



# A5M comes of age

at the 1st Inaugural Conference on  
Anti-Ageing Medicines



Sat 20th – Sun 21st October  
The Sofitel Hotel Melbourne, Australia





Welcome to the 1st Australian Conference on Anti-Ageing and Aesthetic Medicine. Australia's very first anti-ageing conference will feature both international and local pioneers of Anti-Aging Medicine. Over 2 full days, you will be exposed to the industry's most respected doctors, professors, and healthcare workers who have devoted their professional life to discovering and pioneering the field of Preventative Medicine.

The 1st of its kind in Australia, there will be 2 days of jam packed presentations and workshops focusing on Internal Age Management and External Age Management.

The Key focus of Australia's very first industry based Anti-Ageing Medicine Conference is to "Build a Sustainable Anti-Ageing and Preventative Medicine Industry".

## PROGRAM LISTING

The following program listing is not limited to the topics below and may be subject to change. There will be two streams of the Internal Age Management and External Age Management running in parallel on both Sat 20th and Sun 21st October 2007.

### Internal Age Management Program

#### **Genetics and Anti-Ageing Medicine:**

Genes and Diet  
Stem cells  
Genomics

#### **Cognitive Function & Depression:**

Neurotransmitter Metabolism  
Depression moderator

#### **Inflammation and Pain Management:**

Biochemistry of inflammation and hormones  
Inflammation, Diet & Essential Fatty Acids  
Fibromyalgia and Chronic Fatigue

#### **Hormones & Anti-Ageing:**

DHEA, cortisol, thyroid hormone, vitamin D, Testosterone, Oestrogen  
Growth Hormone  
Progesterone – their impact on the Aging process  
Sleep & Anti-Aging  
Melatonin – treating menopause, hypertension, cancer and more  
Erectile dysfunction

#### **Diet & Exercise Physiology:**

Cardio-Vascular risk factors & Nutritional Support  
Zinc & Anti-Ageing  
Intravenous Nutrition  
Weight loss  
Alzheimers & memory enhancement techniques  
Obesity & Insulin Resistance

#### **Pathology /Diagnostics:**

Compounding for Anti-Aging Medicine  
Case Studies / Workshops on Genomics  
Basic Lab Testing in Anti-Ageing Medicine

### External Age Management Program

#### **The Future of cosmetic Medicines:**

Injecting for Beginners  
Preventative Anti-ageing Products  
The Fusion of Age Management and Aesthetics  
Neo collagenesis  
Recell

#### **Genomics of the skin and hair – New frontiers in Cosmetic Medicines**

Hair Loss and Restoration  
Panfacial Botox treatment  
Peptide Therapies for Skin

#### **Obesity & its Aesthetic Management:**

Anatomy of the Nasolabial Fold  
Dermal fat grafting of the NLF  
Fillers in the NLF  
Non-surgical lifting of the NLF

#### **Skin Tightening with Combination Therapies:**

Robust home treatment programs  
Portrait Plasma Therapy of the Skin  
Mesotherapy  
The VI Peel  
Thread Lifting with Silhouette Threads

#### **Case Demonstration:**

Advance techniques with Juvederm  
Thermage  
Botox  
How to Start an Anti-Ageing Practice

## INTERNATIONAL AND LOCAL KEYNOTE SPEAKERS



**Dr. Robert M. Goldman** Chairman, American Academy of Anti-Aging Medicine (A4M) Dr. Robert M. Goldman is founder and international President Emeritus of the National Academy of Sports Medicine and the cofounder and Chairman of the American Academy of Anti-Aging Medicine (A4M). He is a Clinical Consultant, Department of Obstetrics and Gynecology, Korea Medical University. He also serves as Professor, Department of Internal Medicine at the University of Central America Health Sciences [Belize]. In addition, Goldman presently holds the position of Visiting Professor at Udayana Medical University (Indonesia). Dr. Goldman is a Doctor of Medicine (M.D) and of Osteopathic Medicine and Surgery (D.O.). Dr. Goldman's Ph.D. work was in the field of androgenic anabolic steroid biochemistry. He is the recipient of the 'Gold Medal for Science (1993), the Grand Prize for Medicine (1994), the Humanitarian Award (1995), and the Business Development Award (1996). He has been awarded the International Olympic Committee Tribute Diploma for contributions to the development of sport & Olympism. He is a black belt in karate, Chinese weapons expert, and world champion athlete with over 20 world strength records. Dr. Goldman visits an average of 20 countries annually to promote brain research and sports medicine programs.



