

Wednesday, December 12, 2018 Pre-Conference Workshops*(additional fees apply)

7:30 am – 6:00 pm <i>Titian 2305</i>	Cannabis in Medicine	Joseph Maroon MD, FACS and Faculty
8:00 am – 5:30 pm <i>Veronese 2401</i>	Achieving Longevity with Restorative Hormone Therapy	Thierry Hertoghe, MD and Faculty
7:30 am – 6:00 pm <i>Titian 2302</i>	Breakthroughs in Peptide Therapy	William Seeds MD and James LaValle RPh, CCN
7:30 am – 6:00 pm <i>Veronese 2405</i>	A Branding Facelift: Ensuring Success in Practice Enhancement at Every Angle <i>Goals, Plans, and Success: Industry Secrets for Aesthetic Management and Marketing</i>	Cheryl Whitman and Faculty

Thursday, December 13, 2018**General Session** – Hall C

6:30 am – 8:00 am	Introduction to Anti-Aging Medicine (non-CME) – <i>Satellite Breakfast</i>	Angela DeRosa DO, MBA, CPE
8:00 am – 8:20 am	Opening Remarks (Non-CME)	
8:25 am – 9:00 am	Transforming Regenerative Medicine: Quality, Collaboration, & Data (non-CME)	Marc Penn, MD
9:00 am – 9:30 am	Fasting Mimicking Diet and its Impact on Longevity	Valter Longo, PhD
9:30am – 10:30 am	How Not to Die- The Power of Your Gut	Naveen Jain
10:30 am – 11:00 am	Panel Session and Q&A: A Spotlight on INNOVATION	Valter Longo, PhD and Naveen Jain

*Exhibit Hall opens 10:30 am***Thursday Afternoon Sessions***Session 1: Patently Proven-A Coordinated Regenerative Process via Calorie Restriction– Hall C*

1:00 pm – 1:35 pm	Fasting Regimens and Enhancing the Lifespan	James LaValle, RPh, CCN, ND(trad)
1:35 pm – 2:00 pm	Fasting and Metabolic Syndrome, Inflammation and Immune Diseases	Kurt Hong, MD, PhD
2:00 pm – 2:45 pm	Science and Application of Fasting Mimicking Diet in Cardiovascular Health	Joel Kahn, MD
2:45 pm – 3:20 pm	Fasting and Women's Health: Scientific Outcomes and Clinical Use	Felice Gersh, MD
3:20 pm – 4:00 pm	Fasting and the Inflammatory Response	Sebastian Brandhorst, PhD

Session 2: Evaluating and Treating Clinical Chain Reactions – Veronese 2401-2

1:00 pm – 1:45 pm	Managing the Obese Patient with Elevated Inflammation	Laia Montell, PhD
1:45 pm – 2:30 pm	Modern Science and Biohacking Elements of Male Sexual Vitality	Ben Greenfield
2:30 pm – 3:15 pm	Bovine Colostrum: Its Role in Gut and Immune Health	Marvin Singh, MD
3:15 pm – 4:00 pm	Understanding the Role of Metabolic Endotoxemia in Chronic Disease	Jill Carnahan, MD

Session 3: MedTech Impact on Wellness --Titian 2301-2

1:00 pm – 1:50 pm	Innovations in Medicaid/Medicare Patient Engagement	Vikram D. Bakhru, MD, MBA
1:50 pm – 2:40 pm	Digital Health Technology and Improving Obesity Management Outcomes	Steve Bellach
2:40 pm – 3:30 pm	Integrating Wearable Medical Devices with Electronic Medical Records	Andrew Wiesenthal, MD, SM
3:30 pm – 4:00 pm	Creating the Ultimate Website Presence	Chad Erickson

Session 4: Mind your Heart- Effective Cardiovascular Interventions Veronese 2403-4

1:00 pm – 1:45 pm	Mitochondrial-Targeted Antioxidants and Cardiovascular Aging	Song-young Park, PhD
1:45 pm – 2:30 pm	A New Paradigm in the Treatment of Cardiovascular Disease	Derrick DeSilva, Jr., MD
2:30 pm – 3:15 pm	Natural Modulation of Cardiovascular Risk Factors: Reducing Inflammation, Blood Pressure and Clotting Potential	Debby Hamilton, MD, MPH
3:15 pm – 4:00 pm	Role of Biomarkers and Subclinical Atherosclerosis Screening in Cardiovascular Risk Assessment	Nathan Wong, PhD

Session 5: Advances and Applications in Regenerative Medicine– Titian 2303-4

1:00 pm – 1:30 pm	Young Plasma Transfusions for MS, Parkinson's, and Overall Longevity	Dian Ginsberg, MD, FACOG, FAARFM
1:30 pm – 2:00 pm	Mesenchymal Stem Cells: A Promising Approach for Autoimmune Disease	Rafael Gonzalez, PhD
2:00 pm – 2: 45 pm	Title TBD (NON CME)	James Carroll
2:45 pm – 3:15 pm	Assessing Immune System Aging in 2018	Joseph Raffaele, MD
3:15 pm – 4:15 pm	The Future of Stem Cells and Exosomes <i>Roundtable</i>	Sheldon Jordan, MD, Ian White, PhD, Duncan Ross, PhD, Douglas Spiel, MD, and AJ Farshchian, MD

