

FRIDAY MAY 12 - THEORETICAL

THEORETICAL COURSE : FIRST YEAR

- 08.15 - 08.45 Registrations & welcome
- 08.45 - 09.00 The importance of staying lean for health and longevity; scientific studies
- 09.00 - 10.35 Diets to loose weight (Atkins, Zone, Pritkin, Diamond, Mayr; Fruit &/or vegetable juice diet, paleolithic diet, high protein, .)
- 10.35 - 10.50 Diets to increase in weight
- 10.50 - 11.10 Coffee & fruit juices break**
- 11.10 - 11.45 Diets to improve body profile & appearance
- 11.45 - 12.00 Treating insulin resistance & bulimia: By food adaptation; By hormone replacement
- 12.00 - 12.45 Toxic food (caffeine, food additives, alcohol, pesticides, milk, cereals, overheated food, etc.)
- 12.45 - 14.15 Lunch**
- 14.15 - 14.35 The good foods & food habits to increase longevity
- 14.35 - 15.15 The good foods to increase hormone levels
- 15.15 - 16.10 How to promote weight loss & body appearance with hormone replacement therapies
- 16.10 - 16.30 Coffee & fruit juices break**
- 16.30 - 17.00 How to face DIFFICULT SITUATIONS: answer difficult questions from patients, react to justified/unjustified critics from colleagues, medical boards, legal insurance problems, etc.
- 17.00 - 18.00 Scientific review of all the therapies that may extend life-span in humans
- 18.10 - 18.30 Open question & answer session (without translation)

IMPORTANT

THE FOLLOWING 2 DAYS ARE VALID AT THE SAME TIME FOR THE **THEORETICAL** OR THE **PRACTICAL**
EACH PARTICIPANT WILL DECIDE TO AFFECT THE HOURS FOR PRACTICAL OR THEORETICAL REGARDING HIS OWN NEEDS.

SATURDAY MAY 13 - THEORETICAL & PRACTICAL

THEORETICAL COURSE : FIRST YEAR & PRACTICAL COURSE : SECOND YEAR

- 08.30 - 09.00 Registrations & welcome
- 09.00 - 09.40 Effect of hormone therapies on fatigue
- 09.40 - 10.10 Effect of nutritional therapies on fatigue
- 10.10 - 10.45 Effect of nutritional therapies on memory
- 10.45 - 11.05 Coffee & fruit juices break**
- 11.05 - 11.50 Effect of hormone therapies on memory
- 11.50 - 12.45 Effect of hormone therapies on depression
- 12.45 - 14.00 Lunch**
- 14.00 - 14.35 Effect of nutritional therapies on depression
- 14.35 - 15.10 Effect of nutritional therapies on anxiety
- 15.10 - 15.35 Effect of nutritional therapies on sleep
- 15.35 - 16.00 Effect of nutritional therapies on sexuality
- 16.00 - 16.20 Coffee & fruit juices break**
- 16.20 - 18.15 Review of all courses for exam (together with first year)

SUNDAY MAY 14 - - THEORETICAL & PRACTICAL

- 08.30 - 09.00 Registrations & welcome
- 09.00 - 09.30 Genetic typing: basic principles and information
- 09.30 - 10.00 Genetic polymorphisms predisposing to Alzheimer's disease and other neurological disorders
- 10.00 - 10.20 Genetic polymorphisms predisposing to cardiovascular diseases
- 10.20 - 10.40 Genetic polymorphisms predisposing to prostate cancer
- 10.40 - 11.00 Coffee & fruit juices break**
- 11.10 - 11.25 Genetic polymorphisms of steroid hormones predisposing to breast cancer : prevention and treatment
- 11.25 - 11.50 Genetic polymorphisms predisposing to osteoporosis : prevention and treatment
- 11.50 - 12.10 Do genetic polymorphisms of longevity exist ?
- 12.10 - 13.00 Bioflavonoids and aging
- 13.00 - 13.10 Metal allergy: its deleterious effect on health
- 13.10 - 14.30 Lunch**
- 14.30 - 16.00 Intensive Practical session on genetic typing: How to interpret lab tests & treat with practical exercises: PART 1
- 16.00 - 16.30 Coffee & fruit juices break**
- 16.30 - 18.00 Intensive Practical session on genetic typing: PART 2
- 18.00 - 18.30 Open question & answer session (without translation)

