

Train in AGE
MANAGEMENT
MEDICINE
and develop an
exciting, rewarding
and thriving practice



Physician Training & Certification in
**AGE
MANAGEMENT
MEDICINE**

Physicians who complete this
training program receive 52
American Medical Association
(AMA) Physician's Recognition
Award (PRA) Category 1 Credits™



Strategic Educational Alliance Delivers the HIGHEST QUALITY EDUCATIONAL PROGRAMS

Three preeminent AGE MANAGEMENT MEDICINE organizations joined forces to develop this evidence-based training program:

- The Age Management Medicine Education Foundation (AMMEF)
- The Age Management Medicine Group (AMMG)
- Foundation for Care Management (FCM), accredited provider

This comprehensive Age Management Medicine training is widely considered an industry best practice. Through the use of extensive discussion of the literature, as well as case studies, physicians gain a depth of knowledge and competency not available in other programs. Participants learn how to move from managing disease to managing health through evidence-based preventive medicine protocols.

Call 561.212.4788 to register for training today!

WELCOME

Dear Colleague,

The Age Management Medicine Education Foundation (AMMEF) thanks you for your interest in our course, widely considered to be the premier training and certification program in Age Management Medicine.

We created a multi-disciplinary course covering the principles and tools that are the foundation for making the practice of medicine rewarding again. Through the contribution of experts in the fields of medicine, nutrition, and exercise physiology, our evidence-based approach is constantly evolving to stay current with the literature and ensure that you have the knowledge and scientific support to enhance your patients' quality of life.

The world of medicine is changing before our eyes. One key positive development is that more men and women want to proactively work with their physicians to stay active and engaged in healthy living. A highly motivated patient makes for a fulfilled physician. That's what Age Management Medicine is all about. Not only does it give patients a new model for working with their physicians, but it also allows physicians a new and highly satisfying opportunity to practice medicine in a way they may have only envisioned.

Completing this training is an important first step toward pursuing a career in Age Management Medicine. All physicians entering the Fellowship program with Cenegenics® are required to have this training, with the attendant benefits.

We look forward to working with you in moving forward with this opportunity to advance medicine.

Best Regards,

Beth Traylor, M.D.
President of the Board
Age Management Medicine
Education Foundation
(AMMEF)

Jeffrey P. Leake, M.D.
Course Director
Physician Training &
Certification in Age
Management Medicine



Viewed by attendees as "one of the most valuable learning experiences since medical school."



We're the PHYSICIAN TRAINING EXPERTS



AGE MANAGEMENT MEDICINE EDUCATION FOUNDATION
The Age Management Medicine Education Foundation (AMMEF) is a not-for-profit 501(c)(3) foundation, governed by an independent board. Guided by eminent physician educators and researchers, AMMEF's mission is to provide evidence-based education in Age Management Medicine, develop best-practice standards in the prevention of disease and engage in ongoing research and affiliation expansion, aimed at improving science and medicine. For more information, go to www.ammeducation.org.



AGE MANAGEMENT MEDICINE GROUP
AMMEF partners with the Age Management Medicine Group (AMMG) to provide this unique physician training experience. The goal of the AMMG is to provide education and information on the specialty of Age Management Medicine to physicians and healthcare professionals through evidence-based continuing medical education conferences, workshops, seminars, publications and web media. AMMG has become the premier platform for educating physicians who are new to Age Management Medicine, producing successful conferences for the industry since 2006. The AMMG membership consists of leading healthcare professionals, physicians, practitioners, researchers, medical associations and providers of products and services. For more information, visit them online at www.agemed.org.



FOUNDATION FOR CARE MANAGEMENT
The Foundation for Care Management (FCM) is a not-for-profit 501(c)(3) foundation, governed and advised by an active and distinguished board of healthcare professionals and recognized as an international leader in ongoing education for physicians, nurses, pharmacists and other healthcare professionals. Its mission is to provide quality, evidence-based continuing education, including AMA PRA Category 1 Credits™ (with commendation) to primary care providers who want continuing education of the highest quality. More about FCM can be found at FCMcme.org.

TRAINING INCLUDES Web-Based Home Study Modules and On-Site Format

You'll hear from educators and researchers who are recognized in this specialty and learn sound science to better achieve long-range success.

- 52 AMA PRA Category 1 Credits™
- Online home study begins immediately
- Six-day live training
- Actual case studies/situations reviewed in problem-solving discussions
- Extensive literature-based support
- Online examination to demonstrate mastery of material and competency
- Introduction to a Cenegenics Fellowship

“It's been 11 years now since the first physician was trained in this rigorous Age Management Medicine program. We have never wavered from that original idea of using evidence-based scientific research as the foundation of what is taught. That's why this program is so successful,” says Dr. Jeanette Dunn, Executive Director of the Foundation for Care Management (FCM).



