Wednesday, October 18th

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. In addition, this workshop is also designed to complement the <u>AMMG Certification in Age Management</u> <u>Medicine</u> for **physicians and healthcare professionals and to help educate and inform medical and office staff**. Attendees will be guided through the process of developing an Age Management Practice. Our goal is for the attendee to be equipped with the basic tools for making the necessary decisions on what is required from a Practice Management point of view.

Non-CME Course

8:30 am – 9:00 am The Direct Pay/Partial Direct Pay Practice Model Chuck Guglin, M.D., FACS

9:00 am – 9:30 am Development of Practice Services and Procedures Chuck Guglin, M.D., FACS

9:30 am – 10:00 am Development of Diagnostic Tools and Procedures Chuck Guglin, M.D., FACS

10:00 am - 10:15 am Break

10:15 am – 11:15 am Creating Revenue Through the Sales of Ancillary Products and Services from Your Office Derrick DeSilva, Jr., M.D.

11:15 am – 12:00 pm Motivating Patients and Creating Programs Applying the Science of Age Management Medicine to Produce Positive Patient Outcomes Joshua D'Alessandro, CSCS, PN-1, MS

12:00 pm – 12:45 pm Building Your Practice with DEXA Presented by Tony Orlando Open to all attendees and includes a complimentary lunch Non-CME symposium sponsored by DEXA Plus

1:00 pm – 1:45 pm Developing a Marketing and Branding Program Audrey Neff

1:45 pm – 2:30 pm Employee Management and Engagement Joshua D'Alessandro, CSCS, PN-1, MS

2:30 pm – 2:45 pm Break

2:45 pm – 3:30 pm Client / Patient Experience Expectations Joshua D'Alessandro, CSCS, PN-1, MS

3:30 pm – 4:15 pm The Liability Entanglements of Running Your Own Practice: Don't Let Your Corporate Veil Be Pierced Art McOmber

4:15 pm – 5:00 pm Practice Landmines & Practice Pearls Chuck Guglin, M.D., FACS

5:00 pm – 5:15 pm AMMG Physician and Healthcare Provider Certification Program Francesca Guglin

5:15 pm - 5:30 pm Open Forum with Q & A

Wednesday, October 18th

Workshop: Aesthetic Procedures for the Age Management Medicine Clinician – Demonstration Based Educational Format

This workshop on office-based Aesthetics is in response to attendee requests for information on aesthetic protocols and treatments that can be done by non-surgical Age Management Clinicians either full time or as an adjunct to their existing practice. The goal is to make this track interactive with live demonstrations by practicing clinicians and open discussions with our expert panel about procedures and protocols. This track is also very appropriate for Support Staff.

* Track is Non-CME so that brand names and off label treatments can be openly discussed.

8:30 am – 9:30 am PRP and PRF: a Natural Alternative to Dermal Fillers? Tammy Polit, D.O.

9:30 am – 10:30 am How to Make Your Practice Stand Out with PDO Threads H. William Song, M.D.

10:30 am - 10:45 am Break

10:45 am - 12:00 pm Stopping Hair Loss in Its Tracks Carly Klein

12:00 pm - 1:00 pm Lunch Break

12:00 pm – 12:45 pm Advanced Aesthetic Technologies Presented by Tony Howard Open to all attendees and includes a complimentary lunch Non-CME symposium sponsored by Refine USA

1:00 pm – 2:00 pm Aesthetic Peels: What You Need to Know When Using Medical & Aesthetic Grade Chemical Peels on All Skin Types and Patients Nadia Bixler, L.E.I.

2:00 pm – 3:00 pm Exosomes and Growth Factors in the Aesthetics Practice Jordan R. Plews, Ph.D.

3:00 pm – 3:15 pm Break

3:15 pm – 4:00 pm Fat Transfer, the Ultimate In-Office Procedure H. William Song, M.D.

4:00 pm – 4:45 pm Camouflage Make-Up: The Perfect Ending to a Service, Plus Coverage for Bruising/Redness, and Abnormalities Nadia Bixler, L.E.I.

4:45 pm – 5:30 pm Pearls from 30 Combined Years in Private Aesthetics Practice H. William Song, M.D. Tammy Polit, M.D.

Thursday, October 19th

Workshop: Introduction to Core Issues in Age Management Medicine

Course is designed to familiarize physicians and healthcare professionals with the basics of Age Management Medicine. Covers evidence-based use of nutrition, supplements, fitness, hormones—including a specialized lecture on hGH and assessment protocols—and legal basics, with some of the newest medical science on aging that may be in use now or in the near future; including relevant case presentations and discussion.

