

# Leading anti-ageing doctor to visit

**LEXI LANDSMAN**

A LEADING Jewish medical health expert will tour Australia this month for the second annual Anti-Ageing & Aesthetic Medicine Conference.

Dr Bob Goldman, who is based in Chicago, Illinois, is the chairman of the American Academy of Anti-Ageing Medicine (A4M).

The latest advances in anti-ageing modalities will be showcased when Dr Goldman, together with international and local experts in anti-ageing medicine, gather in Sydney from 6-7 September.

Themed “Anti-Ageing Interventions: Now and for the Future”, the conference will be opened by publishing pioneer Ita Buttrose.

Dr Goldman will give a series of presentations on anti-ageing medical science, and how to achieve and maintain optimal brain performance, as well as stem-cell therapeutics in the anti-ageing clinical setting.

“It is my hope that attendees will enjoy a positive spirit of educational exchange and dialogue at this conference, and that they leave this event with an enhanced knowledge of the diverse array of interventions and therapeutics to promote the healthy, extended human lifespan,” Dr Goldman told *The AJN*.

He said that obesity was one of the most significant health issues today, which was a direct result of the increasingly sedentary western lifestyle. In

Australia, he said, the incidence of chronic diseases, such as cardiovascular diseases and cancer, were rising and “segment-specific population disparities, such as for Aboriginal and Torres Strait Islander peoples, persist”.

Discussion topics during the conference will include new frontiers in cosmetic medicine, hormones and their impact on the ageing process, recent advances in growth-hormone research, and compounding pharmaceuticals in anti-ageing medicine.

Dr Ava Shamban and Dr Mark Gordon from Los Angeles, California, will also attend, together with some of Australia’s leading anti-ageing specialists, including Dr Michael Elstein.

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**DR BOB GOLDMAN**

Chairman of the American Academy of Anti-Ageing Medicine

“New advances in medicine and technology now can determine our predisposition to illness well before the manifestation of disease. This is exciting news,” said Dr Elstein, a Sydney anti-ageing practitioner and Australasian Academy of Anti-Ageing Medicine (A5M) board member.



**Medical health expert Dr Bob Goldman will arrive in Sydney this week for a two-day anti-ageing medical conference.**

A5M is the Australian arm of a worldwide collective dedicated to the advancement of therapies related to anti-ageing medicine. The collective began as an anti-ageing movement in America, during which Dr Goldman played a key role.

Dr Goldman, who has written 15 books, has spearheaded the development of numerous international medical organisations and corporations. He co-founded and served as chairman of the Board of Life Science Holdings, a biomedical research company. He is the recipient of the Gold Medal for Science, the Grand Prize for Medicine, the Humanitarian Award, and the Business Development Award.

Dr Goldman is also chairman of the International Medical Commission, which oversees sports medicine committees in more than 176 nations.