Among the International Speakers

- Dr Helena BARANOVA (France, Russia)
- Dr Clarence DAVIS (Switzerland)
- Dr Monika GOLKOVA (Czech Republic)
- Dr Thérèse HERTOGE (Belgium)
- Dr Thierry HERTOGE (Belgium)
- Dr PROCHAZKOVA (Czech Republic)
- Dr Peter ROHDEWALD
- Dr Cecilia TREGGAR (U.K)
- Prof. Ben WEBER (Belgium)

AAMS SCIENTIFIC COMMITTEE:

- Dr Bill ANTON (Australia)**
Nutritional and Clinical Biochemist.
Senior Lecturer, Integrative Medicine and Anti-Ageing Medicine, Swinburne University of Technology, Australia
- Prof. Emile-Etienne BAULIEU (France)**
Professeur de biochimie at the Paris Faculty of Medicine & President of the Academy of science
- Dr Claude CHAUCHARD (France)**
Anti-Aging Medical Doctor
Scientific coordinator for Asia Pacific
- Dr Claude DALLE (France)**
President of the French Society of Anti-Aging Medicine
- Dr Thierry Hertoghe (Belgium)**
President of the European Academy of QUALity of Life and Longevity Medicine
International expert of Hormone Therapies
- Prof. Cass Terry (USA)**
Former Professor of Chair of Neurology and Professor of Physiology
International expert in Hormone Treatments
- Dr Ronald Virag (France)**
International expert in sexuality in men
Cardiovascular Surgeon

**IMPORTANT NOTICE:
FOR SECOND YEAR STUDENTS**

WORKSHOP 1b - PRACTICAL HORMONE STAR SESSION: Live consultations of MD's of the audience : clinical symptoms and signs of endocrine insufficiency, diagnosis, proposals of treatment: please bring your latest lab with you!!!!

Each participant is invited to present files of problematic patients or who have well responded to the treatment in order to obtain interactive exchanges



Family Name First Name

Institution & Speciality.....

Address

Zip code

Tel.

City.....

Fax

E-mail

Country

I hereby pay my registration:

Delegate 3 days - Theoretical

Delegate 2 days - Practical

12 13 14

Practical 13 14

1 (or more days of your choice - Tick days) - Theoretical (1st year) Practical (2nd year)

x 340 Euros

3 250 Euros

Before April 30

850 Euros

680 Euros

After

890 Euros

720 Euros

360 Euros

3 250 Euros

Room Reservation: x Single(s) x Double(s)

Arrival date / / Departure date / /

(No Amount debited - Garanty)

Bank check enclosed (make payable to EuroMediCom)

Credit card number :

Card Holder's Name :

Expiry date :

TOTAL in Euros

Signature (Compulsory):

Bank transfer in Euro € payable to EuroMediCom - Banque HSBC - 10 bis, av. Gabriel Peri - 95100 Argenteuil. (mention your NAME & ref. AAMS Prague)

Bank Code 30938

Branch Code 00051

Swift LUBFRPP

IBAN (international number) FR76 3093 8000 5100 1060 4000 201

I am interested in attending the Anti-Aging Medicine Specialization. Please send me more information

Send your registration to: EuroMediCom - 29 Bd de la République, 92250 La Garenne-Colombes - FRANCE - by Fax: (+33) 01 56 83 78 05

European Institute for Scientific Anti-Aging Medicine has been created by physicians who are recognized as prominent experts in Anti-Aging Medicine and/or are organizers of prominent Anti-Aging conferences. Each seminar will have at least one of these physicians as a scientific coordinator who directs the seminar.

Joining the AAMS 2 Year Post-University Program:

AAMS course - Purpose:

The AAMS program (Anti-Aging Medicine Specialization) is a 2-year PROGRAM for an international Post-University Certificate in Anti-Aging Medical Therapeutics for physicians with leading international Speakers.

It consists of a **Theoretical First Year** of three 3-Day + one 5-Day Seminars and it is necessary to attend at least 80 hours of these seminars to be qualified for the first theoretical Year, and a **Practical Second Year** where **100 Hours** of participation are requested (several options exist to complete the required number of hours). Next to the global certificate for the global 2-year Anti-Aging Medicine Specialization, participants receive a separate certificate for each seminar they attend.

AAMS is a continuous course repeating each year, whenever you join, you can continue your training and attend the next sessions of the Seminars you may have missed.

AAMS Program can be joined at any time, and you can do in parallel both Theoretical and Practical if you want to finish the complete cycle in a shorter period.

