



**2nd International Congress on Anti-Aging Medicine and
Regenerative Biomedical Technologies
ANTI-AGING™ BELGRADE 2010
May 8 and 9, 2010
Hotel Hyatt Regency, Beograd, Srbija**

MEDICAL and SCIENTIFIC PROGRAM

Saturday, May 8

Day 1

08:00 Registration

Presentations at the Crystal Ballroom

10:00 10:45 **Opening**

Prof. dr Tomica Milosavljević, Minister, Ministry of Health of Republic of Serbia
Prof. dr Snežana Pajović, State Secretary, Ministry of Science, Republic of Serbia
Dr Predrag Tojić, State Secretary, Ministry for Diaspora, Republic of Serbia
Prof. dr Ljubiša Rakić, Vice-President, Serbian Academy of Sciences and Arts
Prof. dr Francesco Marotta, Co-Director of Regenera Anti-Aging Association, Italy
Dr Liliana Goliani, President, Serbian Association of Anti-Aging Medicine

10:45 11:45 **Anti-Aging Medicine: Neurodegenerative Diseases**

Chair: Prof. dr Ljubiša Rakić

10:45 **Prof. dr Ljubiša Rakić**

Aging of the brain – Neurobiological aspects

11:15 **Prof. dr Aurel Popa-Wagner**

Stimulation of neurogenesis in aged subjects improves behavioral recuperation and tissue indices after stroke

11:45 12:30 **Coffee Break**



12:30 13:45 **Anti-Aging Medicine: Stem Cell Research and Therapies**

Chair: Dr Liliana Goliani

12:30 **Prof. dr Miodrag Stojković**

Stem cells derived from embryos and adult cells

13:10 **Dr Cedo M Bagi, MD, PhD**

“Liver regeneration - Challenges in developing new medicines”.

13:45 15:00 **Break for Lunch (Self Provided)**

15:00 16:30 **Anti-Aging Medicine: Advanced Facial and Oral Rejuvenation**

Chair: Prof. dr Borko Djordjevic

15:00 **Dr Massimo De Bellis**

Fundamentals of Biostimulating Mesotherapy

15:20 **Prof. dr Borko Djordjevic**

Inflammation and Aging

15:40 **Prof. dr Zoran Stajčić**

Maxillofacial surgery in prevention

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- 16:00 **Dr Mia Rakić**
Periodontal treatment as a part of anti-aging protocol
- 16:20 **Prof. dr Vojislav Leković**
New paradigms in oral implantology and hyaluronic acid as a step toward an integral orofacial therapy
- 16:30 17:00 **Coffee Break**  **and Poster Session**
- 17:00 18:00 **Anti-Aging Medicine: Nutrition and Nutrigenetics**
Chair: Prof. dr Francesco Marotta
- 17:00 **Prof. dr Francesco Marotta**
Aging genomic profile gene expression modulation by nutrients and xenobiotics and cellular biopotential tools in medical strategies
- 17:30 **Dr Jovanka Trifