretical year
- "**Certificate of Post-University Education in Anti-Aging Medical therapeutics - Practical**" after the accomplishment of the second more practical year (over 100 Hrs - No Examination)
- "**Certificate of Post-University Education in Anti-Aging Medical therapeutics**" - **Theoretical & Practical - 2 Years**" delivered after following the complete program and successfully passing of the **FINAL EXAMINATION**.

Final Exam After the 200 Hrs training a final exam has to be successfully passed to obtain the complete **Certificate in Anti-Aging Medical therapeutics**.



AAMS SEMINAR PROGRAM

SATURDAY 5

8h30-10h30

- How to treat older patients with hormones
- How to treat children with hormones
- How to treat pregnant and breastfeeding women with hormones
- How to avoid or overcome burn out syndromes

10h30-10h50

Break

10h50-12h40

- Mild cortisol deficiency syndrome: signs, symptoms, lab tests, age-related diseases
- Safe cortisol replacement therapy
- How to solve problems during glucocorticoid treatment

12h40-14h

Lunch

14h-15h50

- Treatment of aldosterone deficiency
- Progesterone therapy in men: all about it

15h50-16h10

Break

16h10-18h

- How to treat jet lag problems with aldosterone, cortisol, melatonin, light and activity
- Treatment of pregnenolone deficiency
- Interactive session

SUNDAY 6

8h30-10h30

- The hormone deficiencies of famous people
- Testosterone therapy in women: physiology, deficiency symptoms and signs, age-related diseases, the better treatments

10h30-10h50

Break

10h50-12h40

- Herbal treatments of hormone deficiencies, Phytoestrogens, flavonoids, licoricea, and many more

12h40-14h

Lunch

14h-15h50

- Testosterone: physiology, actions
- Male Testosterone deficiency syndrome: signs, symptoms & lab tests
- Testosterone deficiency & age-related disease
- Use and uselessness of lab tests in the evaluation of testosterone deficiency in men
- Treating testosterone-deficient men with lab tests within the reference range: the scientific data
- Testosterone treatment: overview

15h50-16h10

Break

16h10-18h

- Testosterone treatment: preferred treatments
- Testosterone and diabetes, obesity
- Testosterone and prostate cancer risk
- How to solve problems that may occur during testosterone treatment?

MONDAY 7

8h30-10h30

- Calcitonin therapy increases bone density & reduces vertebral fracture pain and non fractural back pain
- Parathyroid treatment against osteoporosis
- Oral insulin treatment for uses other than glycemic control: to increase muscle mass, etc.

10h30-10h50

Break

10h50-12h40

- HCG treatments: improved method to treat testosterone deficiency, HCG for improvement of sperm count, HCG treatment of obesity, etc.
- Leptin treatment
- Relaxation & hormone levels
- Ghrelin: its significance

12h40-14h

Lunch

14h-15h50

- Cholecystokin treatment
- Thymus extracts or thymosidine injections
- Glucagon treatment

15h50-16h10

Break

16h10-18h

- The medical board workshop that may save your license

TUESDAY 8

8h30-10h30

- Genetic typing: basic principles and info
- Genetic polymorphisms predisposing to Alzheimer's disease and other neurological disorders: prevention and treatment
- to cardiovascular diseases
- to obesity

10h30-10h50

Break

10h50-12h40

- to prostate cancer
- to osteoporosis
- to breast cancer
- to rheumatoid disorders: prevention and treatment

12h40-14h

Lunch

14h-15h50

- Do genetic polymorphisms of longevity exist?
- Intensive Practical session on genetic typing

15h50-16h10

Break

16h10-17h

- Nonhormonal treatments of sexual senescence in men
- Nonhormonal treatments of sexual senescence in women
- Please sign the evaluation forms

WEDNESDAY 9

8h30-10h30

- The importance of staying lean for health and longevity: scientific studies
- Diets to loose weight (Atkins, Zone, Pritkin, Diamond, Mayr, Fruit &/or vegetable juice diet, paleolithic diet, high protein, ..)
- Why do we always get back the fat we loose and how to overcome it
- Water: longevity effects