8:00 am - 9:30 am Basic Hormone Replacement/Replenishment for Men William Clearfield, D.O.

9:30 am – 10:15 am Clinical Use of Supplements in an Age Management Medicine Practice Derrick DeSilva, Jr., M.D.

10:15 am - 10:30 am Break

10:30 am – 12:00 pm Basic Hormone Replacement/Replenishment for Women Kathryn Retzler, N.D.

12:00 pm - 1:30 pm Lunch Break

12:00 pm – 1:00 pm The Glycocalyx and Nitric Oxide: Revolutionizing Endothelial Health Presented by Derrick DeSilva, Jr., M.D. Open to all attendees and includes a complimentary lunch Non-CME symposium sponsored by Calroy Health Sciences

1:30 pm – 2:15 pm Use of Fitness & Exercise in an Age Management Medicine Practice Joshua D'Alessandro, CSCS, PN-1, MS

2:15 pm – 3:00 pm Compliance with Federal and State Regulations as You Begin Your Age Management Practice Paul D. Werner, Esq.

2:30 pm Exhibits Open

3:00 pm - 3:40 pm Break / Visit Exhibits

3:40 pm – 4:30 pm Age Management Medicine Clinical Recommendations for Diet and Weight Loss Rob Kominiarek, D.O., FACOFP

4:30 pm – 5:30 pm Assessing the Age Management Patient Michale "Mickey" Barber, M.D.

5:30 pm – 7:00 pm AMMG Welcome Reception Open to all conference attendees, spouses and guests Held in Conference Networking and Exhibits Center

AMMG OCTOBER 2023 CONFERENCE

Thursday, October 19th

Workshop: Genomics as a Clinically Usable and Relevant Tool for Improving Healthy Aging

Genomics can be a powerful tool for precision medicine and age management. Chronic diseases associated with aging such as cognitive decline, heart disease, macular degeneration and osteoporosis are not caused by one gene. They are instead caused by the interactions of multiple small genomic variants interacting with the diet, lifestyle, environment and each other. Genomics can provide a lens into how to optimize health and longevity. Part of this lens is identifying genomic contributing factors to chronic diseases and using the understanding of gene function to address and optimize their management. In this workshop participants will learn how to make genomics clinically actionable so that better brain, cardiac and overall health and longevity can be obtained for your patients. Even if you are not sure if you want to use genomics in your practice this workshop will benefit you by giving you a deeper understanding of contributing factors to chronic diseases them!

Workshop is limited to licensed practicing clinicians

<u>Non-CME</u>

8:00 am – 8:45 am Welcome and Introduction to Genomics as a Clinical Decision Support Tool David C. Socol, M.D.

8:45am – 9:30 am I Want to Weigh Less and Live Longer Sharon Hausman-Cohen, M.D.

9:30 am - 10:15 am Nutrigenomics Ashley Madsen, PA-C

10:15 am - 10:30 am Break

10:30 am – 11:15 am Genomics for Cardiometabolic Disease Sandeep Kapoor, M.D.

11:15 am -12:00 pm How Genomics Relates to Response to Thyroid Medications, Hypertension Meds and Statins Sharon Hausman-Cohen, M.D.

12:00 pm - 1:30 pm Lunch Break

12:00 pm – 1:00 pm The Glycocalyx and Nitric Oxide: Revolutionizing Endothelial Health - Presented by Derrick DeSilva, Jr., M.D. Open to all attendees and includes a complimentary lunch - <u>Non-CME symposium</u> sponsored by Calroy Health Sciences

1:30 pm – 2:15 pm Sorting Out the Variable in The Role of Genomics in Optimizing Brain Health Sandeep Kapoor, M.D.

2:15 pm - 3:00 pm Case Studies from a Longevity Practice Chris Capicotto, M.D.

2:30 pm Exhibits Open

3:00 pm – 3:45 pm Break / Visit Exhibits

3:45 pm - 4:25 pm Longevity Markers and Genomics David C. Socol, M.D.

4:25 pm - 5:10 pm Addressing Depression and Anxiety as a Longevity Risk: Beyond Pharmacogenomics Sharon Hausman-Cohen, M.D.

