

# A4M-WORLD.ASIA 2011

The 10th Asia Pacific & 7th A4M Indonesia Conference on Anti-Aging & Regenerative Medicine  
 In Collaboration with Universitas Padjadjaran (UNPAD) & World Anti-Aging Academy of Medicine (WAAAM)  
 21-23 October 2011, Sanur Paradise Plaza Hotel, Bali, Indonesia  
 Website: [www.a4m-world.asia](http://www.a4m-world.asia) | Email: [register@a4m-world.asia](mailto:register@a4m-world.asia)

DAY-1, FRIDAY, 21 OCTOBER 2011

PRELIMINARY SCIENTIFIC PROGRAM

Room: Denpasar		Room: Legian	Room: Kintamani
<b>PLENARY SYMPOSIUM: AGING, CARDIOMETABOLIC &amp; OBESITY</b>		<b>MEET THE EXPERTS</b>	
07.00 - 08.30	RE-REGISTRATION & ONSITE REGISTRATION	<b>The American Board of Anti-Aging &amp; Regenerative Medicine Certification Workshop</b>	
08.30 - 09.00	OPENING & WELCOME		
	Prof. med. Tri Hanggono Achmad, MD, PhD Dean Faculty of Medicine, Universitas Padjadjaran (UNPAD) Prof. Robert M. Goldman, MD, PhD, FAASP, ABAARM Founder & Chairman of the Board, A4M & WAAAM Prof. Michael Klentze, MD, PhD, ABAARM Scientific Advisor - WAAAM Europe Prof. Selvaraj Y Subramanian, MD, ABAARM President SAAARM, Scientific Advisor - WAAAM Asia Dr. Nathan Francis, MBBS, FACNEM, ABAARM President ASM, Scientific Advisor - WAAAM Asia		
09.00 - 10.00	KEYNOTES		
	World Class University: UNPAD-A4M Collaboration Prof. med. Tri Hanggono Achmad, MD, PhD Live to 100: The Anti-Aging Revolution Prof. Robert M. Goldman, MD, PhD, FAASP, ABAARM Anti Aging and Aesthetic Medicine In Indonesia at the Glance Prof. Sudigdo Adi, MD, SpKK (Dermatology), PhD Scientific Advisor - WAAAM Indonesia		
10.00 - 10.30	COFFEE BREAK & VISIT EXHIBITORS		
10.30 - 12.00	SYMPOSIUM 1	<b>ABAARM Review Part-1 &amp; Part-2</b>	
	Current Cell-Based Treatments for Diabetes Dr. Olaf W. Kuhnke, MD Physiology of Aging and Metabolic Disorders Prof. Hardi Darmawan, MD, MPH & TM, FRSTM Microenviromental Control of Molecular Pathway In Human System Biology for Innovative Anti-Aging Prof. M. Nurhalim Shahib, MD., M.Biomol., PhD.	Introduction: The Essentials of ABAARM Exam Part-I & Part-II Short Cut & Tips to Pass ABAARM Exam Part-I Guidelines & Tips to Succeed ABAARM Exam Part-II ABAARM Part-I (Written Exam) Sample Questions ABAARM Part-II (Oral Exam) Sample Clinical Charts Discussion Dr. K. Kamalakaran, MBBS, FAGE, ABAARM Dr. Tanupol V., MD, ACASP, ABAARM, FAARM	
12.00 - 13.00	LUNCH BREAK & VISIT EXHIBITORS		
<b>The Scientific Pursuit of Health for A Better Life (Denpasar Room 12.15 - 13.00)</b> Sponsored by Kalbe Farma - Indonesia			
13.00 - 15.00	SYMPOSIUM 2	<b>ABAARM Part-1</b> Written Board Examination Review Online Mock Examination Questions & Answers	<b>ABAARM Part-2</b> Oral Board Examination Review Patient Chart Presentation Clinical Case Studies Questions & Answers
	Genetics of Obesity Prof. Michael Klentze, MD, PhD, ABAARM Cortisol's Connection with Metabolic Syndrome Dr. Sanjay Kapur, MSc, PhD BHRT Cardioprotection: The Controversy Dr. Nathan Francis, MBBS, FACNEM, ABAARM Sleep Deprivation and Weight Gain Dr. Fernando Cortizo, BSc (Hons), PhD	Reviewer: Dr. Tanupol V., MD, ACASP, ABAARM, FAARM	Reviewer: Dr. Nathan Francis, MBBS, FACNEM, ABAARM Dr. K. Kamalakaran, MBBS, FAGE, ABAARM
15.00 - 15.30	COFFEE BREAK & VISIT EXHIBITORS		
15.30 - 17.00	SYMPOSIUM 3		
	Pharmacotherapy for the Management of Obesity Dr. A. Firmansah Wargahadibrata, MD, SpGK (Nutrition), MPH Aging and Hormonal Imbalance Dr. Tanupol Virunhagarun, MD, ACASP, ABAARM, FAARM Obesity Management: What is the Optimal Prescription for Diet and Exercise? Prof. Rano Izhar Rahmat, PhD Clinical Management of The Combined Impact of Obesity, Diabetes, and Cardiovascular Diseases Dr. Satvinder S. Callay, MBBS, FAGE, M. Med. ANES		
17.00 - 17.30	PANEL DISCUSSION		
17.30 - 19.00	<b>A4M-World.Asia Awards Presentation Cocktail Reception (Negara Room 17.30 - 19.00)</b> Invited Guests: VIP, Faculty, Exhibitors, ABAARM Candidates		
<b>DISCLAIMER: Whilst every attempt will be made to ensure that all aspects of the course programs published in this announcement will take place as scheduled, the Committee reserves the prerogative to make last minute changes should the needs arise.</b>			

