May 21st, 2010

Main Auditorium Room A

9:00am  Opening Ceremony
Prof. Isabel Hoffmann Miles, President and Chair of The Iberian Chapter of the World Academy of Anti-Aging Medicine (A4M Iberia)
Sua Excelência Prof. Dra. Maria do Céu Machado, “Alto Comissariado da Saúde”
Prof. Pedro Nunes, “Bastonário da Ordem dos Médicos”
Dr. Robert Goldman, Chair of The World Academy of Anti-Aging Medicine
Dr. João Cordeiro, “Presidente da Associação Nacional de Farmácias”

10:00  Prof. David Servan-Schreiber, M.D., Ph.D., University of Pittsburgh, USA (confirmed)
Anti-Cancer: A New Way of Life

10:30  Dr. Ron Virag, M.D., France (confirmed)
Endothelium, Erection and Coronary Arteries: the dilemma of the ageing male

11:00  Exhibit hall opening

11:30  Prof. Aubrey de Grey, Ph.D., Cambridge University, UK (confirmed)
Current Strategies for Engineered Negligible Senescence

12:00  Dr. Staffan Lindeberg, M.D., Ph.D., University of Lund, Sweden (confirmed)
Incorporating evolutionary biology in nutritional science: the Kitava Study

12:30  Dr. Michael Colgan, Ph.D., Canada (confirmed)
Combined chemical and brain stimulation induction of neurogenesis in brain injury and brain degeneration of aging

13:00  Lunch Break

14:00  Module I:
AESTHETIC DERMATOLOGY & AESTHETIC SURGERY
Prevention of facial aging with minimum invasion
Moderator: Dr. Antonio Boavida, M.D., Portugal
Participants:
• Dr. Antonio Boavida, M.D., Portugal, TBA (confirmed)
• Dr. Christian Chams, M.D., France, TBA
Module I:
AESTHETIC DERMATOLOGY & AESTHETIC SURGERY
Body Contouring in Aesthetic Medicine
Moderator: Prof. Ricardo Baroudi, M.D., Brazil
Participants:
  - Prof. Ricardo Baroudi, M.D., Brazil, *Abdominoplasty - my technique*
  - Dr. Biscaia Fraga, M.D., Portugal, *Surgery for body sculpturing*
  - Dr. Joaquim Seixas Martins, M.D., *TBA*

16:00  Exhibition hall visit and Coffee Break

Module III: MENOPAUSE & ANDROPAUSE
The consensus between the Andrologist and the Anti-Aging Practitioner
Moderator: Prof. Nuno Monteiro Pereira, M.D., Portugal
Participants:
  - Prof. Nuno Monteiro Pereira, M.D., Portugal, *TBA (confirmed)*
  - Dr Claude Dalle, M.D., France, *Safe aging management with hormones in men*
  - *TBA*

Module III: MENOPAUSE & ANDROPAUSE
Bio-HRT for women
Moderator: Dr. Luis Romariz, M.D., Portugal
Participants:
  - Dr. Luis Romariz, M.D., Portugal, *Understanding the Controversy: HormoneTesting & Bio-identical Hormones*
  - Dra. Vania Assaly, M.D., Brazil, *Hormone therapy: is it right for you? (confirmed)*
  - Prof Manuel Neves-e-Castro, M.D., Portugal, *TBA*

18:30  Auditorium closes to re-open for at 19:30

19:30  Exhibition Hall closes for the day

19:30  An Evening with Dr David Servant-Schreiber
  “Anti-Cancer: A new way of life”
  Please note this event is not part of the scientific program of the congress and therefore registration is separate

May 21st, 2010
Second Auditorium Room B
This room open only in the afternoon of May 21st