5:10 pm - 5:30 pm Speaker Panel: Panel discussion on the Use of Genomics in an Age Management Practice and Questions All Speakers

5:30 pm – 7:00 pm AMMG Welcome Reception - Open to all conference attendees, spouses and guests Held in Conference Networking and Exhibits Center

Thursday, October 19th

Workshop: Essential Knowledge in the Clinical Use of Peptides for Age Management Medicine

The use of Peptides and Peptide Therapies has experienced exponential growth over the past few years. Their uses range from impacting hormonal change, to antibiotic properties, to treatments for conditions of aging such as cancer, cardiovascular health, memory & brain health and sexual function. AMMG in conjunction with the Clinical Peptide Society have an educational mandate to fill knowledge gaps for physicians and healthcare professionals. This course is a focused track on discovering the power of peptides and the essential knowledge and medical science in the clinical use of peptides for Age Management with special attention to legalities & FDA approved and non-approved compounds and uses. At the conclusion of this workshop the Clinical Peptide Society will offer attendees the opportunity to take an online examination on this material and obtain a Certificate of Completion for this course.

In conjunction with the Clinical Peptide Society <u>Non-CME</u>

8:00 am – 8:05 am Welcome to the Workshop on Essential Knowledge in the Clinical Use of Peptides

8:05 am - 8:35 am Introduction to Peptides Edwin Lee, M.D.

8:35 am - 8:37 am Number 1 Peptide Edwin Lee, M.D. Luis Martínez, M.D., MPH

8:37 am - 9:05 am The Wolverine Peptide BPC157 Edwin Lee, M.D.

9:05 am – 9:30 am Mitochondria Peptide (MOTS-c) Luis Martínez, M.D., MPH

9:30 am - 10:00 am Growth Hormone Peptides Edwin Lee, M.D.

10:00 am - 10:15 am Break

10:15 am – 10:45 am Immune Stimulating Peptides (TA-1, Thymulin) Luis Martínez, M.D., MPH

10:45 am - 11:15 am Neuroregenerative Peptides (Cerbrolysin, Semax, Selank, TB4) Edwin Lee, M.D.

11:15 am – 11:45 am Peptides for Pain (ARA290, TB4, BPC157) Luis Martínez, M.D., MPH

11:45 am - 12:00 pm Question and Answer Session Edwin Lee, M.D. Luis Martínez, M.D., MPH 12:00 pm - 1:30 pm Lunch Break

12:00 pm – 1:00 pm The Glycocalyx and Nitric Oxide: Revolutionizing Endothelial Health Presented by Derrick DeSilva, Jr., M.D. Open to all attendees and includes a complimentary lunch Non-CME symposium sponsored by Calroy Health Sciences

1:30 pm - 2:00 pm Cosmeceutical Peptides Edwin Lee, M.D.

2:00 pm – 2:30 pm Peptides for Cancer (Met-Enkephalin, TA-1, GHK-Copper) Luis Martínez, M.D., MPH

2:30 pm - 3:00 pm Peptides for Autoimmune diseases (TA-1, Thymulin, OGF, VIP) Luis Martínez, M.D., MPH

3:00 pm - 3:45 pm Break / Visit Exhibits

3:45 pm – 4:15 pm Peptides for Sleep, Libido, Tanning and Kisspeptin Luis Martínez, M.D., MPH

4:15 pm – 4:30 pm Epitalon Edwin Lee, M.D.

4:30 pm – 4:35 pm Q & A, and Top 5 Peptides that we are using for 2023 Edwin Lee, M.D. Luis Martínez, M.D., MPH

4:35 pm – 5:30 pm Online Test (for those that brought their laptop) or written test for those that did not bring a laptop

5:30 pm – 7:00 pm AMMG Welcome Reception Open to all conference attendees, spouses and guests Held in Conference Networking and Exhibits Center

Thursday, October 19th

Workshop (½ day): Non-Surgical / Non-Opioid Pain Management Options for Age Management Medicine

Age Management physicians deal with a wide range of complex patient ideologies often with a limited scope of technology and treatment options. This workshop will take a deep dive into the role of managing pain and how it is able to play an important role in mitigating inflammatory diseases and surrounding immunomodulatory effects that affect interventional pain management patients. This course will provide strategies for treatment that are compatible and complementary with Age Management Medicine such as Vagal Modulation, Diet, Supplements, & Viscosupplementation while also gaining a strong understanding of the biochemistry of inflammatory diseases.

8:00 am – 8:45 am Overview of the Science of Chronic Pain: Complex Yet Common Pain Issues Chris Kleronomos, FNP, DAOM, MSc.

8:45 am - 9:15 am Psychological Aspects of Pain Misha Kleronomos, PsyD, LPC

9:15 am - 10:00 am Hormone Modulation and the Relationship of Hormones to Pain Jorge Reveron, ND, M.S.

