



The Third Annual Iberian Congress on
Anti-Aging Medicine and Biomedical Technologies
May 21st and 22nd, 2010 - Estoril, Lisbon - Portugal

MEDICAL PROGRAM

May 21st, 2010

Main Auditorium Room I and II (Sala I e II)

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)*

Dr. João Varandas Fernandes, *Medical Director, Cascais Hospital, Grupo HPP Saúde*

Prof. Luis Sardinha, *“Presidente do Instituto do Desporto de Portugal”*

Dr. Wilmar Accursio, *“Presidente da Associação Brasileira de Anti-envelhecimento”*

Dr. João Cordeiro, *“Presidente da Associação Nacional de Farmácias”*

Prof. Dr. José Pereira Miguel, *“Presidente do Instituto Nacional de Saúde: Doutor Ricardo Jorge”*

Sua Excelência Prof. Dra. Maria do Céu Machado, *“Alto Comissariado da Saúde”*

Prof. Dr. Pedro Nunes, *“Bastonário da Ordem dos Médicos”*

Exmo. Sr. Dr. António D'Orey Capucho, *“Presidente da Câmara de Cascais”*

10:00am

Prof. David Servan-Schreiber, M.D., Ph.D., United States of America
Anti-Cancer: A New Way of Life

10:30am

Dr. Ronald Virag, M.D., France
Endothelium, Erection and Coronary Arteries: the dilemma of the ageing male

11:00am

Exhibit Hall Opening

11:30am

Prof. Aubrey de Grey, Ph.D., United Kingdom
Current Strategies for Engineered Negligible Senescence

12:00pm

Prof. Staffan Lindeberg, M.D., Sweden
Incorporating Evolutionary Biology in Nutritional Science: the Kitava Study

12:30pm

Dr. Artemis Simopoulos, M.D., United States of America,
The omega-6/omega-3 ratio in Health and Disease

01:00pm

Lunch Break

02:00pm

Module I: AESTHETIC DERMATOLOGY & AESTHETIC SURGERY

Body and Face Contouring in Aesthetic Medicine

Moderator: Prof. Ricardo Baroudi, M.D., Brazil

Participants:

- **Prof. Ricardo Baroudi, M.D., Brazil,** *Abdominoplasty - my technique and work*
- **Dr. Zeferino Biscaia Fraga, M.D., Portugal,** *Face-contouring Surgery*
- **Dr. Oscar Prim da Costa, M.D., Portugal,** *Bone regeneration and its impact in Anti-aging*

03:00pm

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,** *Facial Therapy with Plasma Rich in Growth Factors*
- **Dr. Paula Sequeiros, M.D., Portugal,** *The Smile Lift: a non-surgical option*
- **Dr. Ana Vila Joya, M.D., Spain,** *Long term benefits of Hyaluronic Acid: Clinical Studies of face, neck, décolletage and hands*
- **Prof. Yeouda Edoute, Ph.D., Israel,** *Angiogenesis: The neglected factor for successful anti-aging treatment results*

04:00pm

Exhibition Hall visit and Coffee Break

04:30pm

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**, *Is the Penis becoming an endangered species?*
- **Dr. Wilmar Accursio, M.D., Brazil**, *Safe Aging Management with Hormones in Men*
- **Dr. Carla Costa, Ph.D., Portugal**, *Endothelial Dysfunction: accumulation of vascular risk factors and aging and the effect of anti-oxidants in the improvement of erectile function*
- **Dr. Giuseppe Carruba, M.D., Ph.D., Italy**, *Estrogen and prostate cancer: an eclipsed truth in an androgen-dominated scenario*

05:30pm

Module III: MENOPAUSE & ANDROPAUSE

Bio-HRT for women and men

Moderator: Prof. Manuel Neves-e-Castro, M.D., Portugal

Participants:

- **Prof. Manuel Neves-e-Castro, M.D., Portugal**, *Beyond Hormonal Treatments for Climacteric Women*
- **Dr. Luis Romariz, M.D., Portugal**, *Understanding the Controversy: Hormone Testing & Bio-identical Hormones*
- **Dr. Vania Assaly, M.D., Brazil**, *Bioidentical Hormone Balance for Metabolic Syndrome Prevention: a choice for women and men*
- **Dr. Giuseppe Carruba, M.D., Ph.D., Italy**, *Tissue content of hydroxyestrogens in relation to survival of breast cancer patients*

06:30pm

Auditorium closes to re-open at 07:30pm

Welcome Cocktail (this cocktail will take place in the exhibition hall)

07:30pm

An Evening with Prof. 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

08:00pm

Exhibition Hall closes for the day

09:30pm

Honoring "Acreditar" and Earth-Water International

10:00pm

Adjourned for Next Day

May 21st, 2010 - Second Auditorium Room III (Sala III)

This room opens only in the afternoon of May 21st

02:00pm

Module II: NUTRITION AND EXERCISE

Nutrients and Anti-aging: latest scientific evidence

Moderator: Dr. Giuseppe Carruba, M.D., Ph.D., Italy

Participants:

- **Dr. Giuseppe Carruba, M.D., Ph.D., Italy** *A traditional Mediterranean diet decreases endogenous estrogens in healthy postmenopausal women*
- **Prof. Antonio Ayala, Ph.D., Spain**, *Oxidative stress, aging and its control*
- **Dr. Antonio Marco Chover, M.D., Spain**, *Nutrients for combating stress and fatigue*

03:00pm

Module II: NUTRITION AND EXERCISE

Intestinal Health: promoting well-being

Moderator: Prof. Francesco Marotta, M.D., Ph.D., Italy

Participants:

- **Prof. Francesco Marotta, M.D., Ph.D., Italy** *Aging and Dysbiosis: Experimental Basis & Therapeutic Perspectives*
- **Dr. Graça Salcedo, M.D., Portugal**, *Intestinal nutrition to prevent and fight inflammation and Metabolic Syndrome*
- **Dr. Roni Moya, Ph.D., Brazil**, *Orthomolecular medicine and Intestinal Health*

04:00pm

Exhibition hall visit and Coffee Break

04:30pm

Module IV: GENETICS AND STEM CELLS APPLICATIONS

Genetic research applications to anti-aging

Moderator: Prof. Rui Medeiros, M.D., Ph.D., Portugal

Participants:

- **Prof. Rui Medeiros, M.D., Ph.D., Portugal**, *Genomics, Proteomics & Other “omics” in Oncology*
- **Prof. Eduardo Anitua, M.D., D.D.S., Ph.D., Spain**, *The potential of Plasma Rich in Growth Factors (PRGF) for in situ regenerative medicine: progress in anti-aging medicine*
- **Mr. Noel Thomas Patton, B.A., M.B.A., United States of America**, *Telomere Biology: The Emerging Paradigm Shift*

05:30pm

Module IV: GENETICS AND STEM 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*
- **Dr. Francisco LLano, M.D., Mexico**, *Nutrigenomics and personalized nutrition – science and concept*
- **Dr. Ivan De Weber, Ph.D., Switzerland**, *The missing link between genetic variations and oxidative stress related diseases: towards a new prevention tool*

06:30pm

Auditorium room III closes

May 22nd, 2010

Main Auditorium Room I and II (Sala I e II)

09:00am

Module I: AESTHETIC DERMATOLOGY & AESTHETIC SURGERY

Latest developments in Aesthetics

Moderator: Dr. José Marquez-Serres, M.D., Spain

Participants:

- **Dr. José Marquez-Serres, M.D., Spain**, *The Liposuction revolution: Laserlipolysis*
- **Dr. Josepa Rigau, M.D., Spain**, *Use of Laser Technology and Electromagnetic Sources in anti-aging face management*
- **Prof. Andre Borba, M.D., Ph.D., Brazil**, *Latest Developments in Aesthetics*

