

A5M: CELEBRATING
10 years

A5M | HEALTHY AGEING & EDUCATION

Celebrating 10 years in 2016
invite you to

THE 10TH ANNUAL ANTI-AGEING & AESTHETIC MEDICINE CONFERENCE 2016

Healthy Ageing & Personalised Medicine: Improving Patient Outcomes

Sofitel Melbourne on Collins | 6 –7 August 2016



WHO ATTENDS?

Medical Practitioners

- General Practitioners
- Integrative Medicine Practitioners
- Cosmetic Physicians
- Plastic & Cosmetic Surgeons
- Dermatologists
- Endocrinologists
- Gynaecologists & Obstetricians
- Cardiologists & Physicians

Allied Health Professionals

- Pharmacists
- Dentists
- Chiropractors, Osteopaths, Physiotherapists
- Complementary Health Practitioners
- Dermal Therapists & Aestheticians
- Dietitians & Nutritionists
- Naturopaths
- Nurse Practitioners & Practice Managers
- Exercise Physiologists
- Sports Clinicians & Physicians
- Psychologists
- Researchers/Scientists

"The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease." Thomas A. Edison

WHY ATTEND?

JOIN WORLD LEADERS

working in the field of preventative, integrative and aesthetic medicine.

LEARN state-of-the-art, best-practice advances and protocols in the prevention, management and treatment of chronic and age related diseases.

REVIEW how a combined integrative, clinical and scientific approach can help change the quality of life for patients.

DISCOVER multi-discipline strategies and the latest clinical protocols in nutrition, exercise and lifestyle for better patient outcomes.

OPTIMISE individual patient outcomes, and enhance patient satisfaction and your professional practice, with preventative, integrative and anti-ageing medicine.

REJUVENATE your current practice with the latest cutting edge technologies and procedures.

ENERGISE your business with the introduction of new systems in combining internal and external medicine.

NETWORK with colleagues and establish direct contact with key manufacturers and suppliers.

CONFERENCE TOPICS INCLUDE:

Lifestyle factors and interventions for the management of chronic disease | Diets and nutrition | Brain ageing, interventions and management | Cardio-metabolic disorders | Preventative and integrative strategies | Exercise prescription | Healthy ageing and wellbeing | Hormones, ageing and lifestyle implications | Nutritional factors and interventions | The importance of sleep | Environmental factors and interventions | Chronic pain management | Genomics and other "omics" | Skin and ageing: advances, treatments and procedures | Nutraceuticals & nutrients for aesthetics | Dentistry and its impact on lifestyle | New research into stem cells and PRP | Clinical advancements in aesthetic medicine



THE AUSTRALASIAN ACADEMY OF
ANTI-AGEING MEDICINE

10th Annual A5M Conference

Healthy Ageing & Personalised Medicine: Improving Patient Outcomes

6–7 August 2016 Sofitel Melbourne on Collins

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The 10th Annual A5M Conference in Anti-Ageing and Aesthetic Medicine is both a milestone and a celebration for A5M in 2016.

The program will feature concurrent streams including presentations by local and international key opinion leaders and practitioners who have played a significant role in shaping the direction and pioneering integrative, preventative, anti-ageing and aesthetic medicine.

Conference sessions will focus on the most recent research into healthy ageing, lifestyle interventions for the management of chronic diseases, and patient-centred aesthetic medical care in clinical practice.

Lifestyle has an enormous impact on all aspects of everyday life, including body, mind, work, family and ageing.

The links between healthy lifestyle and healthy ageing, as well as internal and external health, are well established and increasingly researched in the scientific world.

With Australia's ageing population progressively focused on feeling and looking better, it's now more vital than ever that health professionals remain at the forefront of preventative, integrative and anti-ageing medicine.

Skin health and appearance medicine, are also core considerations for all health practitioners concerned with the practice of healthy ageing.