10h30-10h50

Break

10h50-12h40

- Toxic drinks: detrimental effects on health
- Toxic food (food additives, alcohol, pesticides, overheated food, wrong type, etc.)
- The psychology of obesity

12h40-14h

Lunch

14h-15h50

- The good foods & food habits to increase longevity
- Stress: adverse effects on health
- Negative emotions that make you live less: depression, anxiety,

15h50-16h10

Break

16h10-17h00

- Positive emotions that make you live longer: optimism, love, spirituality, belief in higher values
- The psychology of centenarians

THURSDAY 10

8h30-10h30

- Systemic and non systemic use of stem cells in humans
- Where do the stem cells go if injected systemically
- Stem cells to cure haematological disease What are the good products
- Can stem cells become malignant cells?

10h30-10h50

Break

10h50-12h40

- Neurodegenerative disorders: prospects with stem cells transplants or stem cell secreted products
- Skin aging & skin disorders ; the hope of stem cells with local injection
- Treating insulin resistance by food adaptation (better choices, food allergies tests for weight loss)
- Intermittent fasting: its value for longevity and weight control
- How to treat a massive obese person

12h40 -14h

Lunch

14h-16h15

- The Diets of long life: part
- False claims in food industry
- The milk paradox

SATURDAY 5		PRACTICAL SESSION
NUTRITIONAL THERAPIES:		
8h30-10h30	• Memory loss & nutrients: review • Neurodegenerative diseases & nutrients	
10h30-10h50	Break	
10h50-12h40	• Macular degeneration & nutrients • Schizophrenia & nutrients: • Increasing muscle mass and reducing fat mass with nutritional supplementation	
12h40-14h	Lunch	
14h-15h50	• Fatigue, energy & nutrients: review • Depression & nutrients: review	
15h50-16h10	Break	
16h10-18h	• Sexuality & nutrients: review • Sleep & nutrients: review • Anxiety & nutrients: review	
SUNDAY 6		
8h30-10h30	• Aging, age-related diseases & oxidative stress: the studies that show a relationship • Oxidative stress & its markers profile: lab tests • The major anti-oxidants: a recap	
10h30-10h50	Break	
10h50-12h40	• Osteoporosis & nutrients Rheumatoid disorders & nutrients Infections & inflammation & nutrients	
12h40-14h	Lunch	
14h-15h50	• Prostate Cancer & nutrients: review • Breast cancer & nutrients: review	
15h50-16h10	Break	
16h10-17h	• Diabetes & nutrients • Coronary heart disease, Arterial hypertension, hyperlipidemia & nutrients	
MONDAY 7		
8h30-10h30	• Sodium bicarbonate treatment • Cancer: the yeast connection	
10h30-10h50	Break	
10h50-12h40	• Sodium bicarbonate & treatment of yeast infection • Consuming deuterium depleted water: may it help to solve cancer, diabetes, aging?	
12h40-14h	Lunch	
14h-15h50	• Newest studies on genetic polymorphism • Intensive Practical session on genetic typing: part 1	
15h50-16h10	Break	
16h10-17h00	• Intensive Practical session on genetic typing: part 2	