**Dr. Pamela W. Smith** Dr. Smith is Board Certified in anti-ageing medicine and is the Director of the Fellowship in Anti-Ageing & Functional Medicine. She is an internationally known speaker on the subject of wellness and anti-ageing. She is also author of HRT: The Answers and Vitamins: Hope or Hope



**Professor Avni Sali** is the Foundation Director of National Institute of Integrative Medicine in Melbourne. He is President of the International Council of Integrative Medicine. He is on the International Advisory Board of the American Academy of Anti-Aging Medicine, and on the National Scientific Advisory Committee of Complementary Medicine. He has helped to pioneer health promotion and integrative medicine in this country, especially the importance of nutrition, exercise and the mind. He has been presented with the St Michael's Award for outstanding community service and awarded the Australian Humanitarian Award for contributions to Health.



**Dr. Melvyn A. Sydney-Smith** Dr. Mel Sydney-Smith is an experienced Nutrition Medicine doctor and medical educator, extensively involved for thirty years in medical nutrition education in Australia, China and Asia. He was Visiting Professor at the Open International University for Complementary Medicine and, in 1992, was inducted into the Knights of Malta (Asia) for his contribution to graduate medical education in China and Asia. Dr. Sydney-Smith is a founding director of the Australian College of Holistic Medicine and has written and presented many graduate Nutrition Medicine workshops, accredited as CPD training activities with the Royal Australian College of General Practitioners. He is Adjunct Professor (Nutrition Medicine) at RMIT University (Melb), where he coordinates and teaches the RMIT Master of Nutrition Medicine degree program, and is also an Adjunct Associate Professor (Nutrition Medicine) at the University of Southern Cross (NSW)



**Henry Osiecki** Henry Osiecki is a leading Australian Biochemist, Nutritionist and Dietitian. With a recent focus in the area of cancer, his latest publication is an accumulation of years of research with modern day cutting-edge science. Henry has brought together medical models and traditional therapies to form a comprehensive understanding of the biochemical processes involved in cancer development. He has been widely acknowledged as one of the most respected researchers and formulators in this country for well over two decades



**Bill Anton** Bill Anton has been working in the field of pathology for over 20 years, with experience in both biochemistry and microbiology. He is the Chairman of A5M and serves on the Board of the American & European Academies of Anti-Ageing Medicine. Bill is a regular lecturer and consultant in anti-ageing medicine.



**Dr Michael Zacharia** is a specialist Ear, Nose and Throat (ENT) and facial plastic surgeon, known for his expertise in facial rejuvenation. He uses a combination of medical and surgical techniques to achieve the best results for his patients. Dr Michael Zacharia completed advanced training in Ear, Nose & Throat Surgery in Adelaide in 1996. He specialised in Facial Plastic Surgery at Oxford University in 1997 & Beverly Hills in 1998. Dr Zacharia is the President of the Australasian College of Cosmetic Surgery (ACCS) and the Australasian Academy of Anti-Ageing Medicine (A5M). He is a member of the Australasian Academy of Facial Plastic Surgery, the American Academy Facial Plastic & Reconstructive Surgery and Australasian Society of Otolaryngology Head & Neck Surgery. He is also a Medical Director at the Bondi Junction Private Hospital. Dr Zacharia presents at international conferences and seminars and is involved in a number of procedural training initiatives.



**Dr. Braun** received his M.D. from the University of British Columbia (UBC) in 1984 after gaining early admission to the Faculty of Medicine. He then completed his core surgical training at Vancouver General Hospital, and subsequently became certified in both Family and Emergency Medicine. He worked extensively in both areas, but in response to rising demand, Dr. Braun has devoted his practice exclusively to cosmetic rejuvenation procedures at his private medical clinic in Vancouver. Dr. Braun performed the first laser hair removal in Canada in 1996, and injects more cosmetic Botox than anyone else in Canada. He lectures widely on non-surgical cosmetic rejuvenation.