10:00am

Module I: AESTHETIC DERMATOLOGY & AESTHETIC SURGERY

Combining aesthetics and non-aesthetical Anti-Aging treatments

Moderator: Prof. Andre Borba, M.D., Ph.D., Brazil

Participants:

- **Prof. Andre Borba, M.D., Ph.D., Brazil**, *Periorbital & Midface Rejuvenation*
- **Prof. Leonard Rubinstein, M.D., F.A.A.C.S., United States of America**, *The role of hormones in aesthetics*
- **Dr. Carlos Evangelista, M.D., Portugal**, *The Anti-Aging Orthopedic Solution: Arthroplasty*

11:15am

Exhibit hall visit

11:45am

Dr. Susanne Wiigh-Mäsak, B.Sc., Sweden

Environmental friendly burial: participating in the ecological cycle

12:15pm

Visit of the New Cascais Hospital

Please meet in the lobby of the hotel. Lunch will be provided at the New Cascais Hospital, courtesy of HPP Saúde

Lunch Break

02:00pm

Module V: STRESS MANAGEMENT AND REDUCTION

The role of spirituality on the aging process

Moderator: Dr. Sergio Klepacz, M.D., Brazil

Participants:

- **Dr. Sergio Klepacz, M.D., Brazil**, *The hippocampus and the connection between emotional well-being and longevity*
- **Tsering Pladron, Portugal**, *The role of spirituality on the aging process*
- **Dr. Joelma Duarte, Ph.D., Portugal**, *Anxiety: gaining control how your feel*

03:00pm

Module V: STRESS MANAGEMENT AND REDUCTION

Stress reduction and other anti-aging issues

Moderator: Dr. Wilmar Accursio, M.D., Brazil

Participants:

- **Dr. Wilmar Accursio, M.D., Brazil**, *How I manage my anti-aging consultation*
- **Prof. Franco Fraschini, Ph.D., M.D., Italy**, *Melatonin in the successful management of aging*
- **Dr. Lai Yun Fee, M.D., Portugal**, *Inflammatory Hormones and Pathological aging: a new global concept*

04:00pm

Exhibition hall visit and Coffee Break

04:30pm

Module VI: CLIMATE CHANGE AND HEALTH

Health and Global Environment

Moderator: Prof. Maria Eugenia Webb, Ph.D., Portugal

Participants:

- **Prof. Maria Eugenia Webb, Ph.D., Portugal**, *Animal Welfare and Human Health*
- **Dr. Antonio Pereira, Ph.D., Portugal**, *Impact of human activity on the environment*
- **Prof. Adriano Bordalo, Ph.D., Portugal**, *Neglected diseases and environmental changes - the cholera pandemic*

05:30pm

Module VI: CLIMATE CHANGE AND HEALTH

Environment Contaminants and its effects on health and Aging

Moderator: Dr. Isabel Hoffmann Miles, Ph.D., Canada

Participants:

- **Prof. Isabel Hoffmann Miles, Ph.D., Canada**, *The effects of endocrine disruptors on health*
- **Dra. Cátia de Sousa Curica, FFUC, ESMT, Portugal**, *Organic Cosmetics versus natural or conventional Cosmetics*

06:30pm

Closing Comments

07:00pm

Exhibition hall visit

07:30pm

Auditorium and closes Exhibition Hall closes

May 22nd, 2010 - Main Auditorium Room III (Sala III)

09:00am

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**, *Why Exercise?*
- **Dr. Cláudia Mindirico, Ph.D., Portugal**, *Healthy Caloric Restriction for Greater Longevity*
- **Dr. Elvis Carnero, Ph.D., Spain**, *Exercise Prescription*

10:00am

Module II: NUTRITION AND EXERCISE

Adrenal Fatigue, Metabolic Syndrome and Insulin Resistance

Moderator: Dr. Filomena Trindade, M.D., United States of America

Participants:

