

# CONFERENCE GUIDE

## 31st Clinical Applications for Age Management Medicine Conference

NOVEMBER 4-7, 2021 | DALLAS, TEXAS

up to 26 AMA PRA  
CME Credits

[www.AgeMed.org](http://www.AgeMed.org)





**Dear Colleague,**

Welcome to our November 2021 conference in Dallas, Texas. Once again, AMMG delivers a live CME event that takes you on an eye-opening educational journey—addressing controversial, challenging, and in-the-news topics as well as introducing you to novel therapies, the latest in medically sound approaches, and groundbreaking research.

**Enhance your knowledge and performance levels.** AMMG ensures you stay on the cutting edge of the latest findings, modalities, and treatments. You walk away with ready-to-use tools for adding Age Management Medicine to your existing practice, as well as the clear-guided steps of how to become certified in our medical specialty.

**Fill the educational gap.** Explore the best of proactive, preventive, precision medical care. Experience our expert presentations covering a breadth of categories, insightful case studies, interactive panel discussions, and take-away tools you can use in your practice immediately. You'll appreciate the chance to network with leaders in the field and delve into our compelling evidence-based curriculum.

**Enjoy a world-class stay.** We selected the Renaissance Dallas Addison Hotel, close to delicious restaurants, exciting nightlife and upscale shopping. Take a dip in the sparkling pool or find your balance with wellness treatments and beauty services at the tranquil hotel spa. When hunger strikes, savor fresh American cuisine made from locally sourced ingredients at an on-site restaurant—the kind of luxury without compromise to which AMMG attendees have become accustomed.

**Learn and grow.** Discover how to become certified in age management medicine with multidisciplinary, advanced training. Learn about the advantages of AMMG membership. Elevate yourself to a higher standard of professional development.

*We look forward to meeting you!*

Sincerely,

**Rick Merner**

*Executive Director  
AMMG Co-founder*

**Greg Fillmore**

*Conference Chair  
AMMG Co-founder*

#### **CONFERENCE PLANNING COMMITTEE**

Florence Comite, M.D.

Elliot Dinetz, M.D., ABFM, FAAMFM

Rob Kominarek, D.O., FACOFP

John J. Rush, M.D., FACEP

Mary Corry, R.N., BSN

Mark L. Gordon, M.D.

Cesar M. Pellarano, M.D.

George C. Shapiro, M.D., FACC

## **SAVE THE DATE**

**►► APRIL 7-10, 2022 ◀◀**

### **32<sup>ND</sup> Clinical Applications for Age Management Medicine**

**NATIONAL DORAL MIAMI RESORT & SPA, Miami, Florida**

Updates will be posted on our website **www.agemed.org** as they become available

## **CALL FOR PRESENTERS**

**The Age Management Medicine Group (AMMG) would like to encourage qualified speakers who wish to become members of our faculty to submit for consideration.**

The Conference Planning Committee will review all submissions. Preference is given to credentialed faculty at the medical professional level who have expertise in their field and have the ability to provide comprehensive learning materials for the course syllabus. Topics that reflect non-commercial, new or cutting-edge evidence based information for Age Management Medicine clinicians are preferred. All faculty and presentations must adhere to ACCME standards.

To submit, please email the following to [gfillmore@agemed.org](mailto:gfillmore@agemed.org):

**1. Curriculum Vitae 2. Presentation Title 3. Short Abstract / Description**

### **Age Management Medicine Group (AMMG)**

1534 Serrano Circle, Naples, FL 34105

Phone (239) 330-7495 Fax (847) 728-2118

**[www.AgeMed.org](http://www.AgeMed.org) [conference@agemed.org](mailto:conference@agemed.org)**



SAVE THE DATE

# 32<sup>ND</sup> CLINICAL APPLICATIONS FOR AGE MANAGEMENT MEDICINE CONFERENCE

April 7-10, 2022 | MIAMI, FL

## EXPERIENCE A BETTER MEDICAL APPROACH.

Age management medicine has been—and continues to stay—ahead of the curve.. Practice through a proactive, preventive, integrative lens with evidence-based protocols to modulate the aging process that include hormonal therapies, nutrition, fitness, stress management, medical interventions and breakthrough science.

After attending this in-depth, CME conference, you'll walk away with what you need to add this medical specialty to your existing practice, or expand you current Age Management Medicine Practice. We'll even show you how you can become **Certified in Age Management Medicine.**



**FOR MORE INFORMATION VISIT OUR WEBSITE**

**[www.agemed.org](http://www.agemed.org)** or email: **[conference@agemed.org](mailto:conference@agemed.org)**

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## TRAINING & CERTIFICATION IN AGE MANAGEMENT MEDICINE

**A multidisciplinary, advanced training** covering foundational principles and progressive tools to help the Age Management Medicine clinician gain knowledge to stay on the leading edge of this rapidly evolving, ever-expanding medical specialty.

**It's an exceptional program, marked by its contributing experts from a variety of medical fields**

including hormones, nutrition, exercise and patient assessment. We also provide information about the latest applications for 21st century clinical innovations such as genetic testing and personalized, precision medicine. Real case studies/situations are reviewed in problem-solving, round table discussions.



**GET YOUR QUESTIONS ANSWERED AT THE  
CONFERENCE REGISTRATION DESK.**

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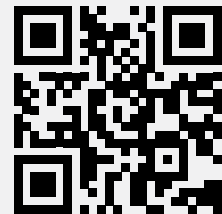


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# SCHEDULE AT-A-GLANCE

**Wednesday, November 3<sup>rd</sup>**

## **Practice Management Workshop: Launching and Growing a Successful Age Management Practice**

Many attendees of the AMMG conferences are attracted to the field of Age Management Medicine, but do not feel qualified, or empowered with the necessary tools, to successfully transition from the well-established structure of disease-based medicine or from the traditional insurance-based reimbursement system into a system which relies to a significant degree upon direct pay. This workshop is for those physicians and management staff. Attendees will be guided through the process of evaluating their professional goals, and then be helped to create a successful strategy to achieve those goals. Our goal is for the attendee to be equipped with the basic tools for making the decision whether to consider moving into an Age Management Medicine practice, and if so, to create a successful transition into this exciting field.

### **Non-CME Course**

**8:30 am – 9:15 am**  
**Complimentary Breakfast for All Attendees**

**9:00 am – 9:45 am**  
**What Does Direct Pay Practice Ownership Mean?**  
**Kenneth Janson, M.D., FACS**

**9:45 am – 10:30 am**  
**Defining Your Medical Services and Procedures Planning Process**  
**Kent Rilling, PA-C**

**10:30 am – 10:45 am**    **Break**

**10:45 am – 11:30 am**  
**What a Successful Practice Workflow Looks Like: The Systematic Efficiencies Needed to Maximize Patient Experience**  
**Liz Huertas, BS**

**11:30 am – 12:15 pm**  
**Practice Location, Labs, Pharmacy, and Ancillary Testing Partnerships that Can Make or Break Your Practice**  
**Cynthia Rilling, M.A.**

**12:15 pm – 1:00 pm**    **Lunch Break (Lunch Provided)**

**1:00 pm – 1:45 pm**  
**Developing the Branding and Internal Marketing of Your Practice**  
**Cynthia Rilling, M.A.**

**1:45 pm – 2:45 pm**  
**Speaking to Your Patient's Subconscious: How to Influence and Motivate Your Patients to Achieve the Results They Are Looking For**  
**Kent Rilling, PA-C**

**2:45 pm – 3:00 pm**    **Break**

**3:00 pm – 4:00 pm**  
**WATCH OUT! Practice Landmines to Avoid**  
**Kenneth Janson, M.D., FACS**  
**Kent Rilling, PA-C**  
**Cynthia Rilling, M.A.**  
**Liz Huertas, BS**

**4:00 pm – 5:00 pm**  
**Open Forum Q and A**

# SCHEDULE AT-A-GLANCE

## Thursday, November 4<sup>th</sup> PRE-CONFERENCE TRACK

### Advanced Workshop - Sexual Dysfunction in Men and Women

Sexual dysfunction is a common problem among both men and women, particularly in the aging patient. It can be caused by physical problems and medical conditions, such as heart disease and hormone imbalances, or by psychological problems, like anxiety, depression and the effects of past trauma. Age Management Physicians will be confronted with these issues; in fact sexual dysfunction may be a primary motivator for patients to seek out treatment. This workshop will focus on sexual dysfunction, diagnosis and treatment modalities that can be used in an Age Management Practice.

**7:30 am – 8:15 am**

**Complimentary Breakfast**

*Sponsored by the Age Management Medicine Group (AMMG)*

**8:00 am – 8:45 am**

**Love and Libido: Gender Differences in Sex**

Angela DeRosa, D.O., MBA, CPE

**8:45 am – 9:15 am**

**Medical and Psychological Causes of Sexual Dysfunction in Men & Women**

Angela DeRosa, D.O., MBA, CPE

**9:15 am – 10:00 am**

**Patient Assessment and Diagnosis of Sexual Dysfunction in Men: Beyond Prescribing 5-alpha-Reductase-Inhibitors**

Kathy Maupin, M.D.

**10:00 am – 10:15 am Break**

**10:15 am – 11:00 am**

**Nutrition Plan to Reduce Incidence of ED and Increase Heart Health**

Paul Thompson, M.D.

**11:00 am – 12:00 pm**

**Evidence Based Treatment for Sexual Dysfunction in Men Using Hormones, FDA Approved Peptides and Other Common Modalities**

John C. Carrozzella, M.D., MSMS

**12:00 pm - 1:30 pm Lunch Break**

**12:00 pm – 1:00 pm**

**Hormones and the Microbiome - The Estrobolome and How it Influences Estrogen Metabolism**

Presented by Keri Anania, PA-C

Open to all attendees and includes a complimentary lunch

**Non-CME symposium sponsored by BIOCIDIN**

**1:30 pm – 2:15 pm**

**Use of Non-Hormone Clinical Interventions for Sexual Dysfunction: Shockwave Therapy, P-Shot**

Michale Barber, M.D.

**2:15 pm – 3:00 pm**

**Patient Assessment and Diagnosis of Sexual Dysfunction in Women: Unravelling the Mystery and Treating the Problem**

Kathy Maupin, M.D.

**2:30 pm Exhibits Open**

**3:00 pm – 3:30 pm Break / Visit Exhibits**

**3:30 pm – 4:00 pm**

**The Use of Hormones & FDA Approved Peptides as an Evidence Based Treatment for Sexual Dysfunction in Women**

Carolyn DeLucia, M.D., FACOG

**4:00 pm – 4:25 pm**

**The Use of Vylessi and HIFEM Technology in the Treatment of Pelvic Floor Muscles as a Cause of Female Sexual Dysfunction**

Carolyn DeLucia, M.D., FACOG

**4:25 pm – 5:30 pm**

**Sexual Dysfunction Complex Case Discussion (Men and Women)**

Neal Rouzier, M.D.

Carolyn DeLucia, M.D., FACOG

**5:30 pm – 7:00 pm**

**AMMG Welcome Reception**

Open to all conference attendees, spouses and guests. Held in Conference Networking and Exhibits Center

# SCHEDULE AT-A-GLANCE

## Thursday, November 4<sup>th</sup> PRE-CONFERENCE TRACK

### Workshop - Traumatic Brain Injury: A Clinical Approach to Diagnosis and Treatment

This full day program, TBI – A Clinical Approach to Diagnosis and Treatment, will provide to the attendees overwhelming information culled from peer-reviewed articles on Traumatic and Non-Traumatic Brain Injuries as causative factors for personality changes, cognitive impairment and mood disorders leading up to suicide. The attendees will be walked through the literature discussing the effects of primary traumas and the secondary effects of inflammation and oxidative stress on functionality. The rising cases of post-Covid neurological complications will also be discussed as a new entry into non-traumatic brain injury due to the “Cytokine Storm”. This program will prepare you for the treatment.

#### Course Faculty (all sessions in this track)

**Mark L. Gordon, M.D.**

**7:30 am – 8:15 am**

**Complimentary Breakfast**

***Sponsored by the Age Management Medicine Group (AMMG)***

**8:00 am – 9:00 am**

**An Introduction to Traumatic Brain Injury**

**9:00 am – 10:15 am**

**The Laboratory of Traumatic Brain Injury**

**10:15 am – 10:30 am Break**

**10:30 am – 11:30 am**

**Traumatic Brain Injury and Neurobehavior**

**11:30 am – 12:00 pm**

**Neuroinflammation and Oxidative Stress, the Foundation for Treating Traumatic Brain Injury, Part I**

**12:00 pm - 1:30 pm Lunch Break**

**12:00 pm – 1:00 pm**

**Hormones and the Microbiome - The Estrobolome and How it Influences Estrogen Metabolism**

**Presented by Keri Anania, PA-C**

Open to all attendees and includes a complimentary lunch

***Non-CME symposium sponsored by BIOCIDIN***

**1:30 pm – 2:30 pm**

**Neuroinflammation and Oxidative Stress, the Foundation for Treating Traumatic Brain Injury, Part II**

**2:30 pm – 3:30 pm**

**Putting it All Together with Case Studies**

**2:30 pm Exhibits Open**

**3:30 pm – 4:10 pm Break / Visit Exhibits**

**4:10 pm – 5:30 pm**

**Case Studies & Q&A**

**5:30 pm – 7:00 pm**

**AMMG Welcome Reception**

Open to all conference attendees, spouses and guests

Held in Conference Networking and Exhibits Center

# SCHEDULE AT-A-GLANCE

## Thursday, November 4<sup>th</sup> TWO HALF-DAY WORKSHOPS

### Workshop: IV Nutrient Therapies for Age Management Medicine

IV Therapies or intravenous treatment of nutrients infused directly into the bloodstream are exceptionally powerful because they circumvent issues with oral administration and some of the adverse reactions of orally administered nutrients such as stomach upset and absorption issues. IV Therapy has become more mainstream in the past several years and we find our physicians are requesting more information on their clinical use for patients who require this type of treatment and for patients who are requesting this for a variety of reasons. This workshop will provide physicians with the evidence basis for use, and describe the medical necessity and the clinical procedures for administration.

**7:30 am – 8:15 am**

**Complimentary Breakfast**

*Sponsored by the Age Management Medicine Group (AMMG)*

**8:00 am – 8:40 am**

**History, Indications and Scientific Evidence-Based Rationale for the Clinical Use of IV Nutrient Therapy**  
Edwin N. Lee, M.D.

**8:40 am – 9:10 am**

**Components of IV Nutrition: Equipment and Set up**  
Payam Zand, N.D.

**9:10 am – 9:40 am**

**Assessing the Patient & Development of an IV Nutrition Treatment Plan**  
Payam Zand, N.D.

**9:40 am – 10:10 am**

**Implementation of IV Nutrient Therapy**  
Payam Zand, N.D.

**10:10 am – 10:20 am Break**

**10:20 am – 11:00 am**

**Post IV Nutrient Care and Maintenance**  
Derrick DeSilva, Jr., M.D.

**11:00 am – 12:00 pm**

**Clinical Use of Nicotinamide Adenine Dinucleotide (NAD) IV Therapy**  
Theresa Ramsey, N.M.D.

**12:00 pm - 1:30 pm Lunch Break**

### Workshop: Senotherapeutics for Age Management Medicine

Cellular senescence is one of the main driving forces for aging and organ dysfunction. As such, the field of Senolytics is poised to become the next big niche in Age Management Medicine. It is important for practitioners to understand how to assess body senescence burden and how to employ adequate senolytic strategies. This half-day workshop will teach healthcare practitioners the fundamentals for properly integrating senolytic treatments into their clinical practices. We will cover everything from the basic biology of cell senescence to testing and treatment protocols. Practitioners will leave the workshop with the necessary tools and knowledge required to start offering senolytic therapies in their practice.

**12:00 pm – 1:00 pm**

**Hormones and the Microbiome - The Estrobolome and How it Influences Estrogen Metabolism**  
**Presented by Keri Anania, PA-C**

Open to all attendees and includes a complimentary lunch  
**Non-CME symposium sponsored by BIOCIDIN**

**1:30 pm – 2:15 pm**

**Understanding the Fundamentals of Cellular Senescence: Why it Happens and How it Affects Health**  
Jin-Xiong She, Ph.D.

**2:15 pm – 2:50 pm**

**Testing for Cellular Senescence**  
Luis Martínez, M.D., MPH

**2:30 pm Exhibits Open**

**2:50 pm – 3:30 pm Break / Visit Exhibits**

**3:30 pm – 4:00 pm**

**Senolytics - What Are They and Do They Work**  
Luis Martínez, M.D., MPH

**4:00 pm – 4:45 pm**

**Senolytic Treatment Protocols**  
Luis Martínez, M.D., MPH

**4:45 pm – 5:30 pm**

**Case Discussion and Review of Protocols**  
Luis Martínez, M.D., MPH

**5:30 pm – 7:00 pm**

**AMMG Welcome Reception**

Open to all conference attendees, spouses and guests.  
Held in Conference Networking and Exhibits Center

# SCHEDULE AT-A-GLANCE

## Friday, November 5<sup>th</sup> GENERAL SESSION

**7:00 am – 7:45 am**

**Update on Growth Hormone and Secretagogues**

**Presented by Mark Gordon, M.D.**

Open to all attendees and includes a complimentary breakfast

**Non-CME symposium sponsored by University Compounding Pharmacy**

**8:00 am – 8:15 am**

**Opening Remarks**

**8:15 am – 9:15 am**

**Testosterone and Prostate Cancer: Latest Concepts and Advances**

**Abraham Morgantaler, M.D.**

**9:15 am - 10:00 am Break / Visit Exhibits**

**10:00 am – 11:00 am**

**Keynote Lecture: Testosterone, Science, and Human Dignity**

**Abraham Morgantaler, M.D.**

**11:00 am – 12:00 pm**

**Controversy: Clinical Use of Estrogen In Men**

**Neil Rouzier, M.D.**

**12:00 pm - 1:30 pm Lunch Break / Visit Exhibits**

**12:00 pm – 1:00 pm**

**The Gut-Brain Axis Connection**

**Presented by Trupti Gokani, M.D.**

Open to all attendees and includes a complimentary lunch

**Non-CME symposium sponsored by Microbiome Labs**

**1:30 pm – 1:45**

**Why Undergo Certification in Age Management Medicine**

**Derrick DeSilva, Jr., M.D.**

**1:45 pm - 2:30 pm**

**Gender Bias in Medicine: Lazy Science and Bad Medicine**

**Benjamin Gonzalez, M.D.**

**2:30 pm – 3:15 pm**

**Surgical and Post Surgical Implications for Transgender Patients**

**Jonathan Keith, M.D., FACS**

**3:15 pm – 4:00 pm Break / Visit Exhibits**

**4:00 pm – 4:45 pm**

**Gender Affirming Hormone Therapy for the Aging Transgender and Gender Nonbinary Patient**

**Dana Delgado, FNP**

**4:45 pm – 5:30 pm**

**Treatment and Management of the Transgender Patient. Case Presentation of a Clinician's Approach**

**Cesar Pellerano, M.D., P.A.**

**5:30 pm – 7:00 pm**

**AMMG Reception for Members & Faculty**

Open to all AMMG Members and Conference Faculty

***New Members who sign up onsite are welcome to attend***

Held in Lalique Ballroom

# SCHEDULE AT-A-GLANCE

## Saturday, November 6<sup>th</sup> GENERAL SESSION

7:30 am – 8:15 am

**Complimentary Breakfast**

*Sponsored by the Age Management Medicine Group (AMMG)*

8:00 am - 9:00 am

**Evidence Based Use of Hyperbaric Oxygen Therapy (HBOT) to Increase Stem Cells, Balance Hormones and Reduce Inflammation**

Jason Sonners, D.C., Ph.D., DCBCN, DIBAK, CHP

9:00 am – 10:00 am

**How Prescription Medication Accelerates Aging**

Derrick DeSilva, Jr., M.D.

10:00 am - 10:30 am **Break / Visit Exhibits**

10:30 am – 11:15 am

**Low Dose Naltrexone**

William Clearfield, D.O., FAAMA, DABMA, FAARFM

11:15 am – 12:00 pm

**Envisioning Self-Care as a Gateway to Authentic Health for Us Doctors and Our Patients**

Beatriz Olson, M.D., FACP

12:00 pm - 1:30 pm **Lunch Break / Visit Exhibits**

12:00 pm – 1:00 pm

**The Evidence Based Clinical Use of Full Spectrum Hemp Oil**

**Presented by Derrick DeSilva, Jr., M.D.**

Open to all attendees and includes a complimentary lunch

**Non-CME symposium sponsored by Med 7**

1:30 pm – 2:15 pm

**Sarcopenia**

Jeff Life, M.D., Ph.D.

2:15 pm – 3:00 pm

**Brain Health for Patients Over 50**

Elliot Dinetz, M.D., ABFM, FAAMFM

3:00 pm - 3:45 pm **Break / Visit Exhibits (exhibits close 3:45 pm)**

3:45 pm – 4:45 pm

**Insulin Resistance: We Need To Do Better**

Benjamin Gonzalez, M.D.

4:45 pm – 5:30 pm

**Enterioimmunology & Endocrinology: How Dysbiotic Gut Inflammation Leads to Hormone Imbalances, and How Reversing Them is the Key to Resolving Chronic Illness**

Dushyant Viswanathan, M.D., ABIM, ABoIM, AACE

## SCHEDULE AT-A-GLANCE

### Sunday, November 7<sup>th</sup> GENERAL SESSION

7:30 am – 8:15 am

Complimentary Breakfast

*Sponsored by the Age Management Medicine Group (AMMG)*

8:00 am – 9:00 am

Continuous Glucose Monitoring (CCGM) in Precision Medicine: Leveraging Real-Time Data to Detect and Reverse Metabolic Abnormalities  
Florence Comite, M.D.

9:00 am – 10:00 am

Aerobic Performance & Body Composition in Precision Medicine

Christopher Arboleda, MS, ACSM-CEP, NSCA-CSCS

10:00 am - 10:15 am Break

10:15 am - 11:15 am

The Role of Therapeutic Plasma Exchange (TPE) in the Prevention and Treatment of Age-Related Conditions

Dobri Kiprof, M.D.

11:15 am – 12:00 pm

Clinical Application of N-of-1 Precision Medicine

Ashley Madson

12:00 pm – 12:45 pm

Hair Regrowth Without Surgery

William Clearfield, D.O., FAAMA, DABMA, FAARFM

12:45 pm – 1:30 pm

The Biopsychosocial Model: Treating an Aging Population with Touch

Jodi Scholes

## OBTAINING CME CERTIFICATES

**You must complete the online  
Conference Evaluation / Attendance form  
for CME credit**

***For your convenience, this is done entirely online.***

**Go to [www.AgeMed.org](http://www.AgeMed.org), click on November 2021 Conference, go to Accreditation  
and follow the screen prompts.**

**Please click on the attestation statement and complete all the required information.**

# Medical WAVE

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# NON-CME EVENTS OPEN TO ALL ATTENDEES

## THURSDAY, NOVEMBER 4TH

7:30 am – 8:15 am

**Complimentary Breakfast**

Sponsored by the Age Management Medicine Group (AMMG)

12:00 pm – 1:00 pm

**Hormones and the Microbiome - The Estrobiome and How It Influences Estrogen Metabolism**

Presented by Keri Anania, PA-C

Includes a complimentary lunch

**Non-CME symposium sponsored by BIOCIDIN**

5:30 pm – 7:00 pm

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12:00 pm – 1:00 pm

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Presented by Derrick DeSilva, Jr., M.D.

Includes a complimentary lunch

**Non-CME symposium sponsored by Med 7**

## SUNDAY, NOVEMBER 7TH

7:30 am – 8:15 am

**Complimentary Breakfast**

Sponsored by the Age Management Medicine Group (AMMG)



e-Journal of  
**AGE MANAGEMENT MEDICINE**

The **E-Journal of Age Management Medicine** (Editor, Jeff Morris) is published monthly by AMMG. Now in its 15th year, this electronic publication is designed to introduce readers to the specialty of Age Management Medicine, whether they are healthcare professionals familiar with this proactive, preventative approach who have already incorporated it into their practice, or are among those interested in doing so. We acknowledge the medical professionals who have pioneered in this area, and our goal is to provide them and those who will follow in their footsteps with a reliable source of cutting edge news, practical advice and relevant information about Age Management Medicine—with the goal of superior patient care, increased practice revenue and greater job satisfaction. Your comments or suggestions are welcome at [journal@AgeMed.org](mailto:journal@AgeMed.org).

## CALL FOR ARTICLES AND PAPERS

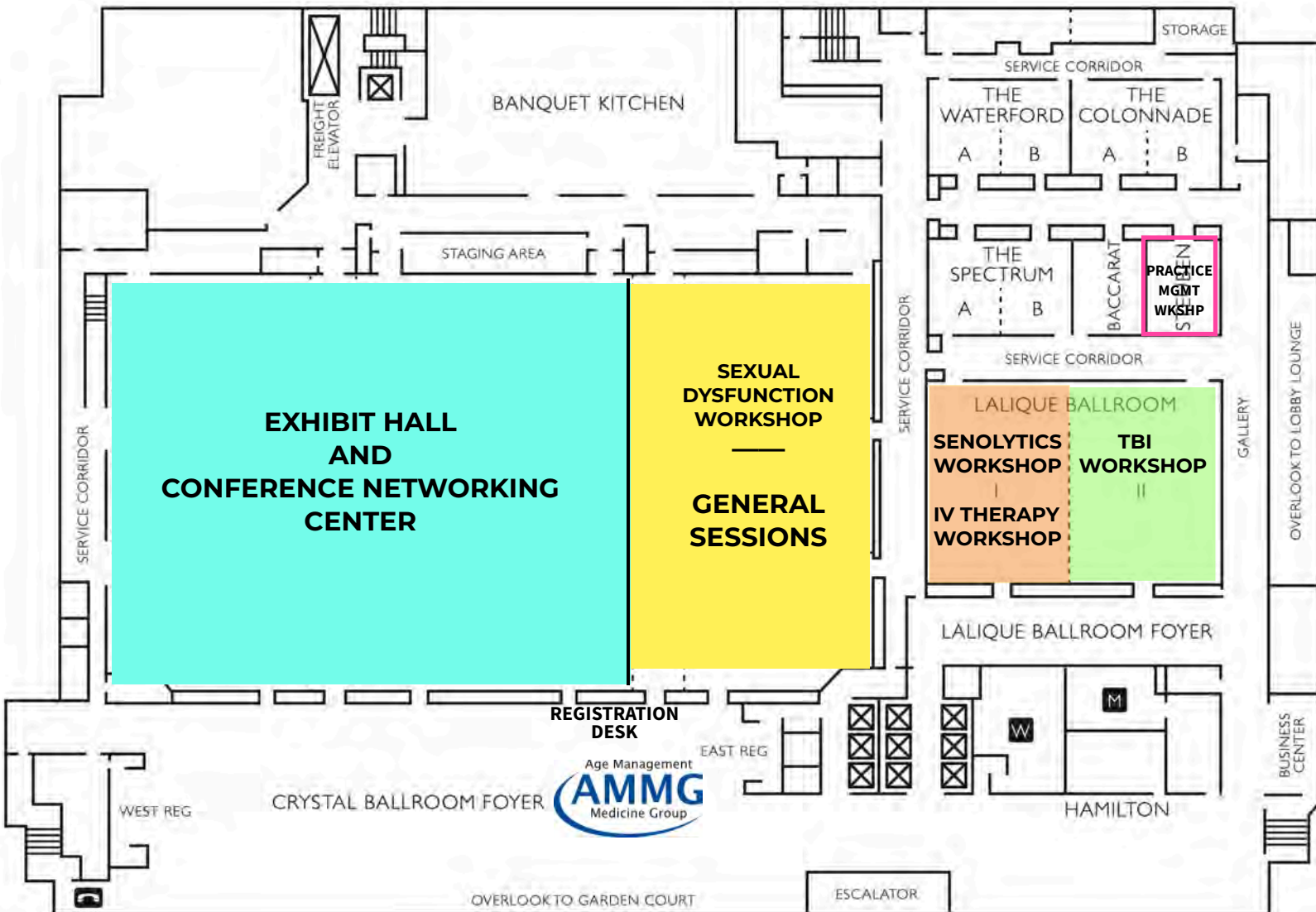
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**Provisions:** AMMG retains the right to refuse any article that we determine to be outside our editorial mission or inappropriate for this publication. AMMG may approve selected articles for reprinting in other publications, providing proper accreditation to the original author(s).

# CONFERENCE FLOOR MAP

## RENAISSANCE DALLAS ADDISON HOTEL



- **Practice Management Workshop:** *Steuben*
- **Sexual Dysfunction Workshop:** *Crystal Ballroom VI-VII*
- **TBI Workshop:** *Lalique II*
- **Senolytics Workshop:** *Lalique I*
- **IV Therapy Workshop:** *Lalique I*
- **Exhibit Hall & Conference Networking Center:**  
*Crystal Ballroom I-V*
- **General Sessions:** *Crystal Ballroom VI-VII*

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William Clearfield, D.O.	No Relevant Relationships with a Commercial Interest to Disclose
Florence Comite, M.D.	No Relevant Relationships with a Commercial Interest to Disclose
Dana Delgado, FNP	No Relevant Relationships with a Commercial Interest to Disclose
Carolyn DeLucia, M.D.	No Relevant Relationships with a Commercial Interest to Disclose
Angela DeRosa, D.O.	Belmar Pharma, Medical Director; Hormone Health Institute, Owner/ Founder
Derrick DeSilva, Jr., M.D.	No Relevant Relationships with a Commercial Interest to Disclose
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Dr. Payam Zand	No Relevant Relationships with a Commercial Interest to Disclose

# SHORT ABSTRACTS - Thursday, November 4TH

## Advanced Workshop - Sexual Dysfunction in Men and Women

### **Love and Libido: Gender Differences in Sex**

**Angela DeRosa, D.O., MBA, CPE**

*Founder & President, Hormonal Health Institute, Scottsdale, AZ*

Men and women are very different species when it comes to many things, but none more relevant than the differences in not only how one thinks about sex, but also the physiologic response to sex. Women are held to a different standard and have many more biases that need to be addressed and overcome in order to have a healthy intimate relationship. Men have been given a larger freedom to “spread their seed” without remorse. The 21<sup>st</sup> century with various heralding events, drove a social acceptance regarding women and their sexual needs, but it also created an opportunity to understand the differences between the two sexes. As providers it is important to understand these differences as we address the needs of our patients when it comes to not only safe sexual practices, but also how to properly treat sexual dysfunctions and the drivers in each sex of these concerns.

### **Medical and Psychological Causes of Sexual Dysfunction in Men & Women**

**Angela DeRosa, D.O., MBA, CPE**

*Founder & President, Hormonal Health Institute, Scottsdale, AZ*

Men and women are very different species when it comes to many things, but none more relevant than the differences in not only how one thinks about sex, but also the distinct causes of sexual dysfunction and how to properly evaluate and address.

As providers it is important to understand these differences as we formulate a proper work up and treatment protocol so that we can assist our patients in having happier, healthier sexual intimacy.