# A4M-WORLD.ASIA 2011

The 10th Asia Pacific & 7th A4M Indonesia Conference on Anti-Aging & Regenerative Medicine  
 In Collaboration with Universitas Padjadjaran (UNPAD) & World Anti-Aging Academy of Medicine (WAAAM)  
 21-23 October 2011, Sanur Paradise Plaza Hotel, Bali, Indonesia  
 Website: [www.a4m-world.asia](http://www.a4m-world.asia) | Email: [register@a4m-world.asia](mailto:register@a4m-world.asia)

DAY-2, SATURDAY 22 OCTOBER 2011

PRELIMINARY SCIENTIFIC PROGRAM

Room: Denpasar		Room: Negara	Room: Legian
<b>PRACTICE BUILDING WORKSHOP</b>			
<b>HORMONE THERAPY: AN EFFECTIVE TREATMENT OF OBESITY</b>		<b>STEM CELL, MEDICAL FITNESS, ORGANIC DIET</b>	<b>BIOLOGICAL THERAPY: CHEMOPREVENTION</b>
08.30 - 10.00	Workshop-1 Laboratory Testing: Anti-Aging Endocrinology & Cardiometabolic Risk Assessment Dr. Sanjay Kapur, MSc, PhD	Workshop-1 Precursor (Progenitor) Stem Cell Therapy & Organ-Specific Eco Ultrafiltrates Dr. Raymond LaCroix Six-Star Swiss Medical Wellness Program and Its Comprehensive Range of Diagnostics Processes & Anti-Ageing Therapies Dr. John Wood	Workshop-1 Injectable Nutrients For Wellness & Chronic Diseases (Part-1) Dr. Ian Dettman, BSc (Hons), PhD
10.00 - 10.30	COFFEE BREAK & VISIT EXHIBITORS		
10.30 - 12.00	Workshop-2 Growth Hormone, The Lipolitic Hormone Testosterone, The Lean Muscle Hormone Dr. Fernando Cortizo, BSc (Hons), PhD	Workshop-2 The Swiss Cell Therapy Application of Placenta, Thymus and Mesenchyme in Aesthetic and Anti-Ageing & Regenerative Medicine Prof. Dr. Richard DeAndrea	Workshop-2 Injectable Nutrients For Wellness & Chronic Diseases (Part-2) Dr. Ian Dettman, BSc (Hons), PhD
12.00 - 13.00	LUNCH BREAK & VISIT EXHIBITORS		
SPOTLIGHT: Endocrinology of Aging ~ Lab Tests Made Simple! (Denpasar Room 12.15 - 13.00) Sponsored by ZRT Laboratory - USA			
SPOTLIGHT: HUR Natural Transmission ~ Senior Fitness Training (Negara Room 12.15 - 13.00) Sponsored by HUR - Finland			
SPOTLIGHT: Injectable Nutrient Therapies ~ The Revolutionary Field of Chemoprevention (Legian Room 12.15 - 13.00) Sponsored by Biological Therapies - Australia			
