

Australasian anti-ageing conference

The Australasian Academy of Anti-Ageing Medicine (A5M) is holding its Anti-Ageing and Aesthetic Medicine Conference 6-7 September 2008 at the Swissôtel in Sydney.

The conference includes a program of presentations and workshops by respected international and local experts in anti-ageing medicine, showcasing the latest scientific research on a range of anti-ageing topics, techniques, protocols and products.

The key focus of the 2008 conference is Anti-Ageing Interventions: Now and for the Future. Ear, nose and throat (ENT) and facial plastic surgeon Dr Michael Zacharia is the president of the Australasian Academy of Anti-ageing Medicine (A5M) and convener of the conference.

'Anti-ageing is a growing field of medicine,' Dr Zacharia says. 'With cosmetic procedures, people look good as they age, but they want to feel good too. As we live longer, it is important to research ways of preventing disease, and to inform anti-ageing practitioners how to combine internal medical treatments with external cosmetic ones.'

Australia's baby boomers are now noticing signs of ageing in their mirrors, on their scales and in the job market. Anti-ageing medicine is concerned with decreasing the risk of all illnesses and conditions associated with premature ageing such as coronary heart disease, rheumatoid arthritis, dementia, erectile dysfunction, osteoporosis and fatigue among others.

The A5M organisation aims to educate doctors and health care practitioners on the clinical and scientific aspects of anti-ageing medicine, while providing standardisation and accreditation for clinics and health care practitioners who call themselves anti-ageing experts. The application of any therapy or modality that delivers very early detection, prevention, treatment or reversal of ageing-related dysfunction and disease, enhancing the quality and extending the quantity of the human life span is the most important new model for health care for this new millennium.

'The conference will address all aspects of ageing and encourage practitioners to take a holistic approach to treating ageing patients,' Dr Zacharia says. 'Australian and international speakers will present a range of treatments including diet and exercise and relaxation, vitamin supplements, hormone and medicinal supplementation and gene technology. I will be speaking on the merging of anti-ageing and cosmetic procedures into a single practice.'

2008 Conference program

Internal anti-ageing interventions

- Medico-legal aspects of practising anti-ageing medicine
- Interventional endocrinology
- Genetics and anti-ageing
- Genomics and laboratory testing
- Obesity and weight management
- Neurotransmitters
- Sports medicine and nutrition
- Stem cell theories and treatments

External anti-ageing interventions

- Medico-legal aspects of practising anti-ageing medicine
- Genetics of skincare
- Latest skin technology
- Nutraceuticals and the skin
- New injectable techniques
- Skin resurfacing techniques
- Non-invasive rejuvenation of the face and body
- How to start an anti-ageing practice



United States guest presenter Bryan Durocher

In one of the conference's special programs, United States author, expert for Health Journal TV, Life and Leisure TV and contributor to NBC South Florida, Bryan Durocher presents a full-day seminar entitled Medical Spa: Combining the Traditional Spa with the Medical Clinic, designed to teach how to set up a medical spa from concept design to hiring of staff.