For those who have joined the **Theoretical or Practical cycle** during mid-course last year, it is the opportunity to complete or finish your Year of attendance.

How to do it?

You can choose your days of participation the way you decide it. For the registration you have to indicate each day of participation and mention the session - **Theoretical or Practical**. In the Registration Form make your own program by ticking your days of attendance mentioning whether it is Theoretical or Practical. Please **FILL IN CAREFULLY**, the way you will indicate your choice will be considered as your participation and entered this way in our software "**Course Management System**". You have to calculate **how many hours of participation you need** for your Theoretical and Practical cycles.

Purpose of the Anti-Aging Medicine Specialization:

- Provide more practical information to physicians on how to efficiently and safely practice Anti-Aging medicine.
- Provide university level efficient courses with complete theoretical and practical information on each important topic of Anti-Aging medicine.
- Provide certificates that attest the attendance of a physician to such courses, his participation in practical sessions and, following the level of competence a physician has achieved, attest the successful passing of a board exam on the entire field of anti-aging medicine. Such documents that acknowledge the effort a physician has made to acquire the theoretical and practical information in preventive and anti-aging medicine, confirm the competence a physician has reached and may be valuable in front of patients, colleagues, medical boards, assurances, and all other persons or institutions who ask a physician to prove his competence.

Attendance to the Complete 2 Year Program

The **complete program** consists of **two years** of Theoretical and Practical courses in Anti-Aging medicine ending with a final exam:

- **A first theoretical year** consisting in 4 to 5 courses, organized in 3 or 2 1/2 days seminars with a special 1 week Seminar (frequently combined with major Anti-Aging medicine conferences). **It is necessary to attend at least 100 hours** to finish your First Cycle, but you can start your Practical Cycle (2nd Year) whenever you want.

- **A second practical year** corresponding to over the **100 hours of practice**, where you have the choice to participate in:

- ◆ **Training & assistance days** in the private practice of experienced physicians with supervision meetings (a minimum of 5 days of on-the-spot training is required to obtain the full two year certificate; a list of International physicians of all continents, members of the program, is available upon request).

- ◆ **Practical Seminars** (3 days each, except, once a year the "5-day Special Seminar").
- ◆ **Other elected Seminars & Conferences:** Attendance to some other elected specialised conferences & seminars (certified by the AAMS board) will be part of the program (list upon request). This must not exceed a **maximum of 40 hours** (5 days) on the total of over the 100 hours training).

A final Exam:

March 2006 - Paris (just before the Anti-Aging Medicine World Congress) and **October 2006 - Paris** (just before the European Congress of Anti-Aging Medicine) consisting of a **3 Hours of written examination** (multiple choice exam), corrected by an **official European institution**.

Who may attend?

Only licensed physicians may attend the full 2-year program as the successful passing of the written exam acknowledges that the physician has an adequate formation to prescribe Anti-Aging therapies (including hormone replacement therapies). The 1st Theoretical year may be attended by other health professionals after request and acceptance by the college of speakers.

Where?

In **2007 the first year (theoretical)** is planned for **two 1-WEEK** (6 days) courses + One "**Top SPRING SEMINAR**". The first AAMS Week will be taking place just before the **EMAA Congress (OCT 13-14-15)**, and will be in **PARIS: 7-12 October (6 Days)**, the second will be before the **Anti-Aging Medicine World Congress (March 22-23-24)** and will take place in: **Monaco March 17-21 (6 Days)**. The SPRING AAMS Seminar will be 4 or 5 days between MAY 21-27, 2007.

Certificates

Four different kinds of certificates will be awarded:

- "**Certificate of attendance**" to each seminar.
- "**Certificate of Post-University Education in Anti-Aging Medical therapeutics - Theoretical**" delivered after the first year of attendance to the theoretical year (at least 5 seminars on the 6 have to be attended - No Examination).
- "**Certificate of Post-University Education in Anti-Aging Medical therapeutics - Practical**" after the accomplishment of the second more practical year (over 100 Hrs - No Examination)
- "**Certificate of Post-University Education in Anti-Aging Medical therapeutics**" - **Theoretical & Practical - 2 Years**" delivered after following the complete program and successfully passing of the final examinations.

How to participate - Costs?

Each participant can register separately to each seminar. Each Three-day seminar costs **850 Euros** (around 1050 \$US).