Module II:
NUTRITION AND EXERCISE
Intestinal Health: promoting well-being
Moderator: Dr. Georges Mouton, M.D., Spain
Participants:
- Dr. Georges Mouton, M.D., Spain, *Intestinal nutrition to prevent and fight inflammation and Metabolic Syndrome* (confirmed)
- Prof. Marcel Roberfroid, Ph.D., M.D., Belgium, *The role of Prebiotics in intestinal health* (confirmed)
- TBA

**15:00**

**Module II: NUTRITION AND EXERCISE**

Nutrients and Anti-aging: latest scientific evidence

Moderator: Dr. Artemis Simopoulos, M.D., USA,
Participants:
- Dr. Artemis Simopoulos, M.D., USA, *The omega-6/omega-3 balance* (confirmed)
- Dr. Michael Colgan, Ph.D., Canada, *Your Personal Vitamin Profile* (confirmed)
- TBA

**16:00**

Exhibition hall visit and Coffee Break

**16:30**

**Module IV: GENETICS AND STEEM CELLS APPLICATIONS**

Genomics, Proteomics & Other "omics"

Moderator: Prof. Manuel Bicho, M.D., Ph.D., Portugal
Participants:
- Prof. Manuel Bicho, M.D., Ph.D., Portugal, *Genomics, Proteomics & Other "omics" in Cardiovascular Medicine*
- Prof. Rui Medeiros, M.D., Ph.D., Portugal, *Genomics, Proteomics & Other "omics" in Oncology*
- Prof. Ramon Cacabelos, M.D., Ph.D., Spain, *Genomics, Proteomics & Other "omics" in Neurology*

**17:30**

**Module IV: GENETICS AND STEEM CELLS APPLICATIONS**

Nutrigenetics and Nutrigenomics

Moderator: Prof. Francesco Marotta, M.D., Ph.D., Italy
Participants:
- Prof. Francesco Marotta, M.D., Ph.D., Italy, *How nutrients can modify gene expression* (confirmed)
- Prof. Jim Kaput, Ph.D., USA, *TBA*
- TBA

**18:30**

Auditorium closes to re-open for at 19:30

**19:30**

Exhibition Hall closes for the day
19:30  An Evening with Dr David Servant-Schreiber
“Anti-Cancer: A new way of life”
Please note this event is not part of the scientific program of the congress and therefore registration is separate

May 22nd, 2010
Main Auditorium Room A

9:00  Module I:
AESTHETIC DERMATOLOGY & AESTHETIC SURGERY
Liposuction issues
Moderator: Dr. José Marquez-Serres, M.D., Spain
Participants:
  • Dr. José Marquez-Serres, M.D., Spain, The Liposuction revolution: Laserlipolysis

10:00  Module I:
AESTHETIC DERMATOLOGY & AESTHETIC SURGERY
Prevention of facial aging with or without surgery
Moderator: Prof. Andre Borba, M.D., Ph.D., Brazil
Participants:
  • Prof. Andre Borba, M.D., Ph.D., Brazil, Periorbital & Midface Rejuvenation (confirmed)
  • Dr. Helder Silvestre, M.D., Portugal, TBA (confirmed)
  • Dr. Joao Anacleto, M.D., Portugal, TBA (confirmed)

11:00  Exhibit hall opening

11:30  Module I:
AESTHETIC DERMATOLOGY & AESTHETIC SURGERY
Combining non-aesthetical Anti-Aging treatments into the aesthetic consultation
Moderator: Prof. Leonard Rubinstein, M.D., F.A.A.C.S., USA
Participants:
  • Prof. Leonard Rubinstein, M.D., F.A.A.C.S., USA, The role of hormones in aesthetics (confirmed)
  • Dr. Ruben Mulhberger, M.D., Argentina, TBA
  • Dra. Mara Fragomeni, M.D., Portugal, TBA