TUESDAY 8		HORMONE EXCESS SEMINAR
Free patient guide to each participant		
8h30-10h30	• Acromegaly: cause, symptoms, signs, lab tests, consequences, treatment and follow-up • hyperprolactinemia	
10h30-10h50	Break	
10h50-12h40	• Hyperthyroidism • Hyperthyroidism & pollutants • Hyperthyroidism & stress • Radioactive iodine: adverse consequences	
12h40 -14h	Lunch	
14h-15h50	• Cushing and Cushingoid syndromes • Adreno-genital syndrome • Other female virilizing syndromes	
15h50-16h10	Break	
16h10-17h	• Hyperaldosteronism • Hyperinsulinoma	
WEDNESDAY 9		PATIENT ON STAGE DAY :
8h30-10h30	• Intensive Practical session on genetic endocrine-related polymorphisms • Should we do genetic typing tests of stem cells before using them?	
10h30-10h50	Break	
10h50-12h40	• Practical session with patients from the audience • The interactive session with patient cases coming from the practice of physicians from the audience • Interactive thinking groups about what best helps to overcome patient cases coming from the practice of physicians from the audience	
12h40-14h	Lunch	
14h-15h50	• Interactive thinking groups to collect all questions on hormone and other therapies that need answers	
15h50-16h10	Break	
16h10-18h	• Stem cell in practice: how to do the experts do it • Are the effect of stem cells endocrine-related: some scientific data • Effect of stem cells on diabetes • Quality of life, neurodegenerative disorders, osteoporosis improvement with stem cells?	
THURSDAY 10		BALANCING THE ENDOCRINE SYSTEM
8h30-10h30	• How to secure your practice in endocrinology: The scientific evidence, certificates, society guidelines, searching up data on Internet	
10h30-10h50	Break	
10h50-12h40	• Optimizing patient & colleague communication, doing research, general public information, endocrine societies to join, becoming a speaker at hormone conferences, treating or not patients with cancer with sex hormone replacement	
12h40-14h	Lunch	
14h-16h15	• Oxytocin & male & female orgasm • Oxytocin & fibromyalgia	

FLORENCE - ITALY - Spring Seminar

May 5 to 10, 2008

One week Seminar (6-day)

<ul style="list-style-type: none"> • Growth hormone: introduction & physiology • GH deficiency & treatment in children • Exercise & GH production • Adult GH deficiency : signs , symptoms, lab tests • Treating GH-deficient patients with lab tests within the reference range • Tips on how best to treat GH deficiency in adults: benefits, risks, doses... • Mind techniques & GH • Drink and food influences on GH • GH secretagogues • Growth hormone & cancer risk (prostate, breast, & other risks) • Potential risks of growth hormone treatment: diabetes, premature death, etc. • Pregnenolone treatment: • 7-keto-DHEA • Creative visualisation & longevity • Melatonin studies • Hormone lab tests for diagnosis and follow-up : best tests, their interpretation, optimal and reference values, frequency, etc. • Movements & hormone levels • Treating DHEA, oestrogen and progesterone 	<ul style="list-style-type: none"> • Deficiency in patients with lab tests within reference ranges • Diabetes insipidus • Vasopressin therapy to improve memory and dehydration • Position & hormone levels • MSH therapy: for pigmentation and grey hair? • ACTH therapy & total alopecia • Melatonin deficiency and replacement therapy: Critical studies on cancer and sleep • TRH as a hormone therapy • The aging clock in the pineal gland • Melatonin and age-related diseases • Female hormone deficiency syndrome: signs & symptoms, age-related diseases • Safe female hormone replacement therapies: benefits, risks & how to do it? • Treating oestrogen and progesterone deficiencies in patients with lab tests within reference ranges • Relationships of the ovarian system & the thyroid & adrenal hormones • Correction of menstrual cycle disorders & 	<ul style="list-style-type: none"> • other hormone imbalances in women • Female hormone replacement: the critical studies • DHEA deficiency and therapy • Treating DHEA deficiency in patients with lab tests within reference ranges • Oestradiol therapy of men • Serotonin deficiency and treatment • Prevention or reduction of senescence by trace element supplements (zinc, selenium, iron, copper, etc.) • Fat-soluble vitamin supplements (A , D, E, K, Q10) for prevention of senescence & age-related diseases + presentation of patient cases • By new Functional Foods from the Industry • By water-soluble vitamins: B-group, C, • Prevention by Amino-acids: importance and how to check by amino acid analysis • Lab tests: Pollutants, metabolic maldigestion through lab tests • Longevity breathing exercise session • Aids for digestion: the use of hydrochloric acid, digestive enzymes and bacterial flora • Longevity yoga exercise session 	<ul style="list-style-type: none"> • Polyunsaturated fatty acids (omega 3-6-9, trans): tools for prevention of senescence and age-related diseases • Food allergies • The good digestion: how to improve digestion, get rid of parasites, yeast, etc. • Carbs: best studies on their effects on age-related diseases, including obesity: - beneficial effects of fruits and vegetables - adverse effects of sugar, sweets and artificial sweeteners - grains, cereals: the controversy - sprouted grains: the only edible grains? • Longevity stretching exercise session • Proteins & amino-acids: building blocks to health, leanness and longevity? - fish - meat, poultry - milk products: the controversy - vegetable protein: soy, avocado, sprouts, ... - protein bags • Longevity correct walking exercise Lipids (saturated fat): effects on health and longevity - healthy fats - toxic fats - • Is cholesterol essential or dangerous? critical look • Longevity Tai chi exercise session
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Anti-Aging Medicine Specialization