Get your Certificate in Anti-Aging Medicine, organized by the European Institute of Scientific Anti-Aging Medicine

Certificate of Post-University Education in Anti-Aging Medical Therapeutics

the International Committee for Education in Anti-Aging Medicine

World Society of Anti-Aging Medicine - European Society for Scientific Anti-Aging Medicine

2-YEAR PROGRAM for a Certificate of Post-University Education in Anti-Aging Medical Therapeutics for physicians with the leading international Speakers - 4 seminars (first year). For each seminar, there will be a separated certificate as well as a certificate for the global Anti-Aging Specialization.

Year 2005 - 2006: First year (Theoretical - New Cycle)

- Physiology of organ aging (cardiovascular, neurological, pulmonary, haematological, digestive system, urological, locomotor and immune systems, the organs of the senses).
- Diets for weight loss and weight gain.
- Nutritional intervention (prevention of senescence and diseases of aging by micronutrients as trace elements, other anti-oxidants, vitamins, essential fatty acids, amino acids).
- Physical exercise: impact of physical exercise on quality of life and longevity, optimal diets for sports, sports medicine, etc.
- Hormonal replacement therapies with estrogens and progesterone, testosterone in men and women, growth hormone and growth hormone secretagogues in adults, thyroid hormones, calcitonin, cortisol, aldosterone, pregnenolone, DHEA, melatonin...
- Treatment of sexual senescence in men and women.
- Mental attitudes that favour longevity and quality of life.
- Stress management.
- Environmental medicine (detection and treatment of environmental outdoor, indoor and food pollution).
- Physical therapies (physiotherapies and hydrotherapy).
- Cosmetic medicine: general information (laser, treatments of varicose veins, excess body hair, skin, wrinkles, ...)
- Plastic surgery general
- Diagnosis and treatment of neurological and psychiatric problems of senescence.
- New medications of the pharmaceutical industry.
- New functional foods of the pharmaceutical industry.

Year 2005 - 2006: Practical - Second Year

- Assistance in consultation in longevity centres (members worldwide to facilitate your training).
- Meetings with supervisor.
- Attendance at Practical Seminars of Anti-Aging Medicine Specialisation
- Attendance at different elected specialized seminars in Anti-Aging Medicine (with a maximum of 40 hours)
- ◆ Dietetic & Nutritional - Endocrinology - Cosmetic Medicine / Plastic Surgery - Psychiatry / Psychology - Sexology - Environmental / Hydrotherapy / Sports Medicine

GENERAL INFORMATION

◆ **VENUE**
MOEVENPICK HOTEL PRAGUE
 MOZARTOVA 261/1
 150 00 PRAGUE - CZECH REPUBLIC

RESERVATION

CAUTION - Room availability not guaranteed after APRIL 10, 2006

Single & Double standard room : **150 Euros** (breakfast included)

Please Contact: MOEVENPICK Hotel Prague mention Group "AAMS"

Tel +420 257 151 111- Fax +420 257 153 113

Email: hotel.prague@moevenpick.com - Website: www.moevenpick.cz

Online RESERVATION FORM & Other Hotels at:

www.euromedicom.com/Hotels.htm

◆ **SECRETARIAT SEMINAR EuroMediCom**
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 Email: AAMS@euromedicom.com - Website: WWW.EUROMEDICOM.COM

PROGRAM
ANTI-AGING MEDICINE
SPECIALIZATION
 EUROPEAN INSTITUTE FOR SCIENTIFIC ANTI-AGING MEDICINE
POST-UNIVERSITY CERTIFICATE
 2 Year Program

PRAGUE
2006
THEORETICAL: May 12 - 13 - 14
PRACTICAL: May 13 - 14



OFFICIAL LANGUAGES
 ENGLISH / ESPAÑOL



Among the International Society:

- E4AM (European Academy of Anti-Aging & Aesthetic Medicine)
- EAQUALL (European Academy for Quality of Life and Longevity Medicine)
- EUROSCIA (EUROpean Organisation of SCientific Anti-Aging Medicine)
- WOSAAM (World Society of Anti-Aging Medicine)
- SFMPV (Société Française de Médecine et Physiologie du Vieillessement)
- FSAAM (French Society of Anti-Aging Medicine)
- BSAAM (Belgian Society of Anti-Aging Medicine)

AND WITH THE SUPPORT OF

A4M (American Academy of Anti-Aging Medicine)



SCIENTIFIC COORDINATOR
Dr Th. HERTOGHE