13:00  Lunch Break

14:00  Module V:
STRESS MANAGEMENT AND REDUCTION
The role of spirituality on the aging process
Moderator: Dra. Marlene Nobre, M.D., Brazil
Participants:
  • Dra. Marlene Nobre, M.D., Brazil, The role of spirituality on the aging process (confirmed)
  • Dr. Octavio Viera, M.D., Spain, TBA
15:00  Module V:  
STRESS MANAGEMENT AND REDUCTION  
Stress reduction: the importance of sleep  
Moderator: Prof. Darío Acuña, Ph.D., M.D., Spain  
Participants:
- Prof. Darío Acuña Castroviejo, Ph.D., M.D., Spain, Aging research and Melatonin (confirmed)  
- Prof. Escames Germaine, Ph.D., M.D., Spain, Melatonin: protection of the mitochondria from oxidative damage  
- Dr. Lai Yun Fee, M.D., Portugal, Sleep disordered breathing and Aging (confirmed)  

16:00  Exhibition hall visit and Coffee Break  

16:30  Module III:  
MENOPAUSE & ANDROPAUSE  
Actions of Oxytocin on Aging  
Moderador: Dr. Claude Dalle, M.D., France  
Participants: TBA  

17:30  Module III:  
MENOPAUSE & ANDROPAUSE  
Sexuality and Anti-Aging  
Moderador: TBA  
Participants:
- TBA, The role of sexuality in the process of aging  

19:00  Auditorium and closes Exhibition Hall closes

May 22nd, 2010
Main Auditorium Room B

9:00  Module II:  
NUTRITION AND EXERCISE  
TBA  
Moderator: TBA  
Participants: TBA  

10:00  Module II:  
NUTRITION AND EXERCISE  
Adrenal Fatigue  
Moderator: Dra. Filomena Trindade, M.D., USA  
Participants:
- Dra. Filomena Trindade, M.D., USA, Tired of Being Tired? Jump Start Your Adrenal Glands (confirmed)  
- TBA
11:00 Exhibit hall opening

11:30 Module II: NUTRITION AND EXERCISE

*Fitness Medicine: how to increase energy and quality of life*
Moderator: Prof. Luis Bettencourt Sardinha, Ph.D, Portugal
Participants:
- Prof. Luis Bettencourt Sardinha, Ph.D, Portugal, TBA
- Prof. Jose Luis Costa, Ph.D., Portugal, *The importance of Exercise for Health Aging*
- TBA

13:00 Lunch Break

14:00 Module VI: CLIMATE CHANGE AND HEALTH

*Environment Contaminants and its effects on health and Aging*
Moderator: Dra. Isabel Hoffmann Miles, Ph.D., Canada
Participants:
- Dra. Isabel Hoffmann Miles, Ph.D., Canada, *The effects of endocrine disruptors on health* (confirmed)
- Dr Paul Winchester, M.D., USA, *Environment Contaminants in our drinking water and breast milk*
- TBA

15:00 Module VI: CLIMATE CHANGE AND HEALTH

*Health and Global Environment*
Moderator: Dr Paul Epstein, M.D., M.P.H., USA
Participants:
- Dr Paul Epstein, M.D., M.P.H., USA, *Climate Change: Health, Ecological and Economic Impact*
- TBA
- TBA

16:00 Exhibition hall visit and Coffee Break

16:30 Module IV: GENETICS AND STEEM CELLS APPLICATIONS

*Application of Stem cells to aging disease*
Moderator: TBA
Participants: TBA

17:30 Module IV: GENETICS AND STEEM CELLS APPLICATIONS

*Integrating preventive genetics into clinical practice*
Moderator: Dr. Francisco Llano, M.D., Mexico
Participants:
Post-congress Courses

All courses below start at 9:30 am and finish at 5:30 pm.

1. Post-Congress Course **On Functional Medicine Principles: Matrix and Interconnections** taught by Dr. Filomena Trindade, M.D.

2. Post-Congress Course on **Hormone deficiencies using Bio-identical hormone replacement** therapy taught by Dr. Vania Assaly, M.D.

3. Post-Congress Course on **Meditation and Stress Control** taught by Isabel Marinheiro Oliveira