This Age Management Medicine training teaches engaging, preventive-focused medicine that's powered by peer-reviewed medical literature.



AGE MANAGEMENT MEDICINE Defined: Moving Focus from Disease to Health

The growing aging population (triggered by 79 million baby boomers in the U.S. alone, with Generation X following on their heels) has changed the definition of “the golden years.” Traditional retirement mentality is now passé.

MEDICINE HAS TO KEEP UP. THAT’S WHERE AGE MANAGEMENT MEDICINE STEPS IN.

Age Management Medicine is rooted in comprehensive evaluation, well-established therapeutic methods and solid science. It’s not part of the anti-aging movement, nor does it claim to increase longevity. Trained Age Management Medicine physicians recognize aging as a natural process, not a disease, that can be managed. They seek to prevent premature disability and death, while helping patients achieve optimal health and vitality using various disease risk markers in a proactive approach to patient care.

Physicians receive rewarding benefits of practicing Age Management Medicine.

DELIVER PREVENTIVE MEDICINE

With proactive, preventive healthcare, you help patients live healthier, more productive lives.

IMPROVE RELATIONSHIPS WITH PATIENTS

This health-centered, patient-focused medical treatment restores a vital doctor-patient relationship.

STAY ON TOP OF RESEARCH AND TREATMENTS

You access solid science with evidence-based protocols that are receiving global acceptance and acknowledgement and can engage in ongoing educational opportunities.

GET MORE SATISFACTION FROM PRACTICING MEDICINE

Build a practice with highly motivated patients and receive personal satisfaction from guiding them to a new dimension of health.

Program Protocols for AGE MANAGEMENT MEDICINE Focus on Four Key Building Blocks

Age Management Medicine uses the synergy of exercise, low-glycemic nutrition, nutraceuticals and hormone therapy, if clinically indicated. Every aspect of the program is a vital building block to support the prime objective-target and handle the patient’s specific health challenges, stave off age-related disease and control the aging process for healthier, more robust living and a better-conditioned body.

EXERCISE: Crucial for preventing or delaying age-related disease. Resistance training, cardio and flexibility exercises are incorporated into a customized, results-oriented program.

LOW-GLYCEMIC/ANTI-INFLAMMATORY NUTRITION: Metabolic balance, centered on food combinations and smaller, frequent meals to stave off hunger, stimulates metabolism and evens out blood sugar levels. Based on a patient’s medical needs and health goals. Progress can be tracked online.

PHYSICIAN-DESIGNED NUTRACEUTICAL GRADE SUPPLEMENTS: Often necessary for even the healthiest diets. Pharmaceutical-grade products are recommended for their potency, consistency and bioavailability.

HORMONE OPTIMIZATION: Endocrine balance is the goal. After clinically indicated hormone therapy begins, laboratory markers (including blood hormone levels) are followed at regularly scheduled intervals to ensure safety and appropriate ranges.

Patients receive remarkable benefits from Age Management Medicine.

YOUTHFUL AGING, OPTIMIZED HEALTH

Patients report increased energy, improved libido, lower body fat, elevated mood and sharper thinking. Physicians will see objective results in biometric parameters.

INDIVIDUALIZED, PROACTIVE PROGRAMS



Training Curriculum OVERVIEW

PART ONE: Age Management Medicine Home Study 15 AMA PRA Category 1 credits™

Part one is divided into nine self-study, web-based modules, pre and post-test evaluation and printable CME certificates. These modules take approximately 15 hours to complete, provide the foundation for the on-site training, and must be completed in advance.

| The nine modules are:

- Introduction to Age Management Medicine
- Nutrition in Age Management Medicine
- The Role of DHEA Supplementation in Age Management Medicine
- Hormone Modulation for Women
- Subclinical Hypothyroidism
- Osteoporosis
- Testosterone Modulation for Men and Women
- The Evidence-Based Exercise Prescription
- Growth Hormone Evaluation of the Aging Adult

PART TWO: Age Management Medicine Classroom Training 32 AMA PRA Category 1 Credits

Part two is a live, six-day session. It's a dynamic, interactive, workshop in which the physician engages to discover the evidence-based theoretic basis for Age Management Medicine and then solves problems utilizing actual patient case studies. Following these sessions, the physician takes a comprehensive competency test online.

| On-site course curriculum includes:

Introduction to Age Management Medicine

Fitness Programs in Clinical Practice

- Principles of Exercise Training
- Principles of Resistance Training
- Aerobic Exercise and VO2 Max Assessment
- Interval Training Programs

Nutrition Management – Hormonal and Non-Hormonal Strategies for Optimal Body Composition