13.00 - 15.00	Workshop-3 Adrenal Function Control: Cortisol & DHEA Hormone Balance: Estrogen & Progesterone A Hormone for All Seasons: Vitamin D Weight Loss Hormones: Ghrelin and Leptin Dr. Fernando Cortizo, BSc (Hons), PhD Clinical Management: Low Testosterone (Men) Dr. Satvinder S. Callay, MBBS, FAGE, M. Med. ANES	Workshop-3 Medical Fitness Program: Combat Aging, Obesity, Heart Disease & Diabetes Prof. Rano Izhar Rahmat, PhD	Workshop-3 Chelation Therapy For Detox & Cardiovascular Health (Part-1) Dr. L. Da Costa, MBBS, DGM, CMT(USA), MCCP, MSAMS
15.00 - 15.30	COFFEE BREAK & VISIT EXHIBITORS		
15.30 - 17.00	Workshop-4 Clinical Management: Estrogen Dominance (Women) Dr. Nathan Francis, MBBS, FACNEM, ABAARM Genomics: New Tools for Aging, Cardiometabolic & Obesity Dr. Fernando Cortizo, BSc (Hons), PhD	Workshop-4 Weight Loss: Organic Detox Diet Dr. Riani Susanto, ND, CT	Workshop-4 Chelation Therapy For Detox & Cardiovascular Health (Part-2) Dr. L. Da Costa, MBBS, DGM, CMT(USA), MCCP, MSAMS
17.00 - 17.30	PANEL DISCUSSION		
15.30 - 18.30	ABAARM PART-1 WRITTEN EXAMINATION (Kintamani Room 15.30 - 18.30) Proctor: Dr. Tanjung Subrata, MD, ABAARM Dip. (USA)   Dr. S. Kristianto Witono, MD, MSc, MPH, ABAARM Dip (USA), FAARM		
08.30 - 20.30	ABAARM PART-2 ORAL EXAMINATION (Bedugul Room 08.30 - 20.30) Examiner: Prof. Michael Klentze, MD, PhD, ABAARM   Prof. Selvaraj Y Subramanian, MD, ABAARM		
<b>DISCLAIMER: Whilst every attempt will be made to ensure that all aspects of the course programs published in this announcement will take place as scheduled, the Committee reserves the prerogative to make last minute changes should the needs arise.</b>			

# A4M-WORLD.ASIA 2011

The 10th Asia Pacific & 7th A4M Indonesia Conference on Anti-Aging & Regenerative Medicine  
 In Collaboration with Universitas Padjadjaran (UNPAD) & World Anti-Aging Academy of Medicine (WAAAM)  
 21-23 October 2011, Sanur Paradise Plaza Hotel, Bali, Indonesia  
 Website: [www.a4m-world.asia](http://www.a4m-world.asia) | Email: [register@a4m-world.asia](mailto:register@a4m-world.asia)