Session 6: Integrative Aesthetics and Smart Aging -Veronese 2405-6

1:00 pm – 1:45 pm	PEMF for Pain Relief	Murray Rosenthal, DO, FAPA
1:45 pm – 2:15 pm	A Unique Nutraceutical Approach to Skin Health and Beauty	Mark Tager, MD
2:15 pm – 3:15 pm	Y LIFT® - The Closed Facelift™ (non-CME)	Yan Trokel, MD
3:15 pm – 4:00 pm	LIVE DEMONSTRATIONS and Q&A (non-CME)	

Exhibit Hall closes at 6:00 pm

Friday December 14, 2018

General Session – Hall C

7:30 am – 8:00 am	Rewiring the Brain: Connectomics, Neuroepigenetics, and Neuroplasticity	Joseph Maroon, MD
8:00 am – 8:45am	Addiction: Natural Ways to Break the Cycle	Peter Bongiorno, ND
8:45 am – 9:30 am	Potentials of Hormone Therapy to Reverse Memory Loss and Alzheimer's Disease	Thierry Hertoghe, MD
9:30 am – 10:30 am	KEYNOTE: Finding your Bliss: Beating Physician Burnout	Pamela Wible, MD
10:30 am – 11:00 am	Panel Session and Q&A: A Spotlight on <i>MENTAL HEALTH</i>	Peter Bongiorno, ND and Pamela Wible, MD

Friday Afternoon Sessions

Session 1: Mind Games: Leveraging the Brain and Memory– Hall C

1:00 pm – 1:45 pm	The Discovery of Cat's Claw Targeting Brain Plaques and Tangles for Memory Improvement	Alan Snow, PhD
1:45 pm – 2:30 pm	Management Memory: Exercise, Mindfulness, and Innovative Strategies	Andrew Budson, MD
2:30 pm – 3:15 pm	Magnesium and the Brain	Andrew Heyman, MD
3:15 pm – 4: 00 pm	Women, Menopause, Insulin Resistance, and Alzheimer's: What is the Link?	Filomena Trindade, MD, MPH, ABAARM, ABFM, FMNM

Session 2: Dietary Approaches to Neuroinflammation and Fatty Acid Interpretations – Veronese 2401-2

1:00 pm – 2:30 pm	Dietary Approaches to Reducing Neuroinflammation and Neurodegenerative Related Symptoms	Terry Wahls, MD
2:30 pm – 4:00 pm	Fatty Acid Basics and Lab Interpretation	Deanna M. Minich, MS, PhD, FACN

Session 3: MedTech Impact on Wellness --Titian 2301-2

1:00 pm – 2:00 pm	Managing Symptoms and Increasing Adherence via Mobile Apps	Felicity Harper, PhD
2:00 pm – 3:00 pm	Virtual Reality as a Patient Interface	Phil Han
3:00 pm – 4:00 pm	Next Generation Engagement: The New Frontier	Patrick Wayte

Session 4: Physician Well-Being, Initiatives in Professional Satisfaction Veronese 2403-4

1:00 pm – 1:45 pm	Insurance to Cash-Based Practice: Medical Business Protocols (non-CME)	Steven F. Hotze, MD
1:45 pm – 2:15 pm	Building a Bulletproof Marketing Blueprint to Grow Your Practice	Audrey Neff, BS
2:15 pm – 2:40 pm	Understanding the Five Miracles of Internet Lead Conversions	Jill Lezaic DO
2:40 pm – 3:10 pm	Facts Not Feelings: Strategies for Your Front Desk and Beyond	Tim Sawyer, BA
3:10 pm – 4:00 pm	Want to Know how Good your Digital Presence Is? Have it Evaluated by the Experts! (non-CME)	Tim Sawyer, BA and Panel

Session 5: Rejuvenation: Versatile Deliveries and Applications in Hormones, Stem Cells and Peptides Titian 2303-4

1:00 pm – 1:45 pm	Identifying Candidates for Pellet Hormone Replacement Therapy	Enrique Jacome, MD
1:45 pm – 2:30 pm	iRGD as a Tumor-Penetrating Peptide for Cancer Therapy	Mark Rosenberg, MD
2:30 pm – 3:15 pm	Breakthrough in Stem Cell Activation via Oral Delivery	Jacquel Patterson, ND
3:15 pm – 4:00 pm	Sexual Health in the Older Woman	Jen Landa, MD

Session 6: Integrative Aesthetics and Smart Aging -Veronese 2405-6

1:00 pm – 1:45 pm	Addressing the Skin Microbiome for Aesthetic and Anti-Aging Benefits	Trevor Cates, ND
1:45 pm – 2:30 pm	Photomodulation for Skin Rejuvenation, Anti-Inflammation and Blood Pressure Reduction + Demo (non-CME)	Mark Tager, MD and Nathan Bryan, PhD
2:30 pm – 3:15 pm	Novel Techniques in Integrative Hair Restoration (Non-CME)	Sophia Kogan, MD
3:15 pm – 4:00 pm	Aesthetic and Therapeutic Advances in YAG and Non-Ablative Erbium Lasers	Doohi Lee, MD