### **Patient Assessment and Diagnosis of Sexual Dysfunction in Men: Beyond Prescribing 5-alpha-Reductase-Inhibitors**

**Kathy Maupin, M.D.**

*Founder and Medical Director, BioBalance Health*

Male sexual dysfunction is much more than ED and must be approached diagnostically by evaluating multiple physiologic systems, ruling out lifestyle and medication etiologies, anatomic abnormalities, and in some cases relationship counseling. The initial evaluation is complex and doesn't begin with a prescription of a 5-alpha-reductase inhibitor but by diagnosing the physiologic dysfunction. Proper evaluation includes blood laboratory analysis of hormonal adequacy, diagnosis of contributing vascular and other medical diseases, which often requires radiologic tests, and relationship counseling. The optimal treatment plan is prioritized by normalizing all hormonal deficiencies, primarily by treating men with bioidentical testosterone, then treating medical diseases concomitantly, then adjusting medications that may worsen sexual performance and libido, defining and improving contributing lifestyle choices, and finally adding 5-alpha-reductase inhibitors, prostaglandin injections or referral for penile implantation if the result is not as robust as the patient desires. Patients appreciate the complete evaluation and treatment plan that this approach offers.

### **Nutrition Plan to Reduce Incidence of ED and Increase Heart Health**

**Paul Thompson, M.D.**

*Medical Director, Thompson Clinic*

*Chief Medical Officer, Launch Medical*

*Advisory Board, Organicell*

Vascular disease is epidemic in size, Metabolic syndrome has become a way of life and everyone is looking for the MAGIC pill to fix their problems. The leading cause of death in the US is far and away cardiovascular in nature and sexual dysfunction is rampant. The common numbers are 50% of 50-year-olds, 60% of 60-year-olds, etc., suffer from sexual dysfunction. The answer today, pop a pill and fix your problem. The fallacy is that by doing so you are correcting the problem freeing you up to continue your habits that led to the problem. The worst part is, as you go along your merry way you are still highly likely to become a victim of a lethal cardiac event.

While being a vegetarian seems like a drastic step there are many benefits including decrease in vascular inflammation, reversal of plaque, improved sexual function and a decrease in hypertension and many of the things that are associated with the metabolic syndrome. This lecture will point out the benefits of reducing animal protein and sticking with a plant-based diet.

### **Evidence Based Treatment for Sexual Dysfunction in Men Using Hormones, FDA Approved Peptides and Other Common Modalities**

**John C. Carrozzella, M.D., MSMS**

*Director & Founding Physician, CEO, Florida Center for Hormones and Wellness*

Sexual Dysfunction in men is far more common than conventionally thought. Several studies suggest that almost every man will experience some degree of sexual dysfunction in his lifetime. From lack of desire, to poor physical performance, to a complete inability to have a sexual encounter, the extent of sexual dysfunction in men is wide. Since the introduction of Testosterone Therapy in the 1950's and Sildenafil in 1998, the number and variety of remedies for sexual dysfunction have expanded dramatically. In this presentation, the attendee will learn about the root causes of sexual dysfunction in men. Then the presenter will discuss a number of Evidence Based treatments that have been well studied and shown to be medically effective.

### **Use of Non-Hormone Clinical Interventions for Sexual Dysfunction: Shockwave Therapy, P-Shot**

**Michale Barber, M.D.**

*CEO & CMO, Better Life Carolinas, Charleston, SC & Charlotte, NC*

Over the past decade the use of unique therapies for erectile dysfunction have emerged. This lecture will explore the science and effectiveness of Low intensity extracorporeal shock wave therapy for treatment of ED. A review of the literature will be presented to assess the physiology of shock wave therapy, suggested protocols for treatment and effectiveness and possible adverse effects. The use of platelet-rich plasma (PRP) for treating ED will also be discussed with a focus on up to date literature for use in erectile dysfunction. The literature will be reviewed for results including improvement in subjective patient scores, intracavernous pressure, analysis of penile tissue and other pertinent clinical data. Possible risks and contraindications will also be discussed.

# SHORT ABSTRACTS - Thursday, November 4TH

## CONTINUED: Advanced Workshop - Sexual Dysfunction in Men and Women

### **Patient Assessment and Diagnosis of Sexual Dysfunction in Women: Unravelling the Mystery and Treating the Problem**

**Kathy Maupin, M.D.**

*Founder and Medical Director, BioBalance Health*

Secondary sexual dysfunction in women over 40 has a history of being misdiagnosed, ignored, treated with the wrong hormone, obstructed from treatment through governmental agencies and generally categorized as a psychiatric condition. Sexual function is a real physiologic, hormonal, psychological condition that affects many women after age 40. Sexual function and dysfunction involve many components of what we consider sexual function: libido, arousal, engorgement, comfort, orgasm, and emotional engagement. This complexity makes it more important to delineate what component is involved as each may require various treatments. Because sexual function is very complex in nature, the diagnosis and treatment of sexual complaints should be approached in an organized and complete fashion. Gynecologists generally rule out anatomic abnormalities which are rare in the mature patient but should not be overlooked. Hormonal deficiencies, medical illnesses and poor lifestyle choices are the most common causes of female sexual dysfunction. The fact that testosterone is necessary for female sexual function and the FDA has not approved a testosterone replacement for women, offers us an opportunity to use non oral bioidentical testosterone to treat the most common cause of female sexual dysfunction in mature women. I will offer case studies from my practice to illustrate the multifaceted problem of poor sexual function in mature women, and offer treatment protocols that work well.

### **The Use of Hormones & FDA Approved Peptides as an Evidence Based Treatment for Sexual Dysfunction in Women**

**Carolyn DeLucia, M.D., FACOG**

*Womens Intimate Health Clinic, NYC, NY*

*Member and Instructor, American Aesthetic Association & American Cosmetic Cellular Medicine Association*

*Fellow, American College of Obstetrics and Gynecology*

We will explore the literature on use of hormones both bioidentical and pharmaceutical grade products for sexual wellness. We will analyze the use of Peptides that are still FDA approved and available. The pertinent literature will be reviewed. The FDA's impact on bioidentical hormones will be discussed and scrutinized.

### **The Use of Vylessi and HIFEM Technology in the Treatment of Pelvic Floor Muscles as a Cause of Female Sexual Dysfunction**

**Carolyn DeLucia, M.D., FACOG**

*Womens Intimate Health Clinic, NYC, NY*

*Member and Instructor, American Aesthetic Association & American Cosmetic Cellular Medicine Association*

*Fellow, American College of Obstetrics and Gynecology*

HIFEM technology is the first to market of its kind to treat sexual medicine. Its value as opposed to traditional physical therapy and biofeedback techniques will be analyzed. The recent literature published and studies underway exploring HIFEM in the treatment of sexual dysfunction will be reviewed. The value of a noninvasive, operator independent, painless simple procedure will be appreciated.

### **Sexual Dysfunction Complex Case Discussion (Men and Women)**

**Neal Rouzier, M.D.**

*Director, The Preventive Medicine Clinics of the Desert, Palm Springs, CA*

A 60 y/o male presents for evaluation of hormone replacement that he has been receiving from a physician colleague. His chief complaint is loss of libido, erectile dysfunction, and weight gain. He also notes worsening of weight and body fat after being placed on anastrozole (Arimidex) for high estrogen levels that resulted from testosterone injections. Since then, he c/o increased fat and sexual dysfunction that he did not have before. Although he is on HRT, he wonders if you can offer something else as his friend who you treat does not complain of any of the side effects or problems that he is experiencing.

**Carolyn DeLucia, M.D., FACOG**

*Womens Intimate Health Clinic, NYC, NY*

*Member and Instructor, American Aesthetic Association & American Cosmetic Cellular Medicine Association*

*Fellow, American College of Obstetrics and Gynecology*

A case of a woman with anorgasmia will be reviewed. What approach was taken and what else should be explored will be debated. Can every aspect of the orgasmic system be evaluated and treated?

# SHORT ABSTRACTS - Thursday, November 4TH

## Workshop - Traumatic Brain Injury: A Clinical Approach to Diagnosis and Treatment

### An Introduction to Traumatic Brain Injury

**Mark L. Gordon, M.D.**

*Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios;*

*USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA*

*Medical Director of Education, Access Medical Laboratories, Jupiter, FL*

*Member, AMMG Conference Planning Committee*

A 60-minute overview of trauma and non-traumatic brain injuries and the social and medical impact and the need for a paradigm shift in evaluation and treatment.

### The Laboratory of Traumatic Brain Injury

**Mark L. Gordon, M.D.**

*Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios;*

*USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA*

*Medical Director of Education, Access Medical Laboratories, Jupiter, FL*

*Member, AMMG Conference Planning Committee*

The assessment of neurotrauma using trophic, neurosteroids, and neuroactive steroids as markers for hormonal deficiencies that are caused by both the primary and secondary injuries associated with neurotrauma (TBI). The literature supported view that the “standard reference” ranges and “normal” reference ranges are not relative to the patient. Interpretation of the lab results using the Median Theory of optimal levels.

### Traumatic Brain Injury and Neurobehavior

**Mark L. Gordon, M.D.**

*Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios;*

*USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA*

*Medical Director of Education, Access Medical Laboratories, Jupiter, FL*

*Member, AMMG Conference Planning Committee*

The impact of neurosteroid deficiencies on both personality and mental abilities is clearly discussed in peer-reviewed articles. Those same articles provide support for mood and anxiety disorders developing from loss of the regulatory effects of many of the neurosteroids that are produced in the brain.

### Neuroinflammation and Oxidative Stress, the Foundation for Treating Traumatic Brain Injury, Part I

**Mark L. Gordon, M.D.**

*Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios;*

*USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA*

*Medical Director of Education, Access Medical Laboratories, Jupiter, FL*

*Member, AMMG Conference Planning Committee*

The major impact of trauma is the production of secondary injury precipitated by free radicals and oxidative stress. The use of specific anti-oxidants and the regeneration of the glutathione system in the brain can help to regain a neuro-permissive environment that can allow for cellular repair and regeneration.

### Neuroinflammation and Oxidative Stress, the Foundation for Treating Traumatic Brain Injury, Part II

**Mark L. Gordon, M.D.**

*Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios;*

*USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA*

*Medical Director of Education, Access Medical Laboratories, Jupiter, FL*

*Member, AMMG Conference Planning Committee*

Continuation of the 5th lecture with specific application and treatment of traumatic brain injury. A number of cases will be discussed.

### Putting it All Together with Case Studies

**Mark L. Gordon, M.D.**

*Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios;*

*USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA*

*Medical Director of Education, Access Medical Laboratories, Jupiter, FL*

*Member, AMMG Conference Planning Committee*

10 comprehensive cases will be dissected and presented with attendees' participation as a means of consolidating the information that will be shared throughout the day.

### Case Studies & Q&A

**Mark L. Gordon, M.D.**

*Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios;*

*USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA*

*Medical Director of Education, Access Medical Laboratories, Jupiter, FL*

*Member, AMMG Conference Planning Committee*

Continuation of the cases with attendee participation and Q & A. The goal of these cases is to allow the audience an opportunity to work out with the lecturer the initial evaluation of the patient, laboratory testing, interpretation of the test results, and selection of an optimal treatment protocol.

# SHORT ABSTRACTS - Thursday, November 4TH

## Workshop: IV Nutrient Therapies for Age Management Medicine

### History, Indications and Scientific Evidence-Based Rationale for the Clinical Use of IV Nutrient Therapy

**Edwin N. Lee, M.D.**

*Assistant Professor of Internal Medicine, University of Central Florida College of Medicine*

It is estimated that the human body consists of somewhere between 100-200 trillion cells conducting an excess of 500 billion chemical reactions each second. Our cells form the basic building blocks of life. For our cells to function properly one of the most basic ingredients that our cells need is nutrition. IV nutrition is the most effective way for our cells to receive nutrients. In addition IV nutrition is a powerful tool for regenerative medicine that can repair the body at a cellular level. Modern IV therapy has been around for about 50 years although the first IV infusion has been dated from 1665. A short history of IV nutrition, the science and indications for IV nutrition will be reviewed.

### Components of IV Nutrition: Equipment and Set up

**Payam Zand, N.D.**

*Associate Physician, LIVV Wellness, San Diego, CA*

IV nutrient therapy can be a powerful tool in patient care. This will provide a comprehensive framework for understanding the apparatus needed for initiating IV treatments safely and effectively as well as the nutrients that can be utilized in practice. IV nutrition components will consist of IV preparation equipment, IV administration equipment and protocol, and safe discontinuation and disposal of IVs.

### Assessing the Patient & Development of an IV Nutrition Treatment Plan

**Payam Zand, N.D.**

*Associate Physician, LIVV Wellness, San Diego, CA*

Assessment of each individual patient and the development of a specific IV protocol is dependent on several factors including patient symptoms, medical history, laboratory testing of nutrient status, and presence of methylation SNPs. These factors will then be utilized to develop a treatment plan with a specific duration and frequency for the patient's individual need. Specific IV treatment protocols and research will be covered in detail.

### Implementation of IV Nutrient Therapy

**Payam Zand, N.D.**

*Associate Physician, LIVV Wellness, San Diego, CA*

The implementation of IV nutrient therapy will take into consideration the space, time, and personnel needed for IV therapy. This will also be a review of IV safety, calculation of IV osmolality, choosing a proper IV drip rate, overview of various IV catheters and their uses, and sterile compounded nutrient/pharmaceutical costs and ordering.

### Post IV Nutrient Care and Maintenance

**Derrick DeSilva, Jr., M.D.**

*Teaching Faculty, JFK Medical Center, Edison, NJ*

*Co-Chair, Department of Complimentary Medicine and Senior Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ*

The after care with IV vitamins can be as critical as the infusion of the IV nutrients themselves. All nutrients work together to provide the body with the cellular energy and various co-factors so that the cells function at optimal levels. In order for an engine to perform at its peak the correct fuels must be introduced into the engine to achieve maximum results. The role that probiotics, CoQ10, Vitamin D, B vitamins and various other nutrients play in order to sustain cellular function will be discussed during this presentation. Preserving cellular energy is one of the keys to optimal aging and longevity. Cellular energy is also a critical component for maintaining hormonal balance and supporting the thyroid, adrenals etc. The body is a "cellular unit" and not a group of independently functioning organs. Let's support the body's systems by supporting the cellular functions of the body on the cellular level.

### Clinical Use of Nicotinamide Adenine Dinucleotide (NAD) IV Therapy

**Theresa Ramsey, N.M.D.**

*Medical Director, Revitalize Functional Medicine, Paradise Valley, AZ*

NAD (nicotinamide adenine dinucleotide) is part of basic biochemistry primarily involved in energy production and its activity is related to an increased sirtuin response preserving DNA. In this way it is related to longevity. NAD levels can affect chronic conditions such as diabetes (insulin resistance), cancer, and neurodegenerative conditions. Severe niacin deficiency results in pellagra. The first studies using NAD by intravenous injection were with alcoholics and drug addicts. It was found that in 90% of patients elevating levels with continued IV infusion over 10 days decreased cravings for alcohol and drugs. There have also been studies revolving around hyperlipidemia with a response to NAD treatment better than drugs and with minimal side effects. NAD metabolism will be reviewed and clinical indications of deficiency discussed. Treatment with NAD will be reviewed as far as rejuvenation, which in my experience is preferable with intravenous and subcutaneous injection rather than oral supplements.

# SHORT ABSTRACTS - Thursday, November 4TH

## Workshop: Senotherapeutics for Age Management Medicine

### **Understanding the Fundamentals of Cellular Senescence: Why it Happens and How it Affects Health**

**Jin-Xiong She, Ph.D.**

*Professor, Augusta University.*

*Founder & CEO, Longevity Testing, Jinfinti Precision Medicine*

This lecture will review the biological mechanisms of cellular senescence. We will discuss cellular quiescence, geroconversion and final steps towards irreversible senescence. Additionally, we will describe the senescence associated secretory phenotype (SASP) and its impact on cellular microenvironment.

### **Testing for Cellular Senescence**

**Luis Martínez, M.D., MPH**

*President, XanoGene Clinic, San Juan, Puerto Rico*

*President, Regenera Global, Ponce, Puerto Rico*

Recent advances have made testing for cellular senescence a more available and applicable test for physicians to incorporate in their Age Management Practice. This lecture will cover all the biomarkers and laboratory testing methods currently available for clinicians. The pros and cons of different testing approaches will be discussed. Additionally, an integrated model for assessing cellular senescence will be presented.