One Year REGISTRATION FORM

Theoretical and Pratical - April 5 to 10 2008 - Palais des Congrès - PARIS - France
Theoretical and Pratical - May 5 to 10 2008 - FLORENCE - Italy

Family Name
First Name
Institution & Specialty
Address Zip code
City Country
Tel. Fax
E-mail (in capital letters please)

DELEGATE ONE YEAR (Registration remains valid during a period of 2 years)

IMPORTANT - Mention the appropriate day(s) of participation

BEFORE
March 10, 2008

AFTER
March 10, 2008

DAILY RATE - Less than the full seminar
X number of days of attendance

• PARIS - (before the World Congress) April 5 to 10, 2008 (6-day Seminar)

Theoretical

Apr: 5 6 7 8 9 10

1790 €

1890 €

330 € x __day(s) of attendance

Practical (6-Day Seminar) - Tick the days for Practical or Theoretical Session

Apr: 5 6 7 8 9 10

1790 €

1890 €

330 € x __day(s) of attendance

• FLORENCE - (Spring Seminar) May 5 to 10, 2008

One week Seminar (6-day)

Theoretical 2-Day + Practical 4-Day

1890 €

1950 €

May: 5 6 7 8 9 10

350 € x __day(s) of attendance

Practical Seminar 4-Day

1250 €

1390 €

350 € x __day(s) of attendance

May: 7 8 9 10 Tick the days for Practical or Theoretical Session

IMPORTANT: MENTION YOUR DAYS OF PARTICIPATION. Attendance to ONE DAY is possible

Total in Euros

I hereby pay my registration for an amount of:

Bank transfer in € payable to **Euromedicom** (do mention AAMS with your transfer and add + 15 € for bank charges)

HSBC HERVET ASNIERES

Branch code: 00086

IBAN : FR92 3036 8000 8400 8416 G000 161

Account number: 008416G001

Account holder : **Euromedicom SARL**

SWIFT - BIC : **BHVTFRPP**

Bank code: **30368**

Key digits: **61**

Credit Card

Visa Amex EuroCard/Mastercard Diners Club

Credit card number:

Card holder's name:

Expiry date: 3 digits code

(obligatory)

Signature

Please send me more information about the Anti-Aging Medicine Specialization

CANCELLATION: + 30 days before: refund -10 % - Between 30 and 15 days: refund -50 % Less than 15 days before: no refund

HOTELS & ACCOMODATION

A number of rooms close to Palais des congrès has been booked especially for the delegates at SPECIAL RATES

For more information visit or contact:

◆ Internet: www.euromedicom.com/hotels.htm

◆ Accredited Travel Agency: Conferencia Travel

Tel. +33 1 45 55 85 30 - Fax. +33 1 44 18 36 55 Hotels@conferenciatravel.com

AIR TRANSPORTATION

IDENTIFIER CODE: 03217AF - Valid for travel from: du 31/03/08 au 15/04/08

Discounts are applied to a wide range of airfares, in all classes of travel (Espace Première [First], Espace Affaires [Business] and Tempo [Coach]) on all flights of the Air France worldwide network.

To acces the preferential fares granted for this event, use this link: www.airfrance-globalmeetings.com.

This present document of the event serves to justify the application of the preferential airfare. Keep it with you as you may be asked for it at any point of your journey. To locate your nearest Air France sales point, consult: www.airfrance.com

ORGANISATION & REGISTRATION

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