- Controlling Systemic Inflammation
- Central Control of Body Weight and Appetite
- Metabolic Consequences of the Transition from the Ancestral Diet to Modern Day Diet
- Non Dietary Approaches to Weight Management
- Differential Effects of Low Fat and Low Carbohydrate Diets on Cardio Metabolic Parameters
- Novel Strategies for Improving Weight Loss

Clinical Management of Hormone Therapy and Case Studies

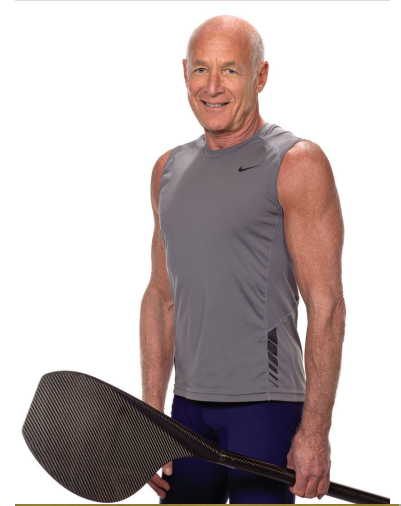
- General Principles
- Testosterone – Male
- Thyroid
- DHEA
- Menopause/Perimenopause
- Estrogen, Progesterone and Testosterone Therapies for Females
- Growth Hormone
- Melatonin

Age Management Medicine Practice Development and Management (Not for CME credit) 16 hours

The physician learns how to develop a successful Age Management Medicine Practice and understand:

- Benefits of growing an Age Management Medicine practice
- Requirements for building an Age Management Medicine practice
- Fundamentals of conducting effective consultations with potential age management patients
- How to explain the program and its benefits to potential patients and effectively answer questions about the program
- How to address a patient's concerns to gain commitment
- How to identify patients and networks in the community to grow the practice

PART THREE: Post-Competency Evaluation 5 AMA PRA Category 1 Credits



Medicine has to keep up with new ways of living “the golden years.”

Stay on top of research and treatments.



AGE MANAGEMENT MEDICINE

Training Outcome Objectives

Upon completion of this comprehensive evidence-based course, the physician will be able to:

- Describe the role inflammation plays in disease development; implement appropriate care to prevent or mitigate it.
- Evaluate various theories of aging including genetics, oxidative stress, glycation, and telomere shortening.
- Obtain a comprehensive health history that is pertinent to Age Management Medicine.
- Interpret laboratory studies differentiating between optimal and normal values.
- Discuss the fundamentals of DEXA scanning and bone density, correlating labs results, and VO2 testing.
- Educate patients in the importance of exercise/fitness and develop an exercise prescription, including high intensity interval training to help them apply these concepts into their lifestyle and health management routines.
- Describe the components of low-glycemic/anti-inflammatory nutrition, formulate a nutrition plan and teach patients how to incorporate and maintain these nutrition plans.
- Identify the fundamentals of nutraceuticals and supplements and incorporate them when appropriate into the patient plan.
- Educate patients on the basics of female endocrine physiology relating to health/wellness.
- Recognize and treat estrogen dominance as well as hypoandrogenism in men.
- Implement the age management approach to hormone replacement therapy/menopausal hormone therapy (HRT, MHT) appropriately into patient care regimes including, when indicated, testosterone, DHEA, growth hormone, and thyroid in men; testosterone, estrogen, progesterone, DHEA, growth hormone, and thyroid in women.
- Initiate and perform stimulation tests for growth hormone deficiency.
- Develop and implement a plan to resolve side effects and promote adherence to treatment regimen.
- Formulate an individual treatment plan, integrating Age Management Medicine concepts, using evidence-based research presented in home-study subsets, on-site clinical practice and your personal review of the literature.
- Demonstrate an ability to determine the effectiveness of the individualized treatment plans with your patients through careful and consistent follow-up and monitoring.

Accreditation

This educational activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Foundation for Care Management (FCM), Age Management Medicine Education Foundation (AMMEF) and Age Management Medicine Group (AMMG). FCM is accredited by the ACCME to provide continuing medical education for physicians.

FCM designates this educational activity for a maximum of 52 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

To ensure competency in this rapidly changing field, it is recommended that active certification be maintained through the Age Management Medicine Group.

DIPLOMA

Upon completion of part one, two, and three of the Physician Training & Certification in Age Management Medicine, participants receive a certificate: an elegant 8" x 11" parchment, suitable for framing.



Call
561.212.4788
to register
for training
today!