10:00 am - 10:15 am Break

10:15 am – 10:45 am Viscosupplementation Injections to Reduce Pain and Increase Mobility Without the Use of Opioids John Rush, M.D., MBA, MHA

10:45 am – 11:20 am Complementary and Integrated Approaches to Address Chronic Pain - Part 1 Jorge Reveron, ND, M.S.

11:20 am - 12:00 pm Complementary and Integrated Approaches to Address Chronic Pain - Part 2 Chris Kleronomos, FNP, DAOM, MSc.

12:00 pm - 1:30 pm Lunch Break

12:00 pm – 1:00 pm The Glycocalyx and Nitric Oxide: Revolutionizing Endothelial Health Presented by Derrick DeSilva, Jr., M.D. Open to all attendees and includes a complimentary lunch <u>Non-CME symposium</u> sponsored by Calroy Health Sciences

Thursday, October 19th

Workshop (½ day): Environmental Medicine for Age Management Clinicians

Environmental Medicine is by definition multidisciplinary and is becoming an important part of Age Management Medicine since there is a demonstrated role in causing or mediating disease, particularly acute in an aging population. This workshop will try to create awareness of the issues in Environmental Medicine such as chemical exposure, exposure to toxins and mycotoxins, exposure through the air, food and water we consume. In addition we will discuss misdiagnosis of disease, preventative methods to avoid exposure, and assessment and diagnoses of patients with suspected exposure and how to formulate a treatment plan.

1:30 pm - 3:00 pm Environmental Toxins - Silent Aging Elliot Dinetz, M.D., ABFM, FAAMM

2:30 pm Exhibits Open

3:00 pm - 3:45 pm Break / Visit Exhibits

3:45 pm – 4:30 pm How Mycotoxins Are a Cause of Degenerative Brain Disorders Including Alzheimer's Disease, Parkinson's, and Amyotrophic Lateral Sclerosis Andrew W. Campbell, M.D.

4:10 pm – 4:50 pm Common Misdiagnoses in Adult Patients, Including SIBO, Lyme Disease, Fibromyalgia, Chronic Fatigue Syndrome and Long Covid Andrew W. Campbell, M.D.

4:50 pm – 5:30 pm Autoimmune Disorders Triggered by Mycotoxins Can be Successfully Treated and Reversed, Including Rheumatoid Arthritis, Multiple Sclerosis, Psoriasis Andrew W. Campbell, M.D.

5:30 pm – 7:00 pm AMMG Welcome Reception Open to all conference attendees, spouses and guests Held in Conference Networking and Exhibits Center

AMMG OCTOBER 2023 CONFERENCE

Friday, October 20th – General Session

7:00 am – 7:45 am Managing/Preventing the Complications of Bio-Identical Hormone Replacement Presented by Derrick M. DeSilva, Jr., M.D. Open to all attendees and includes a complimentary breakfast <u>Non-CME symposium</u> sponsored by Common Sense Supplements

8:00 am - 8:05 am Opening Remarks

8:05 am - 8:30 am Presentation of the Alan P. Mintz, M.D. Award for Clinical Excellence in Age Management Medicine

8:30 am – 9:15 am Clinical Applications: N of 1 Precision Medicine, Hormones, Metabolism and Genomics Ashley Madsen, PA-C

9:15 am - 10:00 am Issues of Aging Unearthed by Medical Imaging Sanjay Jain, MD

10:00 am - 10:45 am Break / Visit Exhibits

10:45 am – 11:45 am Weight Loss: Beyond the GLP-1 Agonists Kathryn Retzler, N.D.

11:45 am – 12:00 pm Why Undergo Certification in Age Management Medicine Derrick DeSilva, Jr., M.D.

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

12:00 pm – 1:00 pm Myths Doctors Believe Regarding Taxes, Lawsuits, and Estate Planning that Put Your Life and Practice at Risk Presented by Art McOmber, Former FBI Special Agent Open to all attendees and includes a complimentary lunch <u>Non-CME symposium</u> sponsored by Fortune Law Firm

1:30 pm – 2:10 pm Leveraging Wearable Technology and Engagement Science to Garner Patient Adherence to Health Protocols Steven Feyrer-Melk, Ph.D., M.Ed

2:10 pm - 2:50 pm Osteoporosis, Hormones and Beyond - A Genomic Perspective Sharon Hausman-Cohen, M.D.

2:50 pm – 3:30 pm (Non CME) Unlocking the Fountain of Youth: Exploring Age Rejuvenation with Plasma Therapy Daniel L. Stickler, M.D.

3:30 pm - 4:00 pm Break / Visit Exhibits

4:00 pm - 4:45 pm (Non CME) Next Generation of IV Therapies Mitchell J. Ghen, D.O., Ph.D

4:45 pm – 5:30 pm (Non CME) Key Clinical Updates of Extracellular Vesicle (Exosome) Based Therapeutics George Shapiro, M.D.