### **Senolytics - What Are They and Do They Work**

**Luis Martínez, M.D., MPH**

*President, XanoGene Clinic, San Juan, Puerto Rico*

*President, Regenera Global, Ponce, Puerto Rico*

Senolytics, and more broadly senotherapeutics, can now be offered in clinical settings. This lecture will discuss the mechanisms of action by which senolytics work. We will list the different senolytics currently available for clinical use. Additionally, we will discuss other senotherapeutic strategies such as senomorphics, geroprotectors and SASP inhibitors.

### **Senolytic Treatment Protocols**

**Luis Martínez, M.D., MPH**

*President, XanoGene Clinic, San Juan, Puerto Rico*

*President, Regenera Global, Ponce, Puerto Rico*

These lectures will review treatment protocols for incorporating senolytics and senotherapeutics into clinical practice. A review of clinical studies for the different treatments will be presented. Finally, specific case studies will be shown with an evidence based approach for treatment selection.

### **Case Discussion and Review of Protocols**

**Luis Martínez, M.D., MPH**

*President, XanoGene Clinic, San Juan, Puerto Rico*

*President, Regenera Global, Ponce, Puerto Rico*

Clinical Cases will be presented and include a review and discussion of the protocols used for treatment

# SHORT ABSTRACTS - Friday, November 5th

## General Session Curriculum

### **Testosterone and Prostate Cancer: Latest Concepts and Advances**

**Abraham Morgentaler, M.D.**

*Associate Professor, Harvard Medical School*

*Staff, Beth Israel Deaconess Medical Center*

For decades the greatest obstacle preventing wide adoption of testosterone therapy was the fear that it would cause aggressive prostate cancer or cause rapid prostate cancer progression. This lecture will review the origins of this erroneous belief and review the latest evidence, including results of testosterone therapy in men who have undergone prior treatment for prostate cancer with surgery or radiation, and in men on active surveillance. The limited data regarding testosterone therapy in men with more advanced disease will be reviewed as well. Guidance will be provided for attendees as to when it may be safe to offer testosterone therapy to men at risk for prostate cancer, or with a history of prostate cancer.

### **Keynote Lecture: Testosterone, Science, and Human Dignity**

**Abraham Morgentaler, M.D.**

*Associate Professor, Harvard Medical School*

*Staff, Beth Israel Deaconess Medical Center*

In this lecture I will share lessons I have learned over 30 years of research and clinical work using testosterone therapy. Those lessons include understanding why testosterone use was almost non-existent for more than 60 years, why it continues to be mistrusted by mainstream medicine, and how study results showing efficacy and safety are distorted by the media. Most importantly, by sharing several unique cases from my practice I will show how the key to being a great healthcare provider is by optimizing quality of life for individual patients.

### **Controversy: Clinical Use of Estrogen In Men**

**Neal Rouzier, M.D.**

*Director, The Preventive Medicine Clinics of the Desert, Palm Springs, CA*

Recent studies have demonstrated that elevated estrogen (estradiol) levels in men are associated with an increased risk of heart disease. A plethora of data supports this contention. Unfortunately, these are only observational studies that do not prove that elevated levels of estrogen cause any increase in harm, rather it is only an association and does not prove causation. In order to prove causation, interventional trials must be done in order to establish causation. There are a multitude of studies that prove high estrogen levels are protective and beneficial and certainly not harmful as we have been falsely misled to believe. The purpose of this lecture is to review the most recent literature that proves high levels of estradiol are protective against cardiovascular disease, cancer, and osteoporosis. This is in contrast to current recommendations to keep estrogen levels low in men. Various observational studies will be compared to interventional trials to gain a better understanding of the difference in power between the two and the importance of not relying on just observation to prove causation. Observing that high baseline levels of estrogen are harmful in men and extrapolating that to indicate that raising estradiol levels by giving testosterone is also harmful is entirely incorrect and can lead to harm if estrogen is blocked. So much of the beneficial effect of testosterone is in the conversion (aromatization) into estradiol. Over 70 years of studies where testosterone is prescribed to men, that simultaneously raise estradiol levels, have proven beneficial. Not one study shows harm when estradiol is raised via aromatization of testosterone. The importance of estrogen in men will be reviewed as well as the harm of blocking the aromatization into estradiol. No study has ever demonstrated benefit to lowering estrogen levels. Every study demonstrates harm in blocking estrogen aromatization with aromatase inhibitors. Unfortunately, most physicians remain unaware of this data and continue to prescribe aromatase inhibitors to block estrogen formation.

### **Gender Bias in Medicine: Lazy Science and Bad Medicine**

**Benjamin Gonzalez, M.D.**

*Medical Director, Atlantis Medical Wellness Center, Silver Spring, MD*

This is a powerful discussion of how our current medical system ignores women. The system believes women are done with life at the age of 52. There is a built-in gender-bias that has shaped the health care system and educated generations of physicians. You will learn how for generations women were kept out of medical studies, how men were used in primary studies for uterine cancer, how women were left out of long-term studies on aging, and how the medical system chooses band-aids over prevention in the management of aging women. This discussion will teach you how to recognize gender bias in medicine and begin to be the solution for decreasing the rate of the top 5 killers of women. You will learn how to transition from this built-in gender bias in the post graduate medical education system to evidence-based, gender-focused care of your female patient.

# SHORT ABSTRACTS - Friday, November 5TH

## CONTINUED

### **Surgical and Post Surgical Implications for Transgender Patients**

**Jonathan Keith, M.D., FACS**

East Coast Advanced Plastic Surgery

*Clinical Associate Professor, Rutgers New Jersey Medical School*

Population studies suggest that 0.5 to 1% of the population identifies as transgender or gender non-conforming. As availability and insurance coverage of surgical procedures to treat gender dysphoria expands, it is important for medical professionals to understand the surgical indications, procedures and consequences of gender affirming surgery. This lecture will introduce important concepts in modern gender affirming surgery. Perioperative considerations for top surgery (chest) and bottom surgery (genital) for male to female, female to male and gender non-conforming/non-binary patients will be discussed. Indications, complications and outcomes for specific procedures such as facial feminization, chondrolaryngoplasty (tracheal shave), chest masculinization, breast augmentation, phalloplasty, metoidioplasty and robotic vaginoplasty will be described. Physicians and clinicians will gain invaluable insight into the perioperative care of the transgender patient and their role in the multidisciplinary approach to modern gender affirmation.

### **Gender Affirming Hormone Therapy for the Aging Transgender and Gender Nonbinary Patient**

**Dana Delgado, FNP**

*Primary Care Medical Provider, CAN Community Health, Essex, NJ*

Gender affirming hormone therapy helps transgender and gender nonbinary individuals feel congruent, and reduces the intensity of gender dysphoria. The lack of trained providers to address the specialized medical needs of this community, including the need for medically necessary gender-affirming hormone therapy, maintains the health disparities that affect this population. To close this gap, attendees will receive an overview of gender-affirming hormone therapy (GAHT) and will learn common dosing regimens based on the present clinical guidelines. The benefits and risks associated with providing GAHT, as well as aging-related considerations, will be discussed.

### **Treatment and Management of the Transgender Patient. Case Presentation of a Clinician's Approach**

**Cesar Pellerano, M.D., P.A.**

*Member, AMMG Planning Committee*

The transgender patient is becoming more prevalent in our society. Yet few if any of us, have had any formal training in the management of these patients. These individuals often seek help from physicians that do not feel competent or comfortable in their management. As a result, these patients often are left to fend for themselves. In this case presentation I will show how with no training in transgender medicine but with confidence in my age management skills and excellent communication with the patient, I was able to successfully manage and help a transgender woman. I hope that this lecture will inspire the audience to do the same when given the opportunity.

# SHORT ABSTRACTS - Saturday, November 6TH

## General Session Curriculum

### **Evidence Based Use of Hyperbaric Oxygen Therapy (HBOT) to Increase Stem Cells, Balance Hormones and Reduce Inflammation**

**Jason Sonners, D.C., Ph.D., DCBCN, DIBAK, CHP**

*Board Member, International Hyperbaric Association*

*Faculty, Medical Academy of Pediatric Special Needs (MAPS) & International Board of Undersea Medicine*

*Owner & Clinic Director, Core Therapies Family Wellness Center, New Jersey HBOT, Hyperbaric & Function Medicine Clinic, HBOT USA*

In the United States hyperbaric oxygen therapies (HBOT) have been used very effectively for a short list of severe conditions ranging from osteomyelitis, osteonecrosis, gangrene, non-healing wounds, diabetic neuropathy, crush injuries & radiation burns. This therapy is relatively noninvasive, safe and effective for improving patient's recovery and healing times from these acute and severe conditions. Chronic inflammatory illnesses on the other hand, which affect 6/10 Americans and are the driving force behind the \$3.8 trillion health care costs in the US, destroy our quality of life and reduce our ability to be contributing members of society. Some of these conditions include autoimmunity, neurodegenerative, musculoskeletal degenerative, cancer and many others. Initial studies on hyperbaric therapy point to specific mechanisms of action at work when used for 14 traditional insurance based hyperbaric indications. There is evidence which suggests that the mechanisms for these "on label" acute and severe cases would be similar or even identical to the mechanisms required by most chronic illnesses to also improve their outcomes and recovery times. Hyperbaric can be delivered a number of ways, from mild pressure to high pressure and lower oxygen levels to higher oxygen levels. The exact amount of pressure, oxygen and frequency of dives required for improvement is not known for the majority of hyperbaric indications. Current hyperbaric research also shows that intermittent and relative hyperoxia-hypoxia is a strong stimulator of many cell signaling and epigenetic signaling cascades used for the promotion of healing and adaptation to an accelerated regenerative response. Hyperbaric has the ability to help rebalance hormones, improve healing times, stimulate stem release and is finally finding its place within the field of regenerative medicine.

### **How Prescription Medication Accelerates Aging**

**Derrick DeSilva, Jr., M.D.**

*Teaching Faculty, JFK Medical Center, Edison, NJ*

*Co-Chair, Department of Complimentary Medicine and Senior Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ*

Over 60% of the US population over the age of 50 is on at least one prescription medication. A significant number of children are also on various medications, from asthma drugs to digestive aids. There is no question that prescription medications play a definite role in health but at what "cost".

As a result of the nutrient depletion from the prescription medication various disease states may be accelerated. For example, the depletion of magnesium from proton pump inhibitors (PPI) could predispose individuals to cardiac arrhythmias and then cause an entire cascade for the use of other drugs that many deplete more nutrients and potentially accelerate the aging process. Being aware of these depletions and correcting the depletions ahead of time plays a critical role not only to the predisposition of other disease but also improving the quality of life for our patients. During the presentation we will discuss the role of prescription medications, along with helping resolve some of the "confusion" about the key role that supplements play in our health.

### **Low Dose Naltrexone**

**William Clearfield, D.O., FAAMA, DABMA, FAARFM**

*Medical Director, Clearfield Family Medicine, Reno, NV*

*Executive Director, American Osteopathic Society of Rheumatic Diseases*

Naltrexone, an FDA-approved drug indicated for relief of addiction to opiate drugs, such as heroin or morphine, inhibits inflammatory pathways that involve Toll-Like Receptors. In 1985, spurred by the AIDS crisis, and with little else to treat the horrendous infections developing in their patients, several enterprising physicians surmised that naltrexone's anti-inflammatory properties could be harnessed at a more local level diluting its potency, thereby shortening its duration of action. The result? A powerful new anti-inflammatory agent was born. Diluted at first to 10%, then eventually as low as 2% of its original potency, "low dose" naltrexone proved to be a boon to chronic fatigue, multiple sclerosis, CFS/ME, autoimmune thyroid diseases, and various cancers. Seasoned clinicians might be skeptical about how a single entity could exact benefit from such a wide range of pathologies. Still, a careful study of LDN's properties reveal it is effective against dozens of inflammatory intermediaries such as interleukin (IL)-1 $\beta$ , IL-1Ra, IL-2, IL-4, IL-5, IL-6, IL-10, IL-12p40, IL-12p70, IL-15, IL-17A, IL-27, interferon (IFN)- $\alpha$ , transforming growth factor (TGF)- $\alpha$ , TGF- $\beta$ , tumor necrosis factor (TNF)- $\alpha$ , and granulocyte-colony stimulating factor (G-CSF). This lecture will explore the history, indications, mechanism of action, dose schedules, side effects, and evidence-based studies using low-dose naltrexone. The audience participant will have a firm grasp of the appropriate uses of low-dose naltrexone and its contraindications and idiosyncrasies. We will briefly touch on ultra-low-dose naltrexone for use in specialty situations. Lastly, we will explore a case study to highlight LDN's usefulness as a therapeutic modality.

# SHORT ABSTRACTS - Saturday, November 6TH

## CONTINUED

### **Envisioning Self-Care as a Gateway to Authentic Health for Us Doctors and Our Patients**

**Beatriz Olson, M.D., FACP**

*Private Practice, Integrative Endocrinology and Healthy Aging*

*Past Clinical Faculty, Yale University*

The experiential course will create awareness, inspiration, and education for participants to develop or evolve structures for lasting personal change that creates authentic and sustainable health. The 45 minute session will be a new and different professional and personal experience for AMMG participants. The focus is about our own self care as AMMG health practitioners who aim to enhance health span in the lifespan of others. Dr. Olson will lead a discussion on what is authentic health and invite you to reflect upon and live in the questions. This self inquiry experience will create calm awareness and expand the sense of wholeness you can own and bring to patients / clients. .

### **Sarcopenia**

**Jeff Life, M.D., Ph.D.**

*Founder, CEO, CMO, The Life Center for Healthy Aging, South Charleston, WV*

Sarcopenia, the age-related loss of skeletal muscle mass and function, is believed to be a normal and inevitable consequence of aging. Evans and Rosenberg, in their book *Biomarkers* published in 1992, consider it to be the most important variable determining the quality of an individual's life. They list muscle mass and strength as the top two biomarkers of the aging process. Loss of muscle mass and strength are major factors in the placement of individuals in a nursing home. This talk describes the many causes of sarcopenia along with its progression and consequences as people age. The devastating impact of sarcopenia on our current and future healthcare system is also discussed.

### **Brain Health for Patients Over 50**

**Elliot Dinetz, M.D., ABFM, FAAMFM**

*Timeless Health, Miami, FL*

With Alzheimer's being the 6th leading cause of death and cognitive decline affecting 1 in 9 people over age 45, brain health is rapidly becoming a leading health concern as we strive to live healthier and longer. While current medical guidelines offer little hope in terms of treatment, newer evidence points towards different sources of inflammation at its root cause. In targeting such, this may help both halt and even reverse cognitive impairment. We will explore the literature and fascinating clinical cases involving hormone balance, genetic risk factors that can be suppressed, and how nutrients & nutraceuticals may form a comprehensive approach to helping provide better answers for those who are at risk or struggling today.

### **Insulin Resistance: We Need To Do Better**

**Benjamin Gonzalez, M.D.**

*Medical Director, Atlantis Medical Wellness Center, Silver Spring, MD*

A detailed look at how at how Heart Disease, Dementia, High Blood Pressure, Obesity, Pediatric Type II Diabetes, Sarcopenia, Arthritis, Fatty Liver, Stroke, Erectile Dysfunction, and many other disease processes have one thing in common: **Insulin Resistance (IR)**. Dr. Gonzalez discusses how IR is a true disruptor of the endocrine system and how IR is the primary contributor to major disease processes. You will learn how to recognize IR early and what tools to use in the prevention of the top 5 Killer-Diseases in the U.S. You will leave with a better understanding of why you, as a medical provider, should be focusing on the early recognition and management of Insulin Resistance in treating all disease processes.

