



SECOND AUSTRALIAN ANTI-AGEING CONFERENCE SYDNEY 6 – 7 SEPTEMBER 2008

ANTI-AGEING MEDICINE – A CURE FOR OLD AGE?

Australians are among the healthiest and longest living people in the world, but health experts say that coping with chronic disease in a rapidly ageing population is one of the biggest challenges facing our future.

The Australian Institute of Health and Welfare's latest national report card on health, *Australia's health 2008*, shows that the number of Australians aged 65 years and over has more than doubled in the past 50 years. Australian men reaching the age of 65 can now expect to live to about 83 years, and women to 86 years.

As life expectancy continues to climb, Australians will need to explore new ways to hold back the years and extend their quality of life, according to the AustralAsian Academy of Anti-Ageing Medicine (A5M).

"The current status of Australia's healthcare system requires the adoption of healthcare policies that focus on prevention, rather than waiting for disease to appear and then treating the symptoms," said A5M President Dr Michael Zacharia.

"Anti-Ageing Medicine has evolved out of the principles of Sports Medicine, which takes a proactive approach to health. Instead of treating the outcomes of ageing, such as coronary heart disease, cancer, dementia, diabetes and arthritis, this approach focuses on prevention by treating the causes, and altering the process of ageing."

While Anti-Ageing Medicine is relatively new to Australia, figures released by the Australian Bureau of Statistics show a 51% increase in the number of people visiting a complementary health professional in the ten years to 2005. The National Health Survey in 2004-05 found that 3.8% of the population had consulted one of seven complementary health therapists in the previous two weeks, compared with about 2.8% in 1995.

The latest advances in Anti-Ageing modalities were on show when international and local experts in Anti-Ageing Medicine got together in Sydney from 6-7 September for the *2nd Annual Anti-Ageing & Aesthetic Medicine Conference*. International speakers including Dr Bob Goldman, also known as the 'father' of the Anti-Ageing Revolution, Dr Ava Shamban, Cosmetic Dermatologist resident to *Extreme Makeover* and *Dr 90210*, and Dr Mark Gordon, Endocrinologist and Medical Director of CBS, attended together with some of Australia's leading Anti-Ageing experts.

"New advances in medicine and technology now can determine our predisposition to illness well before the manifestation of disease. This is exciting news," said Sydney Anti-Ageing practitioner and A5M Board Member, Dr Michael Elstein.

"For instance, we now know that if our hormones are not functioning correctly they can lead to a host of health concerns. Until recently, symptoms such as feeling tired and drained of energy, poor memory and difficulty concentrating were all attributed to the ageing process.

But now we know that hormonal imbalances are often the underlying cause and when corrected, our energy levels will improve as will our overall health."



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The A5M is the Australian arm of a worldwide collective dedicated to the advancement of therapies related to the science of longevity or Anti-Ageing Medicine (www.worldhealth.net). A5M represents doctors and other healthcare professionals with a particular interest in the field.

Anti-Ageing Medicine is based on improving and maintaining wellness as a means of extending quality of life. Treatment is based on an integrative medical approach, upon returning the body to wellness with the use of nutrition, exercise, hormones, prescriptive medication, vitamins and minerals, whilst taking into account one's genetic inheritance and predisposition.

BACKGROUND

More health and age-related facts from The Australian Institute of Health and Welfare's report, *Australia's health 2008*:

- o Almost three-quarters of deaths among people under 75 years are considered to be largely avoidable;
- o Coronary heart disease is the largest single contributor to the burden of disease in Australia, followed by anxiety and depression;
- o In 2004–05, an estimated 77% of Australians had a long-term condition; that is, a disease or other health problem that had lasted, or was expected to last, six months or more;
- o The proportion reporting long-term conditions in the same period increased with age, from 41% of those aged less than 15 years to over 95% of persons aged 45 years and over;
- o The most commonly reported conditions were sensory impairments and diseases (notably, vision and hearing problems), back pain and disc problems, hay fever and allergic rhinitis, and arthritis.

For more information on the Australasian Academy of Anti-Ageing Medicine please go to www.a5m.net

The key international speakers, Dr Bob Goldman and Dr Mark Gordon, came to Australia as guests of the Australasian Academy of Anti-Ageing Medicine (A5M), while Dr Ava Shamban attended as a guest of Allergan.