**Denise E. Bruner, M.D.** is a second generation physician who is also a second generation graduate from Howard University College of Medicine. After her residency program at D.C. General Hospital, she re-opened her late father's general medical practice in Arlington, Va. Inspired by her personal struggle with her weight and seeing the negative impact obesity was having on her patients' medical problems, she pursued further training in bariatric medicine. She joined the American Society of Bariatric Physicians (ASBP) in 1983, and became certified by the American Board of Bariatric Medicine in 1985. She regularly lectures and attends medical educational seminars for physicians around the country. She is a frequent guest on both television and radio programs, and is quoted in numerous publications.

### OTHER/LOCAL SPEAKERS

**Dr Fernando Cortizo**  
**Dr Janelle Sinclair PhD**  
**Dr Denis Rebic**  
**Dr Tessa Jones**  
**Dr John Mahoney**  
 ...amongst others

### ORGANISING COMMITTEE

Dr. Anthony Bartone  
 Dr. Michael Zacharia  
 Dr. Daryll Knowles  
 Dr. Joanne Samer  
 Dr. Tania Ash  
 Dr. John Mahoney  
 Dr. Tessa Jones



## REGISTRATION FORM

Cost For 2 Days Anti-Ageing & Aesthetic Medicine Conference Event  
Inclusive of lunch, breaks and information satchel.  
Registration numbers are limited. Book in early!

### A5M Member, Early Bird Special (after 31st August 2007)

\$675 +gst (\$749.25), if paid by 31st August 2007 \$745 +gst (\$826.95)

### Non Member, Early Bird Special Non Member (after 31st August 2007)

\$845 +gst (\$937.95), if paid by 31st August 2007 \$895 +gst (\$993.45)

### Optional Conference Dinner, at surprise venue (food and beverage and entertainment supplied)

October 20th 7pm start (Seats are limited) \$100 +gst (\$110.00)

### Cost For Post-conference Fellowship in Anti-Ageing & Functional Medicine

Module 1, 22nd – 23rd October 2007  
\$2500 +gst (\$2775) / \$2300 +gst (\$2553.00) A5M Member

Module 4, 22nd – 24th October 2007  
\$2500 +gst (\$2775) / \$2300 +gst (\$2553.00) A5M Member

**Total Cost \$** \_\_\_\_\_

Please find enclosed a cheque, made payable to  
The AustralAsian Academy of Anti-Ageing Medicine

For the total amount of \$ \_\_\_\_\_

Please charge \$ \_\_\_\_\_ to my (please circle)  
VISA MASTERCARD BANKCARD AMEX

Card Number

Expiry  /  Signature \_\_\_\_\_

## Accommodation

### The Sofitel Hotel Melbourne

25 Collins Street Melbourne, VIC 3000  
Group Sales Coordinator: Nicole Dowdall  
T: + 61 3 9653 7793 F: + 61 3 9650 4261  
E: H1902-RE07@accor.com  
Quote "Anti-Ageing Conference"  
\$260/\$293 per night with breakfast

### Mercure Hotel Melbourne

13 Spring Street Melbourne, VIC 3000  
Reservations Sales Supervisor: Miranda Miller  
T: + 61 3 9205 9999 F: + 61 3 9205 9905  
E: h2086-re01@accor.com  
Quote "Anti-Ageing Conference"  
\$155 per night

## Personal Information

Name (Title / First / Last) \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Email \_\_\_\_\_

Phone / Fax \_\_\_\_\_

A5M Member No. \_\_\_\_\_

Profession \_\_\_\_\_

### Please mail or fax this registration form to

A5M, Attn: Perri Lim  
PO BOX 6234 Chapel Street North, South Yarra VIC AUSTRALIA 3141  
P: + 61 3 9826 6480, F: + 61 3 9826 6490, enquiries@a5m.net

