



Anti-Aging Medicine Specialization



**CREATED IN 2002
 5TH YEAR PROGRAM**

THE MOST COMPLETE ANTI-AGING MEDICINE COURSE IN THE WORLD
 OVER 1000 STUDENTS FROM 70 NATIONALITIES

OCTOBER 2007 6-day Seminar
Paris, October 6-7-8-9-10-11



AMONG THE INTERNATIONAL SPEAKERS

Dr Bill ANTON (Australia)	Dr Mario KRAUSE (Netherlands)	Dr Michel PERRING (UK)
Dr Benoit CLAEYS (Belgium)	Dr Bruno LACROIX (France)	Dr Steve RAY (USA)
Dr Claude DALLE (France)	Dr Hansjoerg LAMMERS (Germany)	Dr Stéphane RÉSIMONT (Belgium)
Dr John DUNPHY (Ireland)	Dr M. Christine LHERMITTE (Belgium)	Dr Erik-Alexander RICHTER (Netherlands)
Dr Murphy DUNHILL (Ireland)	Dr John Van LIMBURG (Belgium)	Mr Thierry SOUCCAR (France)
Dr Pascal GERARD (France)	Dr Maciej MALECKI (Poland)	Dr Suzie SCHRUDER (U.S.A)
Dr Monica GOLKOVA (Czech Republic)	Dr Sohail MANSOOR (UK)	Dr Gina VAN BOGAERT (Belgium)
Dr Malgorzata GODZIEJEWSKA Z. (Poland)	Dr Anna MODELSKA ZIOLKIEWICZ (Poland)	Dr Eric VAN GUYSE (Belgium)
Dr Thérèse HERTOGHE (Belgium)	Dr Jean MONRO (UK)	Prof. Emar VOGELAAR (Netherlands)
Dr Thierry HERTOGHE (Belgium)	Prof. Kenny de MEIRLEIR (Belgium)	Dr Adrian ZENTNER (Australia)
Dr Christophe de JAEGER (France)	Prof. Imre Zs. NAGY (Hungary)	Dr Alain WALRAVENS (Belgium)
Dr Laurent JACOB (France)	Dr Ascanio POLIMENI (Italy)	And many others prominent speakers...

AAMS course - Purpose:

The **AAMS** program (Anti-Aging Medicine Specialization) is a **2-year PROGRAM (200 Hours)** for an international **Post-University Certificate** in Anti-Aging Medical Therapeutics for physicians with leading international Speakers.

- It consists of:
- A **Theoretical Part** of two **6-Days Seminars**, it is necessary to attend these seminars (**100 Hrs**) to be qualified for the first **Theoretical Year**
 - A **Second Practical Year** where **100 Hours** of participation are requested, several options exist to complete these required number of hours: Attendance to Practical Seminars - Training in the practice of an Anti-Aging supervisors (list upon request) - Participation to accredited national and international congresses.

Next to the global certificate for the global **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 parallelly both Theoretical and Practical if you want to finish the complete cycle in a shorter period.

For those who have joined late the **First Theoretical cycle** it is the opportunity to prepare their second Year of attendance.

How to do it?

Theoretical post-university course

Choose your days of attendance mentioning whether it is THEORETICAL or PRACTICAL (when proposed). You can get your **100 Hours** of Theoretical by participating to the **two 6-DAY Seminars**. And then complete the **100 Hours of Practical** by attending the corresponding courses and congresses.

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.

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.

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 EXAMINATION**.
- Final Exam** After the 200 Hrs training a final exam has to be successfully passed to obtain the complete **Certificate in Anti-Aging Medical therapeutics**.



