

POSITION STATEMENT

Subject: Prescribing of Medications

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Contact +61 3 9813 0439

POSITION STATEMENT ON PRESCRIBING OF MEDICATIONS

This statement is addressed to prescribers and is intended to provide clinical guidance to all A5M members:

The AustralAsian Academy of Anti-Ageing Medicine (A5M) advocates for the safe and ethical prescription of **ALL MEDICATIONS ONLY WHERE CLINICALLY INDICATED.**

A5M strongly advocates that medications should be only be prescribed where medically necessary, and only by doctors trained in the diagnosis and treatment of any disorders.

The AustralAsian Academy of Anti-Ageing Medicine stresses that patients must be treated within the relevant laws and according to clinical guidelines. Practitioners should check with their relevant professional college guidelines in relation to specific medications.

A5M understands that practitioners may occasionally prescribe a registered medicine for a use that is not included or is disclaimed in the product information. This practice, called off-label prescribing, is permitted in Australia and may often be clinically appropriate¹. A5M suggests that practitioners refer to the [Medical Journal of Australia](#) article on this subject.

As with all prescribing, A5M suggests that doctors keep appropriate records in relation to their diagnosis, testing and prescribing of all medications.

In relation to human growth hormone, A5M Advisory Board Honorary Advisor, Prof Chen Chen, MD, PhD is currently working with A5M to develop detailed protocols for the diagnosis of human growth hormone deficiencies with reference to recommendation by the US Endocrine Society published in Journal of Clinic Endocrinology and Metabolism.

This may include, but is not limited to, the requirement for a 24-hour urine analysis to eliminate misdiagnosis due to periodical fluctuations in hormone levels.

A5M believes that clinical guidelines are an essential component of achieving quality care for patients.

Anti-Ageing Medicine is about maintaining the best possible health throughout your life.

Practitioners must use a scientifically proven, holistic approach to maintaining and restoring wellness.

Patients must be thoroughly assessed for any potential health risks using clinically accepted testing and diagnosis methods.

Best practice health management programs may include diet, nutrition, exercise, aesthetic treatments & supplementation and, only where clinically necessary, prescription medicine.

Endorsed By:

Dr Nathan Francis **MBBS (WA), FRACGP, MFM, FAMAC, FACNEM, GRAD. DIP. NUT.MED, DIP COG, ABAARM**
President, AustralAsian Academy of Anti-Ageing Medicine (A5M)

For further information contact:

The AustralAsian Academy of Anti-Ageing Medicine
Level 1, 941 Burke Road, Camberwell, VIC 3124, Australia
Phone: +61 3 9813 0439
Fax: +61 3 9813 0649
Email: enquiries@a5m.net

¹ [Medical Journal of Australia article on Off-Label Prescribing Protocols](#)