### **Enteroimmunology & Endocrinology: How Dysbiotic Gut Inflammation Leads to Hormone Imbalances, and How Reversing Them is the Key to Resolving Chronic Illness**

**Dushyant Viswanathan, M.D., ABIM, ABOIM, AACE**

*Chief Medical Officer, The Columbia Center for Integrative Medicine (CCIM)*

Gut dysbiosis is associated with inducing a chronic inflammatory state that affects every organ and is implicated in the pathogenesis of multiple chronic conditions in the scope of internal medicine. Here we articulate relevance, diagnostic/therapeutic concerns of translational mucosal immunology ("Enteroimmunology") and articulate the impact on measured cortisone secretion patterns as demonstrated by 24 hour salivary cortisol testing. Inflammatory cytokines stimulate cortisol secretion, and over time, an endocrinopathy develops: dysfunctional diurnal cortisol secretion, depletion of beneficial hormones such as testosterone, DHEA, progesterone, pregnenolone, thyroid hormone, and sometimes estrogens (although elevations of estrogens due to impaired excretion is more common) occur. These physiologic events are implicit in the process of aging. We will describe treatment approach and cases featuring gut microbiome repair and restitution of optimal hormone levels as essential to lessening physiologic/cellular aging and inflammation. We will review case studies including treatment of Crohn's inducing remission, reversal of autoimmune inflammation, and reversal of prostate disease.

# SHORT ABSTRACTS - Sunday, November 7TH

## General Session Curriculum

### **Continuous Glucose Monitoring (CGM) in Precision Medicine: Leveraging Real-Time Data to Detect and Reverse Metabolic Abnormalities**

**Florence Comite, M.D.**

Comite MD, New York City, NY

Precision Medicine is bolstered by longitudinal 'N-of-1' data that enables the optimization of an individual's health trajectory. While CGMs were initially intended for diabetes management following a diagnosis, they can be further utilized to detect and predict early signs of disease decades prior to emerging symptoms. The lecture will illustrate the various insights garnered from CGM analysis. We have harnessed these insights to extend our patients' healthspans to match their lifespans today and into the future.

### **Aerobic Performance & Body Composition in Precision Medicine**

**Christopher Arboleda, MS, ACSM-CEP, NSCA-CSCS**

Manager Clinical Operations, Performance Lab Manager & Clinical Exercise Physiologist, ComiteMD, New York, NY

Periodic surveillance of aerobic performance and body composition enable age management teams to track and assess intervention efficacy to lengthen the healthspan. The importance of maintaining optimal cardiovascular fitness, muscle mass, and fat mass with age cannot be overstated. This presentation highlights the role of these tests in Precision Medicine by examining patient data compiled into 12 sex-age groups. We conclude by summarizing the recommendations utilized to continually improve test scores. Audience members will learn how to introduce these techniques into their clinical practices, gaining valuable insights that can increase patient longevity and quality of life.

### **The Role of Therapeutic Plasma Exchange (TPE) in the Prevention and Treatment of Age-Related Conditions**

**Dobri Kiproff, M.D.**

Founder and President, Global Apheresis, Inc.

Member, Board of Directors, International Society For Apheresis (ISFA)

(Abstract unavailable)

### **Clinical Application of N-of-1 Precision Medicine**

**Ashley Madson**

Comite Center for Precision Medicine & Health

Precision medicine enables clinicians to predict and detect disease in early stages, thereby preventing disorders of aging. In this presentation, we will discuss the case of a 50-year-old Caucasian male presenting with occasional gastrointestinal discomfort and low energy. Using Advanced Precision Diagnostics, we uncovered various, previously undetected conditions and modifiable risk factors. Additional patient snapshots will emphasize how **N-of-1** techniques can be harnessed to treat and reverse disease decades before symptoms emerge. Audience members will learn the benefits of precision medicine, an approach that has never been more important given the current health landscape and cost of healthcare.

### **Hair Regrowth Without Surgery**

**William Clearfield, D.O., FAAMA, DABMA, FAARFM**

Medical Director, Clearfield Family Medicine, Reno, NV

Executive Director, American Osteopathic Society of Rheumatic Diseases

By age 60, 65% of men and 80% of women, 56 million in the US alone, experience noticeable hair loss. Conventional wisdom dictates that the vast majority of hair loss is due to genetics. Nevertheless, as we have seen with so many other accepted scientific myths (does testosterone cause prostate cancer ring a bell?), what is accepted science many times just is not so. We begin with what is "normal," the natural lifecycle of a single hair. From there, we extrapolate root causes of the three types of hair loss. 1. Androgenic alopecia, by far the most common, is typically thought of as "male pattern baldness." 2. Alopecia areata is the loss of hair in discrete circular to oval areas in the scalp. 3. Telogen effluvium patients lose their mane from the metabolic components, thyroid disease, hormonal imbalances, other androgens, infections, immune-compromised hosts, stress, medications, or crash dieting. We review the patterns, including how to recognize them. We then propose treatment solutions for each hair type. We reveal what to do with the 30% "mixed" types. These are hair loss types that overlap patterns. Lastly, we review diet and lifestyle changes we can enact to improve our chances of regrowing hair.

# SHORT ABSTRACTS - Sunday, November 7TH

## CONTINUED

### **The Biopsychosocial Model: Treating an Aging Population with Touch**

**Jodi Scholes**

*Certified Massage Therapist*

In 1977 Dr. George Engel wrote an article entitled, *The Need for a New Medical Model: A Challenge for Biomedicine*. In this article, he introduced the concept of the Biopsychosocial model. Dr. Engel was concerned about the alarming amount of treatment plans that excluded patient feedback, focused only on data points and lab results. Questions about mental stress or social pressures (family expectations, work deadlines) that could be affecting the patient seemed to be irrelevant. The results of such a singular focus? Treating just one aspect of a disease. Dr. Engel, who enjoyed appointments in the Dept. of Psychiatry and the Dept. of Medicine at the University of Rochester Medical Center, advocated for a more integrated approach: Examine the biology, but also consider the psychology and the social pressures of the patient. Dr. Engel called this the Biopsychosocial Model. It's standard operating procedure to examine the biology. However, we also have the opportunity to ask questions about the mental state of the patient. Questions like, "Is there any unusual stress in your life?" Here's the key: then we listen. During the pandemic many dentists caught on to this. Cracked molars indicate new and higher tension levels than normal. Temporomandibular Joint Pain can be a sign of stress related jaw clenching. Yes, a night guard is a good start. But what else is going on? Dr. Abraham Verghese in his TED talk says, "It may be heresy to say this at TED, but I'd like to introduce you to the most important innovation to come in the next 10 years and that is the power of the human hand, to touch, to comfort, to diagnosis and to bring about treatment." Touch. Let me ask, do you have physical contact with your patients? In treating patients, how can we incorporate Dr. Engel and Dr. Verghese's point of view? Using a more integrated approach, diagnosing the physical symptoms *and* being aware of the psychological and behavioral stressors that could be contributing to the condition. A client dealing with increased mental stress may respond well to more intentional directives to relax. Using a hot tub, attending a beginner meditation class, experiencing an all levels yoga class or even recommending a walk in nature...one study tells us.

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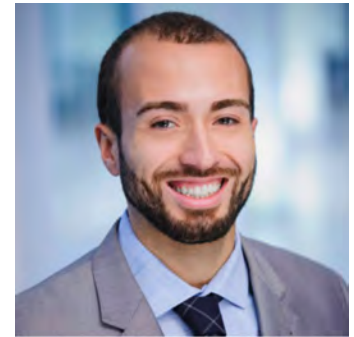
# FACULTY BIOGRAPHIES

## CHRISTOPHER ARBOLEDA, MS, ACSM-CEP, NSCA-CSCS

*Manager Clinical Operations, Performance Lab*

*Manager & Clinical Exercise Physiologist, ComiteMD, New York, NY*

Chris Arboleda is an ACSM Certified Exercise Physiologist. He graduated from Syracuse University with his Bachelor of Science in Health and Exercise Science and minor in Psychology, then went on to earn his Master's of Science in Exercise Science. Chris is also an NSCA Certified Strength and Conditioning Specialist. Prior to joining the Comite Center, Chris had clinical and research experience in cardiac rehabilitation and physical therapy settings. He has also designed and implemented sports-specific programs for college teams, as well as personalized, client-specific programs for working professionals. Chris's passion for wellness and education stems from seeing the powerful role exercise has in transforming health and improving lives. Chris spent his formative years playing competitive soccer, and in college became a rugby athlete and cheerleader. He still loves to workout, but also enjoys teaching, reading research articles, and occasionally volunteering at a veterinary clinic over the weekend.



## MICHALE "MICKEY" BARBER, M.D.

*CEO & CMO, Better Life Carolinas, Charleston, SC & Charlotte, NC*



Dr. Michale "Mickey" Barber offers an integrative approach to age management medicine while providing the patient with an assessment of hormonal balance and overall health and disease risk. Her philosophy for successful aging includes maintaining energy, health, and sexual vigor through shared responsibility of the patient-doctor team. Dr. Barber not only teaches her patients about hormonal balance but practices such balance herself. She has competed in Masters level figure competitions at the age of 48, placing second, and ten years later competing to a standing ovation. Given a strong family history of heart disease and cancer, she takes her health very seriously and is a living example of the benefits of the program. Dr. Barber has been CEO/CMO of Better Life Carolinas for three years. Previously, Dr. Barber was CEO/CMO of Cenegeenics Carolinas for 12 years. She graduated from The College of Charleston, completed medical school at The Medical University of South Carolina, completed her residency at Tulane University, and finished her fellowship at Harvard. She also was an assistant professor at Tulane University. During her training and career in academic medicine, she received several awards for clinical performance and teaching skills. Throughout her academic and private practice, she passionately pursued her interest in health, nutrition, exercise, and mind-body medicine. Further studies and certification in Age

Management Medicine allow her to combine her unique interests and training to empower her patients to live vigorous, healthy lives at any age. In November 2012, Dr. Barber was awarded the top honor in her field and presented with the Alan P. Mintz Award for Clinical Excellence in Age Management Medicine. She has been featured on television across the country and in publications including The Charleston Mercury, Shape Magazine, The Senior Sun, The Charleston City Paper, The Charleston Regional Business Journal, The Charlotte Business Journal, Vogue, and Harpers Bazaar. She is a Maria Shriver "Architect for Change." Dr. Barber is a sought after lecturer on age management and hormone replacement.

## JOHN CARROZZELLA, M.D., MSMS

*Directory & Founding Physician, CEO, Florida Center for Hormones and Wellness*

Dr. Carrozzella, a 1978 Honors Graduate from Yale, subsequently earned his MD from the University of Cincinnati (UC) in 1982 with the honor of Alpha Omega Alpha. He completed his Orthopaedic Surgical Residency and Hand Surgery Fellowship in 1988. After practicing as an Orthopaedic Surgeon for 25 years, he switched his focus to the nontraditional medical specialties of Hormone Replacement, Sexual Health and Dysfunction and Age Management. Over the years he has been a member of a number of medical associations which have included: the American Academy of Orthopaedic Surgeons, American Board of Orthopaedic Surgery, the American Society for Surgery of the Hand, and the American College of Surgeons. In 2014, Dr. Carrozzella became an Advanced Fellow of the American Academy of Anti-Aging and Aesthetic Medicine, a member of the International Society for Sexual Medicine and the International Society for the Study of Women's Sexual Health. In August 2016, Dr. Carrozzella was awarded a Master's Degree in Metabolic and Nutritional Medicine from the University of South Florida; in 2013 he became a diplomat of the American Board of Anti-Aging and Regenerative Medicine and he carries a certificate in Sexual Medicine from the American Academy of Anti-aging Medicine, a Certificate in Advanced Metabolic Endocrinology from the University of South Florida and a Certificate in Advance Bio-identical Hormone therapy from Worldlink Medical. He is an expert in Hormone therapy, sexual dysfunction and age management for both men and women. Dr. Carrozzella currently practices in the Windermere / Bay Hill / Dr. Phillips section of Orlando, where he devotes his practice to serving the needs of patients with hormonal deficiencies, sexual dysfunction, incontinence, nutritional imbalances and age management issues.



# FACULTY BIOGRAPHIES

## **WILLIAM CLEARFIELD, D.O., FA, MA, DABMA, FAARFM**

*Medical Director, Clearfield Family Medicine, Reno, NV*

*Executive Director, American Osteopathic Society of Rheumatic Diseases*



Dr. William Clearfield, a graduate of LaSalle College, completed his medical training at the College of Osteopathic Medicine and Surgery, now Des Moines University in Des Moines, IA. He completed a rotating internship and served as an OB/GYN resident at Metropolitan Hospital, Philadelphia, PA and a Family Practice resident in 1982 at United Health and Hospital Services in Kingston, PA. He was certified by the American Board of Family Medicine and opened a private practice devoted to family and integrative medicine. Dr. Clearfield obtained a certificate degree in Cardiac Rehabilitation from the University of Wisconsin/Lacrosse and implemented a supervised diet and exercise program for cardiac patients at Nesbitt Hospital in Kingston, PA. Dr. Clearfield graduated from UCLA's "Acupuncture for Physicians" program, served as Secretary of the American Academy of Medical Acupuncture, and was editor of the journal "Medical Acupuncture" from 1994 through 1996. In 1994, Dr. Clearfield established the first combined conventional and alternative medicine pain clinic at John Heinz Rehabilitation Hospital in Wilkes-Barre, PA. In 2002 Dr. Clearfield attended a workshop with instruction on testosterone hormone replacement implants and neuromodulators for facial rejuvenation, and his career took a different direction. Dr. Clearfield studied the intricacies and subtleties of anti-aging and wellness and safe hormone replacement therapy. He became a leading authority with

many speaking engagements and publications throughout the U.S. Also, Dr. Clearfield trained and in turn became an instructor in neuromodulator, dermal filler, laser therapies, the PDO Thread Lift, and Platelet Rich Plasma techniques, including facial, joint, genitourinary rejuvenation and is certified as a "Vampire" technique practitioner. Dr. Clearfield is one of three Nevada Delegates to the American Osteopathic Association's House of Delegates and the Executive Director of the American Osteopathic Society of Rheumatic Diseases. He lectures extensively for A4M, the Nevada Osteopathic Medical Association, the Age Management Medicine Group, and along with Dr. Pamela Smith, presented a breakthrough six-hour mini-course on Bioidentical Hormone Therapy in 2017 at OMED, the American Osteopathic Association's scientific conference in Philadelphia. So successful was this course, Dr. Clearfield expanded the curriculum to eight hours at OMED in San Diego, CA in October 2018.

## **FLORENCE COMITE, M.D.**

*CEO & Founder, Comite Center for Precision Medicine, New York, NY*

Dr. Florence Comite is a physician-scientist and innovator in the field of Precision Medicine, internationally known for her expertise in leveraging *N-of-1* data to detect, predict, and proactively reverse disorders of aging, genomic aging, and optimize the healthspan. In 2005, Dr. Comite founded the Center for Precision Medicine & Health in Manhattan, where she established an academic approach to personalized health care. By interpreting and integrating genomic, metabolomic, phenotypic, lifestyle, and digital health data, the Center provides predictive analysis, clinical insights, and actionable interventions to clients. Dr. Comite's global clientele spans the population, from forward-thinking physicians, to jet-setting executives, to self-quantifying millennials. Dr. Comite is a graduate of Yale School of Medicine where she was a faculty member for over two decades. During this time, she had a triple appointment as an Associate Professor in Endocrinology (Internal Medicine and Pediatrics) and Reproductive Endocrinology (Gynecology and Andrology). In 1992, Dr. Comite founded Women's Health at Yale. Dr. Comite trained at the National Institute of Child Health and Human Development within National Institutes of Health (NIH). She gained experience through a multi-disciplinary clinical research program with

other physicians, including urologists, gynecologists, internists, and pediatricians. Dr. Comite publishes original research in numerous clinical journals and contributes regularly to editorial publications. She speaks to audiences around the world as a sought-after keynote speaker. She is the Amazon bestselling author of *Keep It Up: The Power of Precision Medicine to Conquer Low T and Revitalize Your Life!* Dr. Comite was the 2013 recipient of the Alan P. Mintz, M.D. Award for Clinical Excellence in Age Management Medicine.