Exhibit Hall closes at 6:00 pm

Saturday December 15, 2018

General Session – Hall C

7:30 am – 8:05 am	Nutritional Interventions for Diabetes	Pamela W. Smith, MD, MPH, MS
8:05 am – 8:45 am	TBD	Florence Comite, MD
8:45 am – 9:30 am	A Systems Approach to Metabolic Aging Through the Eyes	Dave Asprey
9:30 am – 10:30 am	Keynote* Reversed Engineering Approach to Human Longevity	Peter Attia, MD
10:30 am – 11:00 am	Panel Session and Q&A: A Spotlight on METABOLISM, OBESITY, and DIABETES	Dave Asprey and Peter Attia, MD

Exhibit Hall opens 10:30 am

Saturday Afternoon Sessions

Session 1: The Newest Frontier: Cannabis in Healthcare– Hall C

1:00 pm – 1:45 pm	Endocannabinoid Receptors: Omegas to Phytonutrients	Slavko Komarnytsky, PhD
1:45 pm – 2:30 pm	How can Cannabis treat Anxiety and PTSD?	Deepa Verma, MD, AIHM
2:30 pm – 3:15 pm	TBD	TBD
3:15 pm – 4:00 pm	Cannabis as a Pain Antagonist	Jessica Peatross, MD

Session 2: Personalized Medicine-Intricacies and Exceptions in Aging Systems– Veronese 2401-2

1:00 pm – 1:45 pm	Beyond the Microbiome- Biofilm Complications in Oral and Systemic Health	Rachel Fresco, LAc, PhD
1:45 pm – 2:30 pm	The Potent Anti-Inflammatory Properties of Tocotrienols	Barrie Tan, PhD
2:30 pm – 3:15 pm	Clinical Use of Genetics and Epigenetic Science to Bio-Individualize Ideal Dietary Patterns	Daniel Stickler, MD
3:15 pm – 4:00 pm	Markers of the HPA Axis and Sympathetic Nervous System: The Interplay of Glucocorticoids and Catecholamines in the Stress Response	Ekaterina Placzek, PhD
4:00 pm – 4:30 pm	Chakra Sweep PEMF for Narcotic Addiction	Norman Shealy, MD, PhD

Session 3: MedTech Impact on Wellness --Titian 2301-2

1:00 pm – 1:50 pm	Insurance Data Predicting Future Illness in Patients	Don Vaughn, PhD
1:50 pm – 2:25 pm	Technology as a Platform to Change your Patient's Life	Jillian Bridgette Cohen
2:25 pm – 3:10 pm	The Impact of AI and Robotics in Healthcare	Cory Kidd, MS, PhD
3:15 pm – 4:00 pm	2018 and Beyond: Technologies and Healthcare Disruption	Essam Abadir, JD

Session 4: Partners in Care: The Patient and Practitioner in Pediatrics -- Veronese 2403-4

1:00 pm – 1:45 pm	A Proven Program to Restore Optimal Health to your Children	Sangeeta Pati, MD, FACOG
1:45 pm – 2:30 pm	A Perspective on Molds, Mycotoxins, and the Microbiome in Children	Andrew Campbell, MD
2:30 pm – 3:15 pm	Combating Infectious Disorders in Pediatrics Using Focused Electromagnetic Fields	Silvia Binder, ND, PhD
3:15 pm – 4:00 pm	Atopy: Eczema, Allergies, and Asthma in Pediatric Populations	Pina LoGiudice, ND, Lac

Session 5: Multidisciplinary Updates across the Woman's Lifespan - Titian 2303-4

1:00 pm – 1:45 pm	I was in Menopause at 35: Changing the Paradigm of Women's Hormone Health in America	Angela DeRosa DO, MBA, CPE
1:45 pm – 2:30 pm	A Clinical Look at Testosterone in Women	William Clearfield, DO, FAARM
2:30 pm – 3:15 pm	The New Frontier of Optimizing Reproductive Aging	Jennifer Pearlman, MD, CCFP, NCMP, FAARM, ABAARM
3:15 pm – 4:00 pm	Hormone Pellets in Women- The Dos and Don'ts	Deborah Matthew, MD, ABAARM

Session 6: Integrative Aesthetics and Smart Aging -Veronese 2405-6

1:00 pm – 1:45 pm	TBD	TBD
1:45 pm – 2:30 pm	The Evolving Role of the NAD+/Nicotinamide Metabolome in Skin Homeostasis	John Oblong, PhD
2:30 pm – 3:15 pm	Combination Treatments: The Future of Non-Surgical Aesthetic Rejuvenation	Anil Rajani, MD
3:15 pm – 4:00 pm	Non-Surgical Cheek and Midface Augmentation	Amy Miller, MD

Exhibit Hall closes at 2:30 pm