

## **MEDIA RELEASE**

**20 June 2007**

### **First Australian Conference in Anti-Ageing and Aesthetic Medicine**

Medical and health practitioners will learn about the latest developments in the field of anti-ageing at Australia's first conference in Anti-Ageing and Aesthetic Medicine to be held on 20-21 October 2007 at the Sofitel Hotel, Melbourne.

The conference, organised by the AustralAsian Academy of Anti-Ageing Medicine (A5M), will feature international and local pioneers of anti-ageing medicine including Dr Robert Goldman, founder of the American Academy of Anti-Aging Medicine (A4M) and National Academy of Sports Medicine.

The conference will embrace the whole growing area of anti-ageing with topics such as building a sustainable anti-ageing and preventative medicine practice, genetics, hormones, hair loss & restoration, diet & exercise physiology, pain management, obesity, cosmetic procedures including non-surgical body sculpting and fillers & injectables, cognitive function & depression and others.

Other speakers will include well-known weight-loss practitioner Dr Denise Bruner, President of the International Council of Integrative Medicine, Professor Avni Sali, Director of the Australian College of Holistic Medicine, Dr Melvyn Sydney-Smith and leading Australian Biochemist, Nutritionist and Dietician Henry Osiecki.

Dr Michael Zacharia, President of A5M, said the popularity of the field of anti-ageing has grown considerably in the past decade.

"People live longer and so they want to look and feel younger as well. The principle behind anti-ageing is to give these people the opportunity to live a longer and healthier life without diseases," he said.

"We talk about the five pillars of anti-ageing - diet, exercise, relaxation, supplements and medication. We will address all of these during the conference," Dr Zacharia said.

The A5M conference will have two streams running in parallel - anti-ageing medicine and cosmetic medicine. The anti-ageing medicine section is aimed at a wide range of practitioners and therapists, while the cosmetic medicine section targets cosmetic physicians and general practitioners.

A5M is offering an early Bird special of \$675 for members of A5M and \$845 for non-

members, which ends 31 July 2007.

A5M was founded in 2004 to promote the highest standard of education in anti-ageing medicine through training programs and conferences. A5M aims to propagate information concerning innovative science and research as well as treatment modalities designed to prolong the human life span and enhance the quality of life through augmented health.

For more information on the conference and to register, please visit [www.a5m.net](http://www.a5m.net) or call 03 9826 6480.

**Released for AustralAsian Academy of Anti-Ageing Medicine by Dennis Rutzou Public Relations ([www.drpr.com.au](http://www.drpr.com.au))**

**For further information please call Kim Larochelle or Nicola Rutzou on (02) 9413 4244.**