- **Dr. Filomena Trindade, M.D., United States of America**, *Tired of Being Tired? Jump Start Your Adrenal Glands*
- **Dr. Cristina Sales, M.D., Portugal**, *Insulin, Leptine and Cortisol*
- **Dr. Ricardo Silvestre, Ph.D., Portugal**, *Hormone Influence in exercise and metabolism*

11:15am

Exhibit hall visit

11:45am

Dra. Susanne Wiigh-Mäsak, B.Sc, Sweden

Environmental friendly burial: participating in the ecological cycle

Please note: This presentation will take place in auditorium room A

12:30pm

Visit of the New Cascais Hospital

Please meet in the lobby of the hotel. Lunch will be provided at the New Cascais Hospital, courtesy of HPP Saúde. You need to pre-register at the registration desk for this lunch.

Lunch Break

02:00pm

Module I: AESTHETIC DERMATOLOGY & AESTHETIC SURGERY

New techniques is aesthetic medicine

Moderator: Prof. Leonard Rubinstein, M.D., F.A.A.C.S., United States of America

Participants:

- **Prof. Leonard Rubinstein, M.D., F.A.A.C.S., United States of America, *Intra-Areolar Approach to Breast Augmentation – a “No-Skin-Scar” Technique***
- **Dr. Helder Silvestre, M.D., Portugal, *Face-lift in three planes***
- **Dr. Clara Serés Roig, M.D., Spain, *Effective topical treatment against melasma***

03:00pm

Module III: MENOPAUSE & ANDROPAUSE

Sexuality and Anti-Aging

Moderador: Dr. Maria do Ceu Santo, M.D., Portugal

Participants:

- **Dr. Maria do Céu Santo, M.D., Portugal, *The menopause women and her concern from a clinical perspective***
- **Dr. Manuel Coelho, M.D., Portugal, *Impact of Menopause on Female Urology***
- **Dr. Teresa Filipe, M.D., Portugal, *Sexuality after 50 years of age***
- **Dr. Maria do Rosário Gomes, Ph.D., Portugal, *Sexual Intimacy and Aging***

04:00pm

Exhibition hall visit and Coffee Break

04:30pm

Module I: AESTHETIC DERMATOLOGY & AESTHETIC SURGERY

Lasers applications to Aesthetic Medicine

Moderator: Dr. Alfredo Belzuzarri, M.D., Spain

Participants:

- **Dr. Alfredo Belzuzarri, M.D., Spain, *“Ultracavitation”: the alternative to liposuction?***
- **Dr. Cesar Arroyo Romo, M.D., Spain, *Innovative fractional laser skin resurfacing therapy***
- **Dr. Manuela Cochito, M.D., Portugal, *Lasers in Dermatology***

05:30pm

Module I: AESTHETIC DERMATOLOGY & AESTHETIC SURGERY

Applications of Mesotherapy to Anti-Aging

Moderator: Dr. Carlos Macedo, M.D., Portugal

Participants:

- **Dr. Carlos Macedo, M.D., Portugal, *History, physiology and mechanism of action of Mesotherapy***
- **Dr. Victor Junqueira, M.D., Portugal. *Mesotherapy applications to aesthetics and to anti-aging***
- **Dr. Mara Fragomeni, M.D., Brazil, *Meso Multivitamins: effects on skin rejuvenation***

06:30pm

Closing Comments

07:00pm

Exhibition hall visit

07:30pm

Auditorium and closes Exhibition Hall closes

May 23rd, 2010

Post-Congress Courses

All courses below start at 09:30 am and finish at 05:30 pm.

Access to courses is paid separately from the registration for the congress

1. **Post-Congress Course on Hormone deficiencies using Bio-identical hormone replacement therapy, taught by Dr. Vania Assaly, M.D.**
2. **Post-Congress Course on Meditation and Stress Control, taught by Isabel Marinheiro Oliveira**
3. **Post-Congress Course on Hypnotherapy, taught by Hypno Saúde**