Our AGE MANAGEMENT MEDICINE Experts

JEFFREY P. LEAKE, M.D.
Course Director, AMMEF
Physician Partner, Cenegenics Las Vegas

An expert in nutrition and physiology, Dr. Jeffrey Park Leake has long been known for guiding patients in a preventive health approach. At AMMEF, he demonstrates the established Cenegenics model for achieving optimal health and youthful aging. Dr. Leake, a board-certified anesthesiologist educated at Ohio State University, held a 23-year tenure at Washington's Harrison Medical Center Bremerton as Chief of Anesthesiology and Medical Director of Surgical Services.

He is a certified personal trainer and is completing training as a "Certified Strength/Conditioning Specialist" via the National Strength and Conditioning Association. He avidly pursues backcountry/extreme skiing, Krav Maga, weight, plyometric and yoga training.

He also is a member of the Endocrine Society, North American Menopause Society, American College of Sports Medicine, and National Strength and Conditioning Association.

JAMES POWELL
Director of Practice Development, Cenegenics

James Powell has 20 years of experience in sales and sales consulting. He also has an extensive background in training healthcare professionals. Prior to joining Cenegenics in 2007, he trained over 35,000 sales professionals worldwide and worked in healthcare administration. As Director of Practice Development, he offers physicians an in-depth program to help them successfully grow an Age Management Medicine practice. He also provides ongoing training and support for alumni and Cenegenics physicians and oversees the physician residency program..

AGE MANAGEMENT MEDICINE EDUCATION FOUNDATION (AMMEF) COMMITTEE

The AMMEF Committee is a strategic alliance between Cenegenics physicians and other independent professionals who are experts in Age Management Medicine. Committee members create world-class educational programs in joint sponsorship with AMMG and FCM as the accreditation provider and make them available to all physicians in Age Management Medicine.

We are the
physician
training
experts.



Why Pursue a CENEGENICS® FELLOWSHIP?

At no additional cost, physicians who complete the Physician Training & Certification in Age Management Medicine are eligible to complete a Fellowship with Cenegenics Physician Training.

When you become a Cenegenics Fellow, you become a strategic partner with a proven leader in Age Management Medicine and learn how to practice medicine in a new way to build your own Age Management Medicine practice.


Cenegenics, a medical practice with 22 centers throughout the United States and Puerto Rico, is forging a paradigm shift in medicine with its Elite Health Program, proactive medical approach and 5-star service standard that's hailed as next-generation medicine.

And given that every 8 seconds an American turns 50, the medical specialty at Cenegenics is primed to fit the increasing needs of a generation passionate about not "growing old" while also helping those aged 40-to-60 gain a proactive edge to future health and vitality.

Our physicians seek to prevent premature disability and death, while helping patients achieve optimal health and vigor using various disease risk markers in their proactive approach to patient care. Our physicians evaluate hormones that decline with age, the timing and degree of that decline as well as the related physiologic consequences.

Patients are monitored monthly and closely throughout their personalized program. The physician and exercise/nutrition staffs follow patients, adjusting for shifts in body habits and nutritional changes and monitoring blood tests frequently to assure optimal benefits.

Getting to know Cenegenics as a Fellow opens the door to secure your financial future, break free from the frustrating world of medical insurance, provide better patient care and enjoy practicing medicine again.



Becoming a Cenegenics Fellow prepares you for a revolutionary change in how you practice medicine.

Frequently Asked QUESTIONS

When is the Physician Training & Certification in Age Management Medicine offered?

Training is offered throughout the year. With smaller classes, individual attention is always our goal.

How long is the Physician Training & Certification in Age Management Medicine?

The training begins immediately with part one, which consists of 15 hours of online home study and testing. Part two is six days of live training followed by an online exam taken from the comfort of an office or home when you are ready to demonstrate your proficiency of the material.

What does the training fee cover?

- Entire training, from online home-study material to the six-day, on-site training and online exam for certification
- Practice building, non-CME training
- Updates on Cenegenics physician opportunities
- Access to Clinical Leadership and AMMEF staff
- Access to ongoing educational opportunities
- Ongoing support in a Fellowship with Cenegenics Physician Training at no additional charge and access to an assigned clinical advisor



Age Management Medicine ... moving focus from disease to health.





GET ON THE RIGHT PATH

YOUR PATH STARTS WITH REGISTERING FOR
THE PHYSICIAN TRAINING & CERTIFICATION
IN AGE MANAGEMENT MEDICINE

Looking for world-class medical training in the highly
rewarding and growing field of Age Management Medicine?
Look no further because that's what we deliver.

Our Physician Training & Certification covers
evidence-based clinical therapies in Age Management
Medicine, promoting a proactive approach to aging in a
healthy way. The training requires physicians to participate in
web-based modules from home or office plus in-person, live
training components.

Call
561.212.4788
to register
for training
today!



agemed.org