## **DANA DELGADO, FNP**

*Primary Care Medical Provider, CAN Community Health, Essex, NJ*



Dana is a veteran of the Air Force and an advocate for the LGBT community, serving as Wellness Co-Chair for The Service Members Partners, and Allies for Respect and Tolerance for All (SPART\*A), an association of actively serving LGBT military personnel. Within SPART\*A, Dana co-chairs the Health and Wellness committee, which supports the health of nearly 700 actively serving service members across the Department of Defense. Dana serves on the steering committee for Gay, Lesbian, and Straight Education Network (GLSEN) of North Jersey, and is a facilitator of his own Facebook page called OutSpoken; a page that provides a "safe space" for parents of gender nonconforming children to have resources and a voice. Dana is also a member of the World Professional Association for Transgender Health (WPATH), the Gay and Lesbian Medical Association (GLMA), the American Academy of HIV Medicine, and Family Equality Council. Dana was recently part of the "Prevention is Care, and Care is Prevention," a CDC video about how providers can be allies to LGBTQ and non-binary people living with HIV; and participated in the 2017 humanitarian project Operation Puerto Rico, a mission to provide medical care under the EMAC to Governor Ricardo Rosselló and the people of Puerto Rico. When providing patient care, Dana believes in the "gold standard approach". As a medical provider, he believes you should treat your patients as you would like to be treated. He believes it is important to provide high

quality culturally and clinically competent health care, not just to certain populations, but to all, regardless of a person's socioeconomic status, ability to pay, race, gender....."It's a human right."

# FACULTY BIOGRAPHIES

## CAROLYN DELUCIA, M.D., FACOG

Board Certified in Obstetrics and Gynecology

*Fellow of the American College of Obstetrics and Gynecology*

*Member and Instructor, American Aesthetic Association*

*Member and Instructor, American Cosmetic Cellular Medicine Association*

Dr. Carolyn DeLucia, M.D., FACOG, is a pioneer at the leading edge of non-invasive sexual wellness treatments. A practicing OB/GYN for nearly 30 years and alternative therapy expert since 2014, she's sought after by device manufacturers and professional groups alike. Today, Dr. DeLucia is one of the most in-demand specialists in the field. She has trained thousands of practitioners around the world and impacted the lives of countless patients. As the technologies and case studies evolved, so did Dr. DeLucia's own private practice. Assembling her experience as a physician and knowledge as an expert in the applications of cutting-edge treatments, she's developed her own combination therapies and techniques which she now offers her New York City and suburban New Jersey patients.



## ANGELA DEROSA, D.O., MBA, CPE

*Founder, Hormonal Health Institute*

*Medical Director, Belmar Pharm Solutions*

*CEO & Founder, DRM Integrative Health*



Dr. Angela DeRosa is a dynamic professional on a mission to change the face of women's health and wellness. As a respected, internationally recognized authority on women's hormonal health, Dr. DeRosa understands the range of health issues women face leading up to and during menopause as she herself was in full-blown menopause by the age of 35. Dr. DeRosa has more than 25 years experience in the medical field, both on the pharmaceutical side and in clinical practice. In 2006 she founded DeRosa Medical, which quickly became eponymous with bio-identical hormonal healthcare. She eventually sold her company in the fall of 2017 in order to focus on new opportunities including re-opening another hormonal health practice, DRM Integrative Health. Dr. DeRosa's enthusiasm for educating patients on the realities of menopause and the risk factors of hormonal health imbalances has never waned. It was the driving force behind her first bestselling book, *How Your Doctor Is Slowly Killing You: A Woman's Health Survival Guide*. Her book, along with its controversial title, caught the attention of the public, media and the medial community. In fact, she received an avalanche of requests from physicians across the country wanting to learn more. In 2018, she heeded their call by launching The Hormonal Health Institute: Executive Instruction for Medical Professionals, a hormonal healthcare consultancy designed to instruct medial providers and provide practice development training on bio-

identical hormonal replacement therapies. In addition to her educational and clinical activities, Dr. DeRosa serves as the medical director for Belmar Pharma Solutions where she provides clinical and scientific technical support for all aspects of the business as well as clinical expertise for internal and external customers. Dr. DeRosa is a member of the International Menopause Society, European Andropause and Menopause Society, International Society of the Study of Women's Sexual Health and a researcher on women's health issues. Dr. DeRosa is Clinical Assistant Professor at Midwestern University, Arizona College of Osteopathic Medicine, Clinical Assistant Professor of the Department of Internal Medicine at the University of Arizona College of Medicine – Phoenix, and is the Past President of the Arizona Osteopathic Medical Association.

## DERRICK DESILVA, Jr., M.D.

*Senior Attending Staff, Dept. of Medicine, Raritan Bay Medical Center, Perth Amboy, NJ*

*Teaching Faculty, JFK Medical Center, Edison, NJ*

Derrick M DeSilva, Jr, M.D. is a practicing internist, a senior attending staff member in the Department of Medicine at Raritan Bay Medical Center in Perth Amboy, NJ, and a member of the Teaching Faculty at JFK Medical Center in Edison, NJ. He is past chairman of the conference planning committee of Age Management Medicine Group (AMMG), past president of the American Nutraceutical Association, and a recipient of the Alan P. Mintz, M.D. Award for Clinical Excellence in Age Management Medicine. Dr. DeSilva has received the Best Doctor Award by Castle Connolly for the past 19 consecutive years. He is the host of "Ask the Doctor" on WCTC Radio, NJ, and medical correspondent for Cablevision (News 12 NJ) as well as host of "Health Matters". Dr. DeSilva is also a published author.



## ELLIOT DINETZ, M.D., ABFM, FAAMFM

Live Better Longer, Miami, FL

Dr. Elliot Dinetz is a board certified Family Physician and Fellowship trained specialist in Metabolic and Functional Medicine. Also referred to as Precision Medicine, his approach personalizes plans for each unique patient based on their biochemistry, lifestyle, and genetic predisposition for optimal health and wellness. Having years experience in adult and pediatric Urgent Care, Dr. Dinetz saw the real issues facing society's healthcare wasn't a lack of medications or access, but rather not targeting the root cause of their health issues and over medicating. By focusing on risk factors and targeting underlying issues with less harmful medications and complementary therapies, this approach can restore health and even slow aging. This systems based approach has lasting impacts on patients' health while decreasing their need for specialists. After completing his training in a combined program of Family and Integrative Medicine and then fellowship in Functional Medicine he was subsequently invited to train in Clinical Genomics alongside other leaders in Integrative Medicine. He is now a speaker for the Age Management Medicine Group Conferences (AMMG), a contributor to *Psychology Today* magazine, bridging the gap between mental and physical health, and a member of the American Academy of Anti-aging & Regenerative Medicine as well as The Institute for Functional Medicine. He is licensed in California, Georgia, and Florida, seeing patients both in Miami, Florida, online, and even internationally.



## BENJAMIN S. GONZALEZ, M.D.

Medical Director, Atlantis Medical Wellness Center, Silver Spring, MD

Dr. González is an Integrative and Functional Health Provider professionally born out of the necessity to optimize patient care. He earned his M.D. from the University of Arizona College of Medicine and practiced as one of our U.S. Military's leading emergency medicine and trauma physicians. He taught medicine at Walter Reed Army Medical Center and Penn State Hershey Medical Center and served as chief of the largest emergency and trauma service in the Iraq War. After recognizing the need for an emphasis in disease prevention rather than waiting for disease to occur, he founded the Atlantis Medical Wellness Center where he has developed and honed an integrative medical practice based on optimizing an individual's health. As a Black Belt in Karate, Tae Kwon Do, and Kung Fu, a concert violinist, pilot, linguist, and teacher of these skills he is not only a true "Renaissance Man," but Dr. González is a "Renaissance Man's" doctor skilled in treating a wide range of medical conditions. He emphasizes an overall optimal and functional approach to an individual's health at any age. Catching disease before it happens is his mantra. Dr. González teaches other health care providers the skills to integrate both evidence based medicine and experience based medicine.



## MARK L. GORDON, M.D.

Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios;

USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA

Medical Director of Education, Access Medical Laboratories, Jupiter, FL

Member, AMMG Conference Planning Committee; Life Member, AMMG

Originally residency trained and board certified in Family Medicine (1984), Dr. Mark L. Gordon continued his medical education in Clinical Orthopedics (1990), Cosmetic Dermatology (1993), and Sports Medicine (1995) prior to culminating in Interventional Endocrinology (1997) – a term which he coined in 2003. In 2005, Dr. Gordon received his exempt Pharmacist license from the State of California. After 15 years as a

general consultant to the Medical Board of California, he was enlisted as a consultant in Endocrinology, Internal Medicine and Alternative medicine in 2015. Dr. Gordon has been a strong advocate of preventive medicine through the optimization of neuroactive and neurosteroids. He was instrumental in increasing the recognition of Traumatic Brain Injury (TBI) as a cause of hormonal deficiency in the hallmarked presentation on ESPN's *Outside the Lines* (2007). His first book, *The Clinical Application of Interventional Endocrinology* (2008), is recognized by his peers as a dissertation on the standards of care and assessment for Hormone Replacement Medicine. His academic standards and medical knowledge had been recognized by USC, where he holds the position as Voluntary Associate Clinical Professor (1998) in the USC Keck School of Medicine. As medical director of CBS Studios (2001), he has participated in studio projects in addition to outside projects with HBO, CBS, ESPN, CNN, FOX, and a number of international programs. In 2004, Dr. Gordon recognized the association between TBI, hormonal imbalances and neurobehavioral conditions. Since then he has focused intensely on this association lecturing to both national and international organizations. In 2015, he was invited to give his TBI – A Hormone Dysfunctional Syndrome at UCLA under the late Dr. Stephen L. Coles. Dr. Gordon is Medical Director of



Millennium Health Centers, Inc. — Medicine for the 21st century, in Encino CA. In 2010 he became the Medical Director of Education for Access Medical Laboratories of Jupiter, FL, helping to promote the newest technologies in laboratory science. In 2015, Dr. Gordon released his newest book, *Traumatic Brain Injury – A Clinical Approach to Diagnosis and Treatment*, presenting the science and his experience treating all precipitating causes of traumatic brain injury in both military, veteran, sports, and civilian populations. Dr. Gordon has joined with Warrior Angels Foundation and Task Force Dagger to provide services to members of the armed forces and veterans.

# FACULTY BIOGRAPHIES



## LIZET A. HUERTAS

*Patient Services Manager, Precision Health by Science, Coconut Creek, FL*

As the Patient Services Manager for Precision Health by Science, Lizet's role focuses on optimizing and lean engineering the internal and external systems and processes of the practice, in addition to ensuring the best patient experience and the highest operational efficiencies. Prior to joining the Precision Health team, Lizet served as the President of Dream Team, a non-profit organization at the University of Florida, where she oversaw 150+ members and worked hand-in-hand with hospital staff to provide quality care for the patients at Shand's Children's Hospital. She has also served as an Outreach Project Coordinator for the Equal Access Clinic Network in Gainesville, FL. Lizet attended the University of Florida where she graduated with a Bachelor of Science in Health Science.

## KENNETH JANSON, M.D., FACS

*Senior Emeritus staff, Northwestern Medicine, Lake Forest Hospital*

*Chief Medical Officer, Precision Health by Science, Coconut Creek, Florida*

*Founding Member, Urology Consultants, LLC, and Uropartners Urology Group*

Dr. Janson brings his extensive experience in clinical science and evidence-based medicine to the field of age management, where his goal is to develop and provide comprehensive preventative treatment programs for patients of all ages to optimize quality of life and decrease risk of disease. He seeks to combine the best of traditional medicine with clinically proven, state-of-the-art progressive methods that have the potential to achieve these goals, thus moving beyond the current insurance controlled and disease based medical paradigm. Dr. Janson was awarded his medical degree from the Tulane University School of Medicine, and subsequently served as Captain in the U.S. Air Force. Following military service, and during his surgical and urological residency at Tulane, he earned the highest national award from the American Urological Association for his original laboratory research in the use of radionuclides in the development of novel non-invasive diagnostic techniques. Following his surgical and urological residency, Dr. Janson practiced as a surgeon and urologist for several decades in the Chicagoland area. He was a founding member of Uropartners, LLC, currently one of the largest urology groups in the country. He also served as Chairman of the Department of Surgery at Northwestern Lake Forest Hospital, and was the President of the Lake Forest Hospital Managed Care Association. He has published numerous medical articles in major peer-reviewed surgical and urological journals. Dr. Janson is former Chairman of the Dean's Council of the Tulane University School of Medicine. For the past several years, has been an active member of the school's Board of Governors, of which he was recently elected Chairman. In this role, he hopes to better educate medical students and residents in the areas of preventative and proactive health-based medicine. Dr. Janson received his certification in age management medicine in 2008. After retiring from his urological surgery practice in 2010, he now maintains a full-time practice in age management medicine in South Florida and also sees patients in the Chicagoland area. Dr. Janson is currently the Chief Medical Officer of Precision Health by Science in Coconut Creek, Florida. He is a frequent speaker at Age Management Medicine Group conferences and has served as Certification Training Advisor for AMMG. He has a goal of helping other interested physicians to begin and grow practices in direct pay Health Optimization Medicine.



## JONATHAN KEITH, M.D., FACS

*East Coast Advanced Plastic Surgery*

*Clinical Associate Professor, Rutgers New Jersey Medical School*

Jonathan Keith, M.D., FACS is a fellowship-trained and board-certified plastic surgeon who specializes in gender affirming surgery. He is a member of the World Professional Association for Transgender Health and founder of the Rutgers Center for Transgender Health. In 2018, Dr.



Keith founded the first multidisciplinary [clinical](#) program for transgender patients in New Jersey. That year, Dr. Keith was the first surgeon in the state to perform a female-to-male phalloplasty for gender affirmation. He has gone on to pioneer and publish his research into novel techniques, outcomes and insurance coverage of gender affirming surgery. He has authored an editorial for USA Today and lectures nationally on the topic. Dr. Keith completed his 7-year residency at the University of Pittsburgh, one of the oldest and most well-respected plastic surgery training programs in the nation. In 2012, he was awarded the Stephen S. Kroll Fellowship in microsurgery at the University Hospital of Gent, Belgium. He is only the fourth American to earn this distinction. During his fellowship, Dr. Keith trained under Dr. Phillip Blondeel and Dr. Stan Monstrey, world-renowned experts in microvascular breast reconstruction and gender affirmation surgery, respectively. There he gained expert experience in cutting edge techniques such as DIEP flaps for breast reconstruction, vaginoplasty and phalloplasty. Dr. Keith earned his medical degree at the University of Pittsburgh and completed his undergraduate work at the University of Maryland. He has also participated in medical mission trips to South Africa and Vietnam. Dr. Keith's work has been published in peer-reviewed scientific journals and he values his role as surgeon and teacher of surgical principles and aesthetic ideals in reconstructive surgery.

# FACULTY BIOGRAPHIES

## DOBRI KIPROV, M.D.

*Founder and President, Global Apheresis, Inc*

*Member of the Board of Directors, of the International Society For Apheresis (ISFA)*

*Member of the Editorial Board, Transfusion and Apheresis Science*

*Former Chief of Division of Immunotherapy, California Pacific Medical Center, San Francisco, CA*

*Former Medical Director and Senior VP of Apheresis Care Group, San Francisco, CA*

Dr. Kiprov has worked in the field of Therapeutic Apheresis for more than 30 years and has published extensively on this subject. Dr. Kiprov served two terms on the American Society for Apheresis (ASFA) Board of Directors and created the first ASFA educational video program. He is also the first physician to take and pass the Hemapheresis Practitioner Exam (ASCP). Dr. Kiprov is the recipient of the ASFA Presidential Award for his pioneering work and numerous contributions to the field of apheresis and the Society. He is also the recipient of the ASFA Lecturers Award and the Francis Morrison Memorial Award. Dr. Kiprov is one of the first physicians in the United States to complete a formal fellowship program in Clinical Immunology and Immunopathology (Massachusetts General Hospital and Harvard Medical School, sponsored by the NIH). Dr. Kiprov's accomplishments in the field of Immunology are reflected in his numerous publications including the first description of new Immunologically Related Syndromes. With his immunology and apheresis background, Dr. Kiprov has been a part of the first trials of immunotherapy (cell therapies) and is currently involved in several projects involving Cell vaccines and CAR-T cell therapies.



