



## BILLION DOLLAR SAVING 12-POINT PLAN TO BE SUBMITTED TO NATIONAL PREVENTATIVE HEALTH AGENCY

The AustralAsian Academy of Anti-Ageing Medicine (A5M) has welcomed the Federal Government's commitment to the Preventative Health Agency and intends to lobby the 12-Point Health Action Plan developed by its international governing body ahead of the 3rd Annual AustralAsian Anti-Ageing & Aesthetic Medicine Conference in Melbourne on October 3 & 4.

Aimed at saving Australia billions in health care costs, millions in lives and even extending the average human lifespan by 29 + years, the 12-Point Plan is an innovative, technology-based solution to healthcare that focuses on converting the health system into a "wellness" model based on preventing illness and disease.

According to A5M Chairman Bill Anton, the academy is delighted with the Federal Government's commitment to step up the mark in terms of preventative health and sees the 12-Point Plan as being pivotal to its success.

"We are very pleased that the Government is placing greater emphasis on preventing illness and promoting wellness," said Mr. Anton.

"The 12-Point Plan, which specifically targets many preventative health issues, should be incorporated in the development of the new agency.

"A5M looks forward to working closely with the new agency to help promote better health for all Australians."

Health professionals from around the world will discuss the 12-Point Plan at the 3rd Annual AustralAsian Anti-Ageing & Aesthetic Medicine Conference in Melbourne on October 3 & 4.

Chairman of the World Academy of Anti-Ageing Medicine, Dr Bob Goldman said the Conference will consider submitting an Australian 12-Point Plan to the Australian Government.

Originally developed for the US health system, the 12-Point Plan has garnered support from 35 professional medical organizations and educational institutions and was developed with invaluable input from the physician, health practitioner, and scientist members of the World Academy of Anti-Ageing Medicine.

Through communications channels afforded via the American Academy of Anti-Aging Medicine (A4M), the 12 Point Plan has been presented to the World Economic Forum and has been submitted to the Obama Administration.

"The 12-Point Plan focuses on converting the health system into a "wellness" model based on preventing illness and disease," Dr Goldman said.

A5M Chairman, Mr Bill Anton said the 12-Point Plan has major implications for the Australian health system which is crumbling under pressure from our ageing population.

"Australia's total health expenditure is expected to increase by 127% between 2002 and 2032, from \$71 billion to \$162 billion<sup>1</sup>," said A5M Chairman, Bill Anton.

"Health care expenditure for cancer, cardiovascular disease and diabetes is projected to nearly triple from \$14.4 billion in 2002/03 to \$41.3 billion in 2032/33.<sup>2</sup>

"Yet nearly two thirds of the disease burden for cardiovascular disease and diabetes and one third of for cancer is attributable to modifiable risk factors. <sup>2</sup>

"Converting our health system to a wellness model could save Australia billions of dollars and create a healthier, longer living nation."

"Currently we treat people with drugs and medical treatment only once they become sick.

"Studies have shown that simply by increasing physical activity to 30 minutes a day Australia could save \$1.5 billion<sup>3</sup>."

The 12-Point Plan is an innovative, technology-based solution to healthcare with the potential to:

- Increase the lifespan, or improve the health span by 29+ years;
- Slash healthcare costs
- Replace the disease-based approach to medicine with a wellness-oriented model

"Some of the key factors in the 12-Point Plan include Point of Care Testing, free biannual metabolic testing, personalized genetic testing and nutrigenomics and subsidised access to physical fitness and rehabilitation facilities.

Each of the points of this Plan will deliver a profound net economic savings via three major mechanisms:

- Conservation of worker productivity
- Reduction of disability and hospitalization costs
- Reduction of the burden of costs associated with chronic long-term medical conditions.

*"The Twelve-Point Plan provides practicable solutions to reform and advance healthcare and helps to address the challenges of our rapidly ageing population."*

For more information visit [www.a5m.net](http://www.a5m.net)

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PRE-CONFERENCE INTERVIEWS AVAILABLE.

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## FACT SHEET

### American Academy of Anti-Ageing Medicine - 12-Point Actionable Healthcare Plan

A4M Twelve-Point Actionable Healthcare Plan: A Blueprint for A Low Cost, High Yield Wellness Model of Healthcare by 2012 has garnered support from 35 professional medical organizations and educational institutions.

The Plan has the potential to save the USA a projected \$3.64 Trillion in healthcare costs, and extend the healthy lifespan of each of our nation's residents by up to 29 productive, vital years.

Complete references, supporting data, and projections may be viewed in the full version of *The A4M Twelve-Point Actionable Healthcare Plan: A Blueprint for A Low Cost, High Yield Wellness Model of Healthcare by 2012*. Request your free copy of this White Paper, at: [www.waaam.org/twelve\\_points\\_summary.php](http://www.waaam.org/twelve_points_summary.php).

Point	Point Item	Projected ADDITIONAL YEARS PER PERSON	Projected Savings to Healthcare System: US \$ DOLLARS
1	Point of Care (POC) Laboratory Testing	2	\$6.75 Billion
2	Testing for Biomarkers of Aging and Health Measurement	5	\$119.5 Billion
3	Free Biannual Comprehensive Metabolic Testing	3	\$154.6 Billion
4	24/7 Telemedicine Consultation Access	3	\$400 Billion
5	Aging Intervention Drugs	3	\$39.2 Billion
6	Stem Cells, Nanotechnology, Genetic Engineering	4-12	\$197.1 Billion
7	Personalized Genetic Testing and Nutrigenomics	2	\$292.3 Billion
8	Free/Subsidized Access to Gym, Spa, Detoxification, and Physical Rehabilitation Facilities	2	\$23.4 Billion
9	Online Electronic Database on Aging Intervention	5	\$2.4 Trillion
10	Free Online Medical Education		
11	The World Center for Anti-Aging Medicine		
12	The Leisure Class		
TOTAL IMPACT, Points 1 through 12		29+ years	\$3.64 Trillion

#### Australian References:

1. Australian Institute of Health & Welfare - [Health Expenditure & Funding](#)
2. Australian Chronic Disease Prevention Alliance - [Primary Health Strategy](#)
3. Medibank Private. [The cost of physical inactivity. What is the lack of participation in physical activity costing Australia? Medibank Private, 2007.](#)

#### Other Documents of Interest

1. [Economic Costs of Inactivity – Australia](#)
2. World Health Organization. [Diet, nutrition and the prevention of chronic diseases: report of a joint WHO/FAO expert consultation. Geneva: World Health Organization, 2003.](#)