DAY-3, SUNDAY 23 OCTOBER 2011

PRELIMINARY SCIENTIFIC PROGRAM

Room: Denpasar		Room: Negara	Room: Legian
<b>PRACTICE BUILDING WORKSHOP</b>			
<b>INTEGRATED MANAGEMENT OF CARDIOMETABOLIC RISK</b>		<b>ADVANCED NUTRACEUTICALS THERAPY</b>	<b>COMBINED SOLUTION: AESTHETIC MEDICINE</b>
08.30 - 10.00	<b>Workshop-1</b> Individualizing Clinical Weight Management of Complex Patients With Cardiometabolic Risk Factors (Part-1) Dr. Tanupol Virunhagarun, MD, ACASP, ABAARM, FAARM	<b>Workshop-1</b> Weight Management: Diet & Pharmacotherapy Dr. med Maya Surjadjaja, SpGK (Nutrition), ABAARM Dip. (USA)	<b>Workshop-1</b> Derma Rejuvenation Therapy: Auto-Micro Needling, Carboxy Co2 Gel, Cosmeceuticals (Part-1) Dr. Kevin S Kim, MD
<b>COFFEE BREAK &amp; VISIT EXHIBITORS</b>			
10.00 - 10.30	<b>Workshop-2</b> Individualizing Clinical Weight Management of Complex Patients With Cardiometabolic Risk Factors (Part-2) Dr. Tanupol Virunhagarun, MD, ACASP, ABAARM, FAARM	<b>Workshop-2</b> Weight Management: Evidence Based Nutritional Therapy Dr. A. Firmansah Wargahadibrata, MD, SpGK (Nutrition), MPH	<b>Workshop-2</b> Derma Rejuvenation Therapy: Auto-Micro Needling, Carboxy Co2 Gel, Cosmeceuticals (Part-2) Dr. Kevin S Kim, MD
<b>LUNCH BREAK &amp; VISIT EXHIBITORS</b>			
<b>SPOTLIGHT: Introduction Bangkok Royal Life Anti-Aging Center (Denpasar 12.15 - 13.00)</b> Sponsored by Bangkok Hospital - Thailand			
<b>SPOTLIGHT: The Secret Life of Mitochondria (Negara Room 12.15 - 13.00)</b> Sponsored by XYMOGEN - USA			
<b>SPOTLIGHT: Plant-Based Stem Cell Cosmeceuticals (Legian 12.15 - 13.00)</b> Sponsored by L'INSTITUT DE CliniCeutiCals - Korea			
13.00 - 15.00	<b>Workshop-3</b> Innovative Treatment For Obesity: The HCG Protocol - How You Can Lost More Than 100 Lbs. (Part-1) Dr. Mayer Eisenstein, MD, JD, MPH	<b>Workshop-3</b> Mitochondrial Biogenesis, Caloric Restriction, Exercise Mimetics, Increased Energy, Reduced Adiposity, Improved Health, and Longevity (Part-1) Dr. Joseph L. Evans, PH.D	<b>Workshop-3</b> Derma Rejuvenation Therapy: Auto-Micro Needling, Carboxy Co2 Gel, Cosmeceuticals (Part-3) Dr. Kevin S Kim, MD
<b>COFFEE BREAK &amp; VISIT EXHIBITORS</b>			
15.00 - 15.30	<b>Workshop-4</b> Innovative Treatment For Obesity: The HCG Protocol - How You Can Lost More Than 100 Lbs. (Part-2) Dr. Mayer Eisenstein, MD, JD, MPH	<b>Workshop-4</b> Mitochondrial Biogenesis, Caloric Restriction, Exercise Mimetics, Increased Energy, Reduced Adiposity, Improved Health, and Longevity (Part-2) Dr. Joseph L. Evans, PH.D	<b>Workshop-4</b> Derma Rejuvenation Therapy: Auto-Micro Needling, Carboxy Co2 Gel, Cosmeceuticals (Part-4) Dr. Kevin S Kim, MD
17.00 - 17.30	<b>PANEL DISCUSSION</b>		
<b>SESSIONS END</b>			
<b>DISCLAIMER: Whilst every attempt will be made to ensure that all aspects of the course programs published in this announcement will take place as scheduled, the Committee reserves the prerogative to make last minute changes should the needs arise.</b>			