## EDWIN N. LEE, M.D., FACE



*Assistant Professor of Internal Medicine, University of Central Florida College of Medicine, Orlando, FL*

*Founder, Institute for Hormonal Balance*

*Member, AMMG Conference Planning Committee*

*Co-Founder, Clinical Peptide Society*

Dr. Edwin Lee is an endocrinologist, author and international speaker. Dr. Lee founded the Institute for Hormonal Balance, Orlando, FL in 2008, is board certified in Internal Medicine, Endocrinology, Diabetes and Metabolism, and has completed special training in Regenerative and Functional Medicine. Currently, he is the assistant professor of Internal Medicine at the University of Central Florida College of Medicine. In addition to writing his award winning books, "Your Amazing Heart," "Your Awesome Brain," "Feel Good Look Younger: Reversing Tiredness Through Hormonal Balance," and "Your Best Investment: Secrets to a Healthy Body and Mind," Dr. Lee

has published many articles on internal medicine and endocrinology. He was also an author in the fourth edition of Textbook of Critical Care. His passion is healthy living and he practices what he preaches. He enjoys participating in open water swimming, cycling, hiking and Aquabike competition. Dr. Edwin Lee resides in Orlando, FL with his wife and 2 teenage boys.

## JEFF LIFE, M.D., PH.D.

*Founder, CEO, CMO, The Life Center for Healthy Aging, South Charleston, WV*

Dr. Life is the 2007 recipient of the first AMMG Alan P. Mintz, M.D. Award for Clinical Excellence in Age Management Medicine. He was the former Chief Medical Officer of Cenegenics Medical Institute and ended his association with Cenegenics on March 1, 2014. Dr. Life is board-certified in family medicine and is a Diplomat of the American Board of Family Practice and a Fellow of the American Academy of Family Physicians. After receiving his medical degree from the University of Iowa, Dr. Life completed his residency in Family Medicine and Internal Medicine at West Virginia University. He also attained a Ph.D. in Environmental Sciences and Health at The University of Michigan.

During his career he was a full-time family physician and a part-time teaching graduate courses in nutritional science and exercise physiology. In 1998, after reaching a lifetime high in body weight, percentage of body fat, and level of deconditioning Dr. Life entered the EAS National Body-for-LIFE Challenge, at age 60. He became a Grand Champion and has continued to live a lifestyle promoting health and fitness. His book, The Life Plan, was released in 2011 and became a New York Times Best Seller. His second book, Mastering The Life Plan, was released in March of 2013 and his third book, The Life Plan Diet, was released in 2014. Men's Fitness magazine selected him among movie stars and athletes in their 20s and 30s as one of The 25 Fittest Guys in 2012 when he was 74 years old. He has appeared on Inside Edition, The Dr. Phil Show, The Doctors, Anderson Cooper's AC 360, The Steve Harvey Show and others that can be viewed Since early 2015 he has resided in Charleston, West Virginia and continues to practice healthy aging medicine with a focus on heart attack and stroke prevention at his clinic, The Life Center for Healthy Aging.



During his career he was a full-time family physician and a part-time teaching graduate courses in nutritional science and exercise physiology. In 1998, after reaching a lifetime high in body weight, percentage of body fat, and level of deconditioning Dr. Life entered the EAS National Body-for-LIFE Challenge, at age 60. He became a Grand Champion and has continued to live a lifestyle promoting health and fitness. His book, The Life Plan, was released in 2011 and became a New York Times Best Seller. His second book, Mastering The Life Plan, was released in March of 2013 and his third book, The Life Plan Diet, was released in 2014. Men's Fitness magazine selected him among movie stars and athletes in their 20s and 30s as one of The 25 Fittest Guys in 2012 when he was 74 years old. He has appeared on Inside Edition, The Dr. Phil Show, The Doctors, Anderson Cooper's AC 360, The Steve Harvey Show and others that can be viewed Since early 2015 he has resided in Charleston, West Virginia and continues to practice healthy aging medicine with a focus on heart attack and stroke prevention at his clinic, The Life Center for Healthy Aging.

# FACULTY BIOGRAPHIES



## ASHLEY L. MADSEN, PA-C

*Comite Center for Precision Medicine & Health*

Ashley L. Madsen is a Certified Physician Associate, receiving her training at St. Johns University, Stanford University, and the Institute for Integrative Nutrition. Ms. Madsen spent the first 10 years of her career in the surgical subspecialties with affiliations at NYU Langone Medical Center and Lenox Hill Hospital in New York City. Her interest in preventing and reversing chronic inflammatory disease lead her to precision medicine. She especially enjoys the application of nutritional interventions to improve longevity and metabolic optimization. Ms. Madsen currently works at the Comite Center for Precision Medicine & Health in New York, NY and Palo Alto, California.

## LUIS MARTINEZ, M.D., MPH

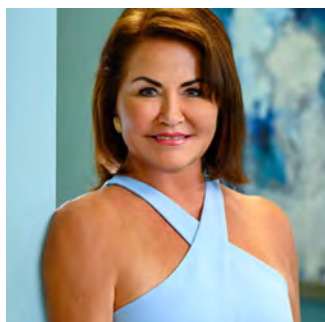
*President, XanoGene Clinic, Rio Pedras, Puerto Rico*

*President, Regenera Global*

*Co-Founder, Clinical Peptide Society*

Dr. Luis Martínez is a Regenerative Medicine and Cell Therapy specialist, clinical researcher and biomedical consultant. He earned his medical degree at The Ponce School of Medicine and completed his residency training at the prestigious University of Pennsylvania. He also completed an Advanced Training Course in Stem Cells in Cancer at the Ponce Health Sciences University/ Magee Research Institute consortium. He is board certified in Clinical Lipidology. Dr. Martinez holds a Masters of Public Health with a concentration in Epidemiology and is fellowship trained in Biosecurity. He is the president of Xanogene Clinic, which specialized in Regenerative and Age Management Medicine. He also founded and presides over Regenera Global, a multinational corporation specializing in biotech product development, research, and clinical consulting. Dr.

Martinez has advised and helped set up various clinics and laboratories in Latin America within the Regenerative Medicine space. He also serves on the advisory board for various Biotech companies and professional societies. He is actively involved in educating and training physicians in multiple aspects of Regenerative and Age Management Medicine.



## KATHY C. MAUPIN, M.D., FACOG

*Owner & President, BioBalance Health, St. Louis, MO*

Kathy C. Maupin, M.D., has practiced Obstetrics & Gynecology for more than 30 years. In 2002, she created BioBalance Health® to help women and men deal with symptoms of aging and menopause through personal care and bioidentical testosterone and estradiol pellets. She was the first doctor to do so in her area, and now has produced over 430 weekly educational Health Casts on YouTube and iTunes to educate patients on age management medicine. Dr. Maupin received bioidentical hormone replacement therapy in a last-ditch attempt to save her health, career, family life, and happiness following a hysterectomy at age 47, and credits hormone pellet therapy with saving her life. The realization that many of her OB/GYN patients needed the same treatment in order to get back to their pre-menopausal lives is what inspired Dr. Maupin to create BioBalance Health®.

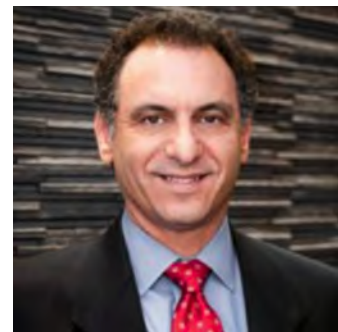
Determined to help as many women as possible, Dr. Maupin and co-author Brett Newcomb launched their book *The Secret Female Hormone: How Testosterone Replacement Can Change Your Life*, in March 2014. Their new book for men about Testosterone pellets, *Got Testosterone?*, is now available. Dr. Maupin has also been active in writing legislation that protects women in Missouri from unreasonable restrictions of insurance companies, mandated that insurance companies in Missouri must pay for breast reconstruction after breast cancer, and requires that insurance companies pay doctors within 45 days or have to pay the doctor interest.

## ABRAHAM MORGENTALER, M.D., FACS

*Director, Men's Health Boston*

*Associate Clinical Professor of Urology, Harvard Medical School, Beth Israel Deaconess Medical Center*

Dr. Morgentaler is Associate Professor of Urology, part-time, and Blavatnik Faculty Fellow at Beth Israel Deaconess Medical Center, Harvard Medical School, in Boston, Massachusetts. He received his undergraduate and medical degrees at Harvard University, where he also completed his urological residency. He has been on the faculty at Harvard Medical School since 1988. Dr. Morgentaler has published more than 200 scientific articles, and he has been a pioneer in the use of testosterone therapy in men with testosterone deficiency. Dr. Morgentaler's work has been published in leading international journals, including the *New England Journal of Medicine* and *The Lancet*. Dr. Morgentaler is Founder and Past-President of the Androgen Society, and serves as Senior Editor of the journal, *Androgens: Clinical Research and Therapeutics*. Dr. Morgentaler is a regular contributor to television and radio shows addressing male issues, and has appeared on NBC Nightly News, CBS Evening News, CBS Morning Show, CNN with Anderson Cooper, and on National Public Radio. He is the author of four books, including *Testosterone for Life: Recharge Your Vitality, Sex Drive, Muscle Mass, and Overall Health*, and *The Truth About Men and Sex: Intimate Secrets from the Doctor's Office*.



# FACULTY BIOGRAPHIES

## BEATRIZ RODRIGUEZ OLSON, M.D., FACP

*Private Practice, Integrative Endocrinology and Healthy Aging  
Past Clinical Faculty, Yale University*



Dr. Beatriz Olson has been a catalyst and champion for transformational health care for decades. She is superbly trained in both academic medicine and mind body health. She is an expert educator and has taught medical professionals and other non-medical communities alike on endocrine topics and integrative whole person approaches to health. She has dedicated the last 30 years of her life in transforming health for thousands of patients under her direct care. Her mind body approach to her client's empowerment combined with her medical expertise, professional wisdom, and transformational leadership skills support her patients/clients to identify, prevent, or reverse illness, and to embrace the power of self-care and lifestyle changes as the gateway to long term authentic health and sustainable weight loss. She holds board certifications in fields of endocrinology and internal medicine, certificates in age management medicine, and has decades of experience in integrative medicine. She began her career as a clinical scientist publishing research in the J of Physiology, J of Neuroscience, J of Clinical Endocrinology, Thyroid, New England Journal of Medicine, Annals of Internal Medicine. She came to America from Cuba as a political refugee as a teen. She graduated from Barnard College, Columbia University College of Physicians and Surgeons;

both her internship and residency in internal medicine and research-clinical fellowship in Endocrinology were at the University of Pittsburgh. She served as teaching faculty and researcher at the National Institutes of Health, and has served as clinical teaching faculty at Yale University.

## CESAR M. PELLERANO, M.D.

*Preventive Cardiologist, Miami, FL*

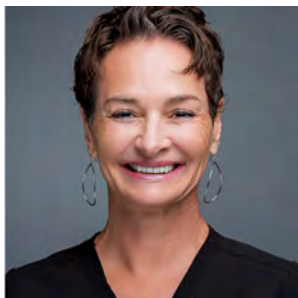
*President, Founding Partner and Chief Medical Officer, Hillstar Health LLC, Miami, FL*

Dr. Pellerano is a Preventive Cardiologist and Age Management Physician in Miami, Florida, and has been practicing for over 30 years. He received his M.D. degree at the University of Miami School of Medicine and trained in Internal Medicine at Mt. Sinai Medical Center in Miami, where he was Chief Medical Resident. His Cardiology Fellowship was completed at The University of North Carolina in Chapel Hill. Over the past 20 years, Dr. Pellerano has lectured nationally and internationally on Preventive Cardiology, Lipid Management, Inflammatory Markers and Age Management. He has served on the faculty and medical boards of various companies over the years. His current practice of Prevention and Age Management serves as a model for other physicians. Currently he is the President, Founding Partner and Chief Medical Officer of Hillstar Health LLC. This company provides customized turnkey solutions for physicians to help build new or grow existing Age Management Medicine practices.



## THERESA RAMSEY, N.M.D.

*Medical Director, Revitalize Functional Medicine, Paradise Valley, Arizona*



Dr. Theresa Ramsey is a leading expert in Functional Medicine. Dr. Ramsey brings 25 years of experience in functional medicine and integrative care at Revitalize Functional Medicine, serving men and women in Paradise Valley, AZ, and throughout the country. Dr. Ramsey began her professional pursuits as a registered nurse. After 10 years in this capacity, she decided she wanted to assist her patients further and earned her Doctor of Naturopathic Medicine. Dr. Ramsey is an expert in lifestyle enrichment and improved quality of life. Currently, her practice focuses on preventive aging with bioidentical hormone replacement therapy (BHRT), IV therapy, Hyperbaric Oxygen Therapy, Nutritional Therapy and homeopathy. Dr. Ramsey loves getting to know her patients. She truly cares for them and takes the time to listen to their individual concerns, health histories, medical needs, and treatment goals. After gathering the necessary information, Dr. Ramsey develops custom care plans that ease pain, promote wellness, and encourage healthy living. This attention to patient care hasn't gone unnoticed either. She's been named Top Doc by Phoenix Magazine multiple years in a row. When she isn't working with patients, Dr. Ramsey loves training up-and-coming medical professionals. She provides clinical internships for students of any form of medicine and also trains professional physicians in Hormone Replacement Therapy. Over the last two years she introduced a new therapy called NAD. Nicotine Adenine Dinucleotide

is the strongest anti-inflammatory nutrient in the body. She has witnessed countless success stories of treating any form of addiction with 100% success so far. Now we are preventing and reversing Alzheimer's Disease as well as treating depression, anxiety and PTSD. Lastly Dr. Ramsey is the successful writer and the author of "Healing 101: A Guide to Creating the Foundation for Complete Wellness." Dr. Ramsey welcomes any man or woman seeking improved vitality and a healthier, happier life to Revitalize Functional Medicine today.

## CYNTHIA RILLING, M.A.

*Chief Operating Officer, Precision Health [by Science], Coconut Creek, FL*

Cynthia Rilling is the Chief Operating Officer at Precision Health [by Science], a lifestyle optimization and preventive medicine center located in Coconut Creek, FL. Rilling, with over 25 years of diverse experience in operations, human resources, marketing, promotions, public relations, practice management, fundraising, print production, and association management, has applied her extensive knowledge far beyond the initial corporate focus. As a Health Care Business Consultant and Partner with Medical Practice Business Development, LLC in Parkland, FL, she has consulted in all aspects of healthcare practice operations including, but not limited to, medical practice startup, corporate culture, marketing and human resources. During the past two decades, Rilling has co-directed the creation, development, operation, growth, and ultimately the sale, of five remarkably successful multi-million-dollar medical facilities. She and her husband, Kent, were pioneers in establishing the first several true acute care centers in the country, leading the way nationally in developing a more efficient way of delivering urgent health care outside of hospital emergency facilities. Rilling has been a sought-after speaker nationally in health care conferences, sharing her expertise in successfully building new medical business ventures. With emphasis on the importance of image creation and corporate culture, Rilling has been instrumental in working with her teams in all stages of the medical practices' development and growth, from facility design and construction to establishing and ensuring quality customer service and raving fan patient experiences. Rilling has a MA in Public Relations from Boston University College of Communications with a focus on Corporate and International Public Relations and Marketing. Prior to her position in the medical field, Rilling served as the Vice President of Marketing for Delmarva Online, part of Draper Communications, an Internet Service Provider on the Eastern Shores of Maryland, Delaware and Virginia.