5:30 pm – 6:30 pm AMMG Exhibit Hall Happy Hour Join us for complimentary Margaritas, Wine and Beer Open to all conference attendees, spouses and guests - Held in Conference Networking and Exhibits Center

Saturday, October 21st – General Session

8:00 am - 9:00 am The Science of Senescence: How Not To Accelerate Aging Deepa Verma, M.D., AIHM

9:00 am - 10:00 am The Invitro and Invivo Development of a GLP-1 Stimulating Nutraceutical Taking a Full Pharmacological Approach Edward G. Walker, Ph.D.

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

10:30 am - 11:15 am Clinical Protocols to Extend Cellular Function for Aging Derrick DeSilva, Jr., M.D.

11:15 am - 12:00 pm The Future of Cancer Medicine: Is Immunotherapy the New Leader Matthew Halpert, Ph.D.

12:00 pm - 1:30 pm Lunch Break / Visit Exhibits Complimentary Lunch Provided by AMMG for all Attendees, Sponsors and Exhibitors Held in the Conference Exhibit and Networking Center

1:30 pm - 2:15 pm Cardioprotective Effects of Testosterone Optimization: Improved VO2max and Body Composition Analysis Sydney Brackett, M.S.

2:15 pm - 3:00 pm Enteroimmunology: Diagnostic Considerations for the Integrative Clinician Dushyant Viswanathan, M.D., ABIM, ABoIM, AACE

3:00 pm - 3:45 pm Break / Visit Exhibits (Exhibits Close 4:00 pm)

3:45 pm - 4:45 pm Enteroimmunology: Case Reviews of Disease Reversal: Hyperthyroidism, BPH, IBS, Chronic Seasonal Allergy Syndrome, Dyslipidemia, Anxiety Disorder Dushyant Viswanathan, M.D., ABIM, ABOIM, AACE

4:45 pm - 5:30 pm Optimizing Testosterone for Healthspan & Quality of Life - Case Studies of Females and Males Chris Capicotto, M.D.

Sunday, October 22nd – General Session

8:00 am - 9:00 am

Spotlight on Evidence Based Non-Hormonal Clinical Treatment Options to Relieve Hormonal Symptoms William Clearfield, D.O.

9:00 am – 10:00 am Clinical Considerations and Protocols for Epstein Barr, Cytomegalo and Human Herpesvirus-6 Christopher J. Bump, D.C., MS, IFMCP, CNS

10:00 am - 10:15 am Break

10:15 - 11:15 am Neurological Effects of Mycotoxins from Indoor Mold Exposure: A Medical Evidence-Based Lecture Andrew W. Campbell, M.D.

11:15 am - 12:15 pm (Non CME)

Can Genetics, Epigenetics, and Personalized Nutrition Help Us to Prevent Getting Chronic Disease? John E. Lewis, Ph.D.

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, click on October 2023 Conference, go to Accreditation and follow the screen prompts.

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



e-Journal of AGE MANAGEMENT MEDICINE

The **E-Journal of Age Management Medicine** (Editor, Jeff Morris) is published six times a year by AMMG. Now in its 17th 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**.

CALL FOR ARTICLES AND PAPERS

The E-Journal of Age Management Medicine encourages and invites authors interested in submitting articles for publication to email us at journal@AgeMed.org.

Specifications: Articles should be **non-commercial** and must be related to Age Management Medicine. Those articles offering clinical perspectives or original research are given priority. Articles should be submitted in an electronic format, preferably in Microsoft Word as an attached file. Articles of extreme length may be split and published as multi-part articles. Please limit or exclude graphics. Articles should include a short biographical sketch of all listed authors.

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).

NON-CME EVENTS OPEN TO ALL ATTENDEES

-WEDNESDAY, OCTOBER 18TH-

12:00 pm – 12:45 pm Building Your Practice with DEXA Presented by Tony Orlando Includes a complimentary lunch Non-CME symposium sponsored by DEXA Plus

12:00 pm – 12:45 pm Advanced Aesthetic Technologies Presented by Tony Howard Includes a complimentary lunch <u>Non-CME symposium</u> sponsored by Refine USA

-THURSDAY, OCTOBER 19TH-

12:00 pm – 1:00 pm The Glycocalyx and Nitric Oxide: Revolutionizing Endothelial Health Presented by Derrick DeSilva, M.D. Includes a complimentary lunch <u>Non-CME symposium</u> sponsored by Calroy Health Sciences

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