Family Name
 First Name
 Institution & Specialty
 Address Zip code
 City Country
 Tel. Fax

E-mail

DELEGATE ONE YEAR (Registration remains valid during a period of 2 years)

IMPORTANT - Mention the appropriate day(s) of participation

BEFORE Sept 30, 2007	AFTER Sept 30, 2007	DAILY RATE - Less than the full seminar X number of days of attendance
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• **PARIS - October 6 to 11, 2007 (6-day Seminar)**

Theoretical (6-Day Seminar) Oct: 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/>	<input type="checkbox"/> 1790 €	<input type="checkbox"/> 1890 €	<input type="checkbox"/> 330 € x ___day(s) of attendance
Practical (4-Day Seminar) Oct: 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/> 11 <input type="checkbox"/>	<input type="checkbox"/> 1100 €	<input type="checkbox"/> 1200 €	<input type="checkbox"/> 330 € x ___day(s) of attendance
Written examination*	<input type="checkbox"/> 550 €	<input type="checkbox"/> 650 €	

* Examination for the students having finished their training - **OBLIGATORY REGISTRATION before Sept 30**

• **PARIS - (World Congress) April 5 to 10, 2008 (6-day Seminar)**

Theoretical Apr: 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/>	<input type="checkbox"/> 1790 €	<input type="checkbox"/> 1890 €	<input type="checkbox"/> 330 € x ___day(s) of attendance
Practical (6-Day Seminar) Apr: 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/>	<input type="checkbox"/> 1790 €	<input type="checkbox"/> 1890 €	<input type="checkbox"/> 330 € x ___day(s) of attendance

• **FLORENCE - (Spring Seminar) May 5 to 10, 2008**

<input type="checkbox"/> One week Seminar (6-day)			
Theoretical 2-Day + Practical 4-Day May: 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/>	<input type="checkbox"/> 1890 €	<input type="checkbox"/> 1950 €	<input type="checkbox"/> 350 € x ___day(s) of attendance
<input type="checkbox"/> Practical Seminar 4-Day May: 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/>	<input type="checkbox"/> 1250 €	<input type="checkbox"/> 1390 €	<input type="checkbox"/> 350 € x ___day(s) of attendance

IMPORTANT: MENTION YOUR DAYS OF PARTICIPATION. Attendance to **ONE DAY** is possible

I hereby pay my registration for an amount of: Total in Euros

Bank transfer in € payable to **Euromedicom**
 (do mention AAMS with your transfer and add + 15 € for bank charges)

HSBC HERVET ASNIERES

Branch code: 00086	SWIFT - BIC : BHVTFRPP
IBAN : FR92 3036 8000 8400 8416 G000 161	Bank code: 30368
Account number: 008416G001	Key digits: 61
Account holder : Euromedicom SARL	

Credit Card:
 Visa Amex EuroCard/Mastercard Diners Club

Credit card number:

Card holder's name:

Expiry date: 3 digits code Signature
 (obligatory)

Please send me more information about the **Anti-Aging Medicine Specialization**

CANCELLATION: + 30 days before: refund -10 % - Between 30 and 15 days: refund -50 %
 Less than 15 days before: no refund

VENUE

FONDATION DOSNE-THIERS
 27, Place Saint-Georges - 75009 PARIS - FRANCE
Metro station: Saint Georges

HOTELS & ACCOMODATION

A number of rooms close to Fondation Dosne-Thiers has been booked especially for the delegates at SPECIAL RATES

For more information visit or contact:

♦ **Internet:** www.euromedicom.com/hotels.htm
 ♦ **Accredited Travel Agency:** Conferencia Travel
 Tel. +33 1 45 55 85 30 - Fax. +33 1 44 18 36 55
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AAMS SEMINAR PROGRAM

SATURDAY 6

THEORETICAL SESSION

- | | |
|--------------------|--|
| 8h30-10h30 | • Introduction to the courses: practical aspects, info on all points with question & answer
• Overview of techniques to reduce aging
• Presentations by participants of the group (1 hour after the beginning)
• Overview of the endocrine system: major hormones, actions, with Q & A
• Aging of the endocrine system |
| 10h30-10h50 | Break |
| 10h50-12h40 | • The effect of hormone therapies on lifespan with question & answer session
• The psychological attitudes that improve hormones with Q & A
• Interactive session with groups
• Question & answer |
| 12h40-14h | Lunch |
| 14h-15h50 | • Potent Antioxidant action of hormones such as melatonin, DHEA, testosterone, cortisol, etc. - Question & Answer
• Effect of stress on hormone levels - Question & Answer |
| 15h50-16h10 | Break |
| 16h10-18h | • Interactive session with questions of the day
• Presentations by participants of the group
• Physical exercise: effects on hormone levels
Do not forget to sign up the evaluation form ! |

SUNDAY 7

- | | |
|--------------------|--|
| 8h30-10h30 | • Main serum hormone lab tests to ask for an initial assessment - Question & answer
• Main 24-hour urine hormone lab tests to ask for an initial assessment - Question & Answer |
| 10h30-10h50 | Break |
| 10h50-12h40 | • Main saliva hormone tests with Question & answer
• Main hormone tests to do in the follow-up - Interactive session |
| 12h40-14h | Lunch |
| 14h-15h50 | • The food that improves hormone levels and/or effects
• Question & answer
• The vitamins and other nutrients that improve hormones |
| 15h50-16h10 | Break |
| 16h10-18h | • The indoor and outdoor pollutants that affect hormones, and how to avoid them
• Interactive session with questions of the day
Presentations by participants of the group |

MONDAY 8

- | | |
|--------------------|---|
| 8h30-10h30 | • How to do a good endocrine anamnesis (patient history & complaints) - Question & Answer
• How to do a good endocrine physical examination
Question & Answer |
| 10h30-10h50 | Break |
| 10h50-12h40 | • How to inform the patient on all practical aspects of the consultation, price, benefits, risks, follow-up...papers to provide, etc. - Question & Answer
• The importance of daylight and darkness on hormone levels and circadian rhythms
• The importance of sleep on hormone levels - Question & Answer
• Interactive session with groups, self-evaluation |
| 12h40-14h | Lunch |
| 14h-15h50 | • Treating hypothyroidism: cause, consequences, diagnosis, treatment, follow-up
• T3 alone, T3-T4 or T4 alone treatment |
| 15h50-16h10 | Break |
| 16h10-18h | • Treating hypothyroidism outside or within the reference range: critical review of the literature
• Problems that may occur during thyroid treatment
• Interactive session with questions of the day
• Presentations by participants of the group
DO not forget to sign up! |



PARIS

OPENING THE EMAA - EUROPEAN MASTERS IN AESTHETIC & ANTI-AGING MEDICINE 2007

EMAA CREDITS AAMS FOR 16 HRS PRACTICAL PART



6 to 11 OCTOBER 2007

TUESDAY 9		THEORETICAL SESSION
8h30-10h30	• Acidi-base balancing in diet, drinkwater and lifestyle introduction • Senescence: Causes, epidemiology, longevity, factors, how to get out of it? • Question & answer	
10h30-10h50		Break
10h50-12h40	• Statistics on the longest living humans - Qestion & Answer • Mechanism of senescence: oxidative stress, free radicals	
12h40-14h		Lunch
14h-15h50	• Physiology of senescence of the nervous, cardiovascular, pulmonary and osteoarticular systems	
15h50-16h10		Break
16h10-17h	• Physiology of senescence of the immune system and of the senses - Qustion & Answer • Interactive session with groups, self-evaluation	

WEDNESDAY 10		
8h30-10h30	• Environmental medicine: outdoor, indoor pollution (toxic house, sick building syndrome) • How to make the home & office safer, reducing pollutants • How to make the home and office safer?	
10h30-10h50		Break
10h50-12h40	• Toxic world: Influence on health and aging of pollutants, a wake-up call: part 1 • Toxic world: Influence on health and aging of pollutants, a wake-up call: part 2 • Video film on effects of toxics on human health • Primary actions to undertake to avoid premature aging by pollutants	
12h40-14h		Lunch
14h-15h50	• How to evaluate the biological aging? Special devices, lab tests with Q & A • Sleep: how many hours do we need to sleep to live longer? • Interactive session with groups, self-evaluation • What are stem cells: the difference between stem cells and embryonic cells	
15h50-16h10		Break
16h10-17h00	• Heart regeneration with stem cells after myocardial infarct • Experiences in animals with new teeth formation, blindness reversal with stem cells	

THURSDAY 11		
8h30-10h30	• The right exercise, dosing and fine-tuning to live longer and better - Qestion & Answer • Interactive practical physical exercise session • Best body positions: standing up or sitting to maintain optimal muscles joints and back • Question & answer • Interactive practical session: best body attitudes	
10h30-10h50		Break
10h50-12h40	• Physical exercise: impact of physical exercise on the incidence of age-related diseases and longevity • Tips from an experienced sportsman: how to prolong endurance; mental tips to endure more strain - Question & Answer	
12h40-14h		Lunch
14h-15h50	• Physical exercise: impact of physical exercise on the quality of life and longevity: fitness programs, sports medicine with question & answer session • Chronic fatigue Syndrome: How to detect the underlying causes and how to treat? with question & answer session • How to remain younger by keeping the mouth free of heavy metals	
15h50-16h10		Break
16h10-17h	• How to remain ... (part 2) • Methods of detoxification: chelation, intestinal cleaning, • Hour exam for fun on the information of the week	

MONDAY 8		PRACTICAL SESSION
		PRACTICAL NUTRIENT & THYROID WORKSHOP
8h30-10h30	• Interactive session with questions of the day • Presentation of practical cases of patients receiving anti-aging therapies • Presentations by participants of the group • Recap on nutritional therapies • Reports of patients treated with nutrients	
10h30-10h50		Break
10h50-12h40	• Recap on thyroid treatment • Reports of patients treated with thyroid	
12h40-14h		Lunch
14h-15h50	• 4 hours practical workshop on fatty acid supplementation, digestive tract improvement	
15h50-16h10		Break
16h10-18h	• Vitamins nutrients	

TUESDAY 9		
8h30-10h30	• Diabetes insulin type1: cause • Diabetes: clinical symptoms • Factors that destabilize glycaemia • How to inject and explain it to the patient • How to adjust unstable diabetes	
10h30-10h50		Break
10h50-12h40	• Glucagons: action, physiology, • Hypoglycemic attacks during insulin treatment • Glucagon: how to treat hypoglycaemia with glucagon • Auto-immune diabetes • Diabetes type 2: cause, consequences • Metformin and other antidiabetic medications: what is best?	
12h40-14h		Lunch
14h-15h50	• Clinical case studies of diabetics under insulin what problems that may occur and how to avoid or solve them	
15h50-16h10		Break
16h10-17h	• Insulin treatment of nondiabetics introducton • Reports of nondiabetic patients treated with insulin • Interactive session	

WEDNESDAY 9		HORMONE WORKSHOPS
8h30-10h30	• Interesting cases of patients treated with multiple hormone replacement, including GH	
10h30-10h50		Break
10h50-12h40	• Reports of female patients treated with transdermal estradiol and progesterone • Reports of measurement of biologic age in patients	
12h40-14h		Lunch
14h-15h50	• Balance the hormones workshop: unexpected changes that may occur in hormone therapies	
15h50-16h10		Break
16h10-17h00	• Patients with sexual problems treated with hormonal and nonhormonal treatments • REVIEW hormone course (with on stage live consultation)	

THURSDAY 10		BASIC HORMONE THERAPIES
		Free patient guide to each participant
8h30-10h30	• Basic lab tests • Cortisol	
10h30-10h50		Break
10h50-12h40	• Testosterone therapy in men: the basics • Female hormones	
12h40-14h		Lunch
14h-15h50	• GH • Pregnenolone • DHEA	
15h50-16h10		Break
16h10-17h	• Thyroid all the basics and which treatment is best	