# FACULTY BIOGRAPHIES

## KENT M. RILLING, PA-C

*Chief Executive Officer / Managing Member, Precision Health [by Science], Coconut Creek, FL*



Kent consults in all aspects of healthcare practice operations including but not limited to medical practice startup, corporate culture, lean engineering, change management, marketing and human resources. Results-oriented Chief Executive Officer and Physician Assistant with nearly 20 years of high-growth business success and emergency medicine/urgent care clinical experience. Key decision maker in the strategic and tactical planning and implementation of start-up, operation, and sales of urgent care centers. Extensive experience in understanding critical business drivers and key performance indicators in multiple markets. Proven track record in strategic lean engineering and process improvement resulting in consistent EBITDA growth. Visionary in creating customer-focused employee culture that embrace the Raving Fan Patient Experience model. Growth-minded business acumen specific to the Urgent Care industry and the evolution thereof.

## NEAL ROUZIER, M.D.

*Director, The Preventive Medicine Clinics of the Desert, Palm Springs, CA*

Neal Rouzier, M.D. is still a practicing board certified emergency physician and former assistant director of a large trauma center in Southern California. After completing residencies in family practice and emergency medicine at UCLA, he has practiced emergency medicine for over 30 years. In addition, Dr. Rouzier is the medical director of the Preventive Medicine Clinic of Palm Springs that specializes in hormone replacement for both men and women. He is the author of the popular book on hormone replacement entitled "How to Achieve Healthy Aging for Men & Women" which introduces BHRT. Dr. Rouzier teaches the most popular and successful courses in the U.S. on bioidentical hormone replacement and preventive medicine that focus on the research and EBM supporting hormone replacement. Dr. Rouzier teaches all the complexities of BHRT as well as the nuts and bolts of prescribing, monitoring, adjusting, and all there is to know about hormones. His basic, advanced, and complex age management courses are accompanied by 300-page workbooks referencing the medical literature that provide the basis and science behind this new paradigm in preventive medicine. Dr. Rouzier lectures at various medical academies in the U.S. and abroad and uniquely critiques the medical literature to provide the audience with insight into treatments that are not understood by most practitioners. Attendees to AMMG conferences have enjoyed his unique and passionate teaching style since their inception.



## JODI SCHOLES

*Certified Massage Therapist*



In 2021, Jodi was selected to give a TEDx talk for TEDx SquareMile/London, England. She spoke on the Body Blueprint, How Your Pain May Be Telling A Story, offering a global audience a brief introduction to the biopsychosocial model. Jodi Scholes has performed over 22,000 individual massage sessions. She has worked with US Track & Field athletes at many Olympic Trials and 2 World Championships. She worked as the massage therapist and a part of the medical team for 4x champions Major League Soccer, DC United. She has spent 26 years treating chronic pain. Jodi Scholes has served as a National Board member for the Alliance for Massage Therapy Education (AFMTE) and attended the International Massage Therapy Research Conference. She is committed to promoting evidence based research on the benefits of touch, integrating massage therapy into traditional healthcare and creating a pathway for long term career opportunities and degree programs for Massage Therapists. Ms. Scholes has spoken the national conference for the American Massage Therapy Association's School Summit and emceed the AFMTE's biannual conference. She has served as Adjunct Faculty at Northern VA Community College, one of the largest community colleges in the United States. She is a regular guest on podcasts

in the US and internationally sharing stories of how your biography becomes your biology. In her newest venture, Green Sunshine, she is educating healthcare professionals on the benefits of topical applications of CBD (cannabidiol), the endocannabinoid system and practical guidance for the professionals and patients. In her spare time she enjoys tennis, working out and volunteering for Rotary International.

## JIN-XIONG SHE, PH.D.

*Genomic Medicine, Augusta University, Recruited: 2002*

Dr. Jin-Xiong She is a lead researcher in a massive international study (TEDDY) following thousands of children to see if they develop type 1 diabetes. The study aims to uncover why the disease develops in some susceptible children but not in others. The children in the project, which began in 2006, are all genetically predisposed to type 1 diabetes. By monitoring them over a 15-year period, Dr. She and his colleagues seek to pinpoint which environmental factors trigger the disease's development. Dr. She also is investigating the telltale signs of cancer and autoimmune diseases. This investigation into novel biomarkers and drugs involves high-throughput screening, an automated process that uses robotics and specially developed software to accelerate testing of genetic material and drug candidates. The high-throughput technology mastered in the lab became the foundation for Jinfinity Biosciences LLC, a start-up company that provides the rapid screening to biomedical research institutions and pharmaceutical companies.



# FACULTY BIOGRAPHIES

## JASON SONNERS, D.C., Ph.D., DCBCN, DIBAK, CHP

*Board Member, International Hyperbaric Association*

*Faculty, Medical Academy of Pediatric Special Needs (MAPS) & International Board of Undersea Medicine*

*Owner & Clinic Director, Core Therapies Family Wellness Center, New Jersey HBOT, Hyperbaric & Function Medicine Clinic, HBOT USA*

Fascinated with human biology and performance, Dr Sonners is always working to integrate new knowledge and practical experience. In addition to his Doctor of Chiropractic, he earned his Diplomate of the Chiropractic Board of Clinical Nutrition (DCBCN) and his Diplomate of the



International Board of Applied Kinesiology (DIBAK). He is currently enrolled at the University of Miami School of Medicine earning his PhD in molecular biology with a concentration in regenerative medicine. Dr. Sonners Published an Amazon best selling book in 2020, "Oxygen Under Pressure" describing the science and the benefits of using hyperbarics for a variety of indications, longevity and performance enhancements. He is also on the board and faculty of the International Hyperbaric Association (IHA), the International Board of Undersea Medicine (IBUM), the Medical Academy of Pediatric Special Needs (MedMaps) and the Age Management Medicine Group (AMMG) lecturing at functional medicine conferences all over the country and certifying doctors and technicians in hyperbaric medicine. Dr. Sonners and his wife, Dr. Melissa Sonners, are co-owners of Core Therapies Family Wellness Center a multidisciplinary clinic in Northern New Jersey. They are also the owners of two Hyperbaric clinics: NJ HBOT, PA HBOT As well as HBOT USA a business designed to help other practitioners obtain hyperbaric equipment, provide education, develop their business protocols, and earn their HBOT certification.

## PAUL THOMPSON, M.D.

*Private Practice, Fort Worth, TX*

Dr. Paul D. Thompson is a board-certified urologist and a Fellow in the American College of Surgeons. He is a member of the American Medical Association, Missouri Medical Society and American Urology Association. After earning an undergraduate degree from the University of Missouri at Kansas City, he graduated from the University of Missouri at Kansas City Medical School in 1981. Seven years later, he completed a residency in urology at the University of Louisville in Kentucky. In 1988, Dr. Thompson established a private urology practice in Cape Girardeau, Missouri, which he maintained until 2007. He also was a cofounder and board member of the U.S. Medical Development Service Company, designed to serve physicians in lithotripsy, radiation treatment centers and hospitals. At Southeast Missouri Hospital, he was Chief of Surgery for four years as well as Chief of Staff and head of their Credential Committee. Dr. Thompson always believed in a proactive medical approach, but wasn't sure how to accomplish that until his own health issues led him to experience a new paradigm with age management medicine.



## DUSHYANT VISWANATHAN, M.D., ABIM, ABOIM, AACE

*Chief Medical Officer, The Columbia Center for Integrative Medicine*

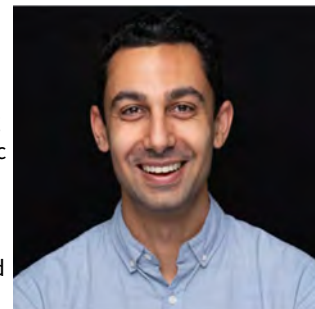


Raised on principles of Indian culture, philosophy, and lifestyle, "Dr DV" was an avid reader growing up between south India and the USA. He studied biology and philosophy as an undergraduate at UC Irvine, followed by completion of medical school at St. George's University School of Medicine, followed by Internal Medicine residency at the University of Maryland Medical Center, and became board certified in internal medicine. He founded The Columbia Center for Integrative Medicine (CCIM) in 2011, after taking over a chronic pain practice that transitioned patients off narcotics using integrative approaches. He pursued intensive training in integrative endocrinology, starting with certification in bioidentical hormone balancing with Labrix and edified with clinical practice and medical conferences. He will sit for the Endocrinology boards next year. He is board certified with both the American Board of Integrative Holistic Medicine in and with the American Board of Integrative Medicine, and licensed in both CA and MD. Dr DV performs inpatient, outpatient, and home-based consultations. He is Chief of Dept of Internal Medicine at Lompoc Valley Medical Center and sees patients in So. California and in Columbia, MD. He has 3 children with his wife Elaina, with whom he runs CCIM.

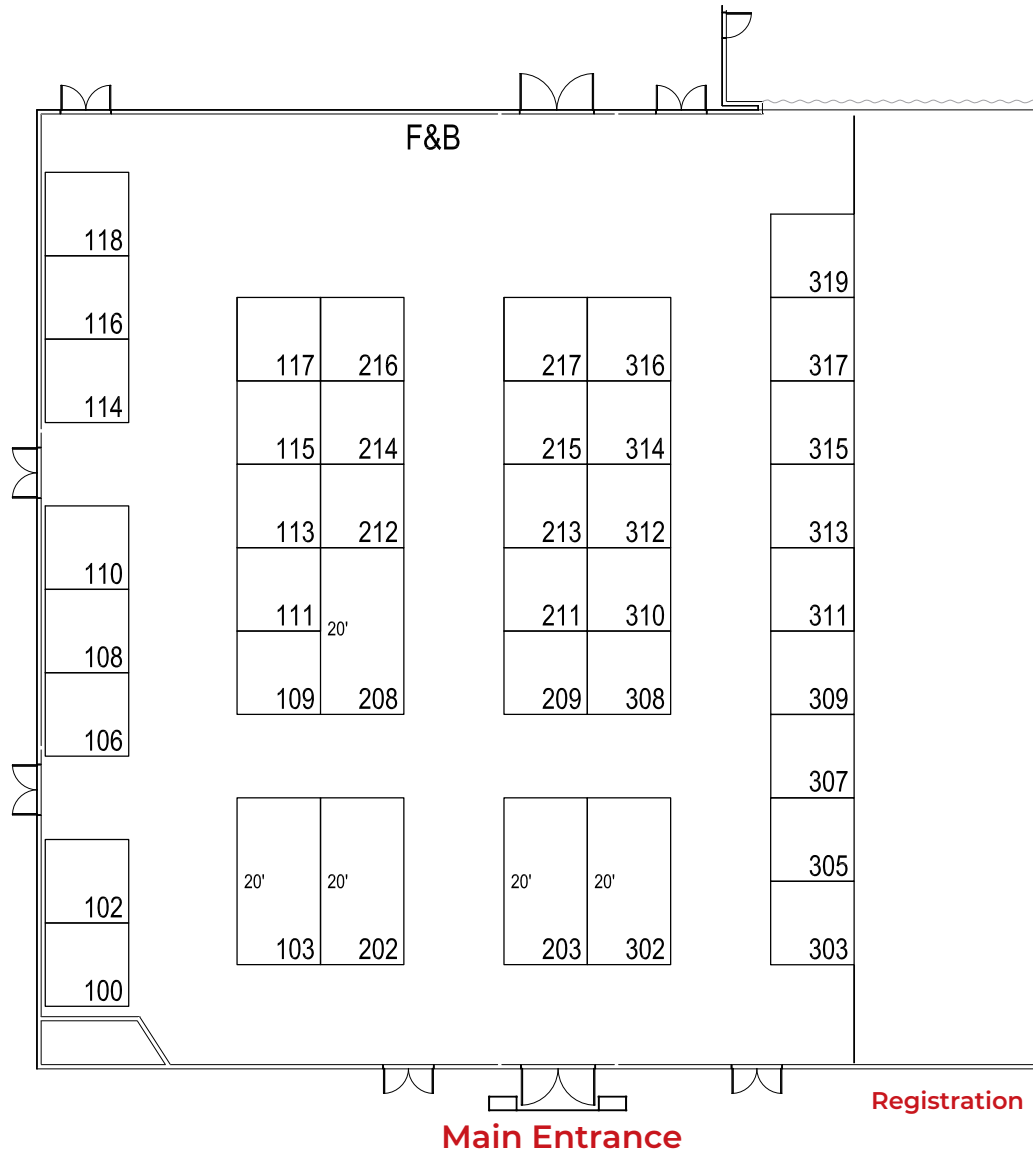
## PAYAM ZAND, M.D.

*Associate Physician, LIVV Wellness, San Diego, CA*

Dr. Payam Zand completed his undergraduate studies from UCSB with a bachelor's in biology while volunteering at several underserved community clinics. He then attended Bastyr University, an accredited 4-year naturopathic medical school, to become a licensed Naturopathic Doctor. Dr. Zand believes that every patient is unique and thus each patient should be treated as such. Through the use of comprehensive laboratory blood testing, in-depth patient history, and symptom assessment, unique treatment strategies are implemented for each patient. Dr. Zand has focused his practice on infectious disease, chronic disease, IV treatments, autoimmune disease, and general naturopathic medical care.



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209	Belmar Pharmacy	214	Forum Health	310	PatientNow
212	Bioron	308	Gainswave	314	Professional Health Products
103	BioTE	113	GX Sciences	213	Qualgen
111	Care Pharma	216	Hormone Therapy Centers	311	Refine USA
312	Clarke Bioscience		of America	115	RLT
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Clarke Bioscience was established in 2011 based on the formulations of our co-founder Dr. Lewis Clarke MD, PhD. Our focus is on manufacturing specialized nutraceutical compounds to support overall health and wellbeing, including brain, bone, and immune health. We emphasize a more natural, biochemical-based approach to health maintenance, completely backed by a strong foundation of cutting-edge scientific research and evidence.

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Common Sense Supplements is a natural supplement wholesaler and online retailer. In addition to the many products we carry, Common Sense Supplements is also dedicated to continuing education for our partners.

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Digital Guardians is a full-service digital marketing agency that specializes in generating appointments for aesthetics and medical practices by leveraging proven, automated conversational marketing strategies, paid advertising and social media.

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DM Med Group provide everyday healthcare products that help more people to do more, feel better and live longer. Whether it is a post traumatic rehabilitation or a simple pigmentation, DM Med Group is ready to offer the best products available in the market to provide the most effective treatments.

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DNA Health is a healthcare and nutrition technology company. Our solutions support improved health outcomes for patients with inflammatory chronic health conditions by providing novel precision nutrition therapies. Our team has developed a portfolio of innovative clinical nutrition technologies and specialized nutrition products to provide superior solutions. These solutions target the support of chronic health conditions with underlying inflammation associated with aging.

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GAINSWave® and FemiWave® enable medical practices to join the growing field of male and female sexual wellness. We provide training, certification, marketing, sales, group purchasing discounts and other benefits to over 400 existing provider members. We've helped 100's of doctors and health care professionals from all types of backgrounds provide a much needed patient service and improve patient outcomes. GAINSWave® and FemiWave® are the premium brands for acoustic shockwave therapy used to manage sexual dysfunction and optimize sexual performance. Our membership provides turn-key practice on-boarding along with sales and marketing funnels designed to generate new revenue streams so practices can grow.

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GX Sciences is a genetic and biomarker testing and interpretation laboratory empowering providers with a comprehensive Nutrigenomic and Pharmacogenomic platform. Designed by and for medical professionals: validate patients' nutritional, laboratory, lifestyle, and health precaution recommendations; typically within 5-to-7 business days. Choose plans for easy-to-use, scientifically-validated provider reports to personalize medicine.

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Qualgen is a 503B compounding pharmacy manufacturing the following products: estradiol and testosterone pellets and testosterone cypionate. The mission at Qualgen is to develop and provide the highest quality formulations and exceptional customer service to healthcare practitioners and their patients.

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