The 10th Annual A5M Conference in Anti-Ageing & Aesthetic Medicine incorporates best practice, evidence-based analysis of accepted markers for disease, implementation of clinical protocols as well as testing and assessing methodologies for early intervention practices.

Join an elite core of healthcare professionals, scientists and researchers.

Share knowledge, network and be given cutting edge, practical and ready-to-implement strategies for improving patient outcomes and care standards through the practice of preventative, integrative and anti-ageing medicine.

International and local experts include:

CONFERENCE KEYNOTE SPEAKERS



Dr David Katz (US) MD MPH FACPM FACP

President of the American College of Lifestyle Medicine
Founding Director Prevention Research Centre, Yale University
Clinical Instructor in Medicine, Yale University. International leader in nutrition, chronic disease prevention, health promotion, weight management and integrative medicine.



Dr Tom Guillems (US) PhD

Researcher, clinician and educator, Dr Guillems is an expert in natural therapeutic options for treating and preventing chronic disease, and specialises in the evidence and application of nutraceuticals and lifestyle interventions as therapeutic and preventative agents in clinical practice.



Professor Garry Eggers (AU) AM, MPH, PhD, MAPS

Professor Garry Egger is considered one of Australia's leading authority on lifestyle and chronic disease and has worked in corporate and clinical health for over 40 years. He is a Professor of Health and Human Sciences at Southern Cross University and an Advisor to the World Health Organisation and several Government and corporate bodies in chronic disease prevention.



Professor Marc Cohen (AU) PhD MBBS(Hons) BMedSc(Hons)

Professor Cohen is one of Australia's pioneers of integrative and holistic medicine. Chair of the Australasian Wellness Association and a Professor at RMIT University where he leads postgraduate Wellness Programs and supervises research into nutrition, herbal medicine, yoga, lifestyle, and the health impact of pesticides, organic food and detoxification.

CONFERENCE PLENARY FACILITATOR



Dr Mark Donohoe (AU) MBBS FACNEM

Leading Australian integrative, environmental and nutritional medicine practitioner. Dr Donohoe is committed to the goal of identifying the best and most clinically relevant complementary medicine research to support practitioners and improve health outcomes for all Australians.

Check the website www.a5m.net for additional local and international speakers and presentation topics.

10th Annual A5M Conference: Preconference workshop

Lifestyle Interventions and a Personalised
Medicine Approach to Healthy Ageing

CELEBRATING

10 years

5 August 2016 Sofitel Melbourne on Collins



The OMICS & ETICS of Personalised Nutrition & Lifestyle Recommendations



**Prof Michael
FENECH (AU)
PhD**

Adjunct Professor: University of South Australia, Flinders University, University of Adelaide, Honorary Fellow of the Australian College of Nutritional and Environmental Medicine, Secretary, International Association of Environmental and Genomics Societies, Chair: HUMN Project, Micronutrients Genomics Project, Foundation President: Asia-Pacific Nutrigenomics & Nutrigenetics Organisation (APNNO)

Professor Fenech is Director of Genome Health and Personalised Nutrition Laboratory, CSIRO, and is renowned internationally for developing the cytokinesis block micronuclei (CBMN) assay. His current research focus is investigating which nutrients are required for genome health maintenance, and how genetic background influences nutritional requirement for preventing deterioration of the genome.

Leveraging the Power of Lifestyle Medicine



**Dr Tom
GUILLIAMS
(US) PhD**

Dr. Tom Guilliams has a doctorate from the Medical College of Wisconsin. For the past two decades, he has been researching and investigating the mechanisms and actions of natural-based therapies, and is an expert in the therapeutic uses of nutritional supplements. Tom is a Clinical Instructor at the University of Wisconsin-School of Pharmacy and at the University of Minnesota School of Pharmacy. He is also a faculty member of the Fellowship in Anti-Aging Regenerative and Functional Medicine with A4M.

He has 20 years of experience in the dietary supplement industry studying epidemiological data and clinical research to help develop evidence-based nutritional solutions that enhance the efficacy of nutritional therapies in clinical practice.

Lifestyle Interventions and Healthy Ageing - Sleep, Physical Activity & Diet



**Dr David
KATZ, (US)
MD MPH
FACPM FACP**

Founding Director Yale Prevention Research Centre, President American College of Lifestyle Medicine, Director Integrative Medicine Centre

A clinician, researcher, author, inventor and educator, Dr Katz is the recipient of numerous awards and recognitions, including recognition by Greatist.com as one of the 100 most influential people in health and fitness in the world.

Dr Katz is a board certified specialist in Preventive Medicine/Public Health, and is highly recognised globally for expertise in nutrition, weight management, integrative medicine and the prevention of chronic disease. He has delivered addresses in numerous countries on four continents, and has been acclaimed by colleagues as the "poet laureate" of health promotion.

Afternoon Q&A and Panel Discussion to follow

"Epidemic obesity is arguably the gravest public health crisis we face and inarguably the least controlled." Dr David Katz

REGISTER TODAY FOR THE PRECONFERENCE WORKSHOP

A5M Members: \$550 | Non Members: \$600 | Notes, refreshments and lunch included in registration

CPD points are pending application and approval with medical and allied health associations. Please visit www.a5m.net for cancellation policy

DON'T MISS THE OPPORTUNITY TO REGISTER NOW CONFERENCE SPECIAL AVAILABLE THIS WEEKEND ONLY!



**JOIN US IN
MELBOURNE**

**2 DAY CONFERENCE REGISTRATION: \$800
PRECONFERENCE REGISTRATION: \$550**

**OFFER EXPIRES
24 APRIL 2016**

THE 10th ANNUAL CONFERENCE IN ANTI-AGEING & AESTHETIC MEDICINE 2016

Healthy Ageing and Personalised Medicine: Improving Patient Outcomes

6 -7 AUGUST 2016 | SOFITEL MELBOURNE ON COLLINS

Conference registration includes:

- Entry to all sessions and exhibit hall including morning/afternoon tea and lunch
- Attendance at the Annual A5M Conference Cocktail Party Saturday 6 August 2016
- Free registration to additional sponsored workshop
- Certificate of attendance
- Post conference access to speaker power point presentations (permission permitting)
- Conference delegates will be able to purchase conference recordings at discounted rates

2016 A5M PRECONFERENCE WORKSHOP

Lifestyle Interventions and a Personalised Medicine approach to Healthy Ageing

FRIDAY 5 AUGUST 2016 | SOFITEL MELBOURNE ON COLLINS | 8.30am – 5.30pm

- Morning/afternoon tea and lunch included
- Certificate of attendance and printed workbook provided
- Workshop delegates will be able to purchase the workshop recordings at discounted rates

ALL ENQUIRIES

A5M 2016 CONFERENCE SECRETARIAT

PO BOX 8244, Camberwell North VIC 3124, Australia

Phone: +61 3 9813 0439 Fax: +61 3 9813 0649 Email: enquiries@a5m.net

SPECIAL CONFERENCE ACCOMMODATION RATES AVAILABLE

SOFITEL MELBOURNE ON COLLINS

25 Collins Street, Melbourne
Victoria, Australia.

Phone: +613 9653 0000

Fax: +613 9650 4261

www.sofitelmelbourne.com.au

Hotel must be contacted directly. A5M does not take accommodation bookings.

Limited rooms at special rate available and to avoid disappointment, we recommend you book early as hotel has been fully booked in previous years.

**Check our website for Sofitel
Accommodation promotional code**

PAYMENTS & CANCELLATION POLICY

This offer cannot be used in conjunction with other offers.

All prices are GST inclusive and in \$AUD.

Please visit www.a5m.net for cancellation policy

This offer expires 24 April 2016.

ONLINE REGISTRATION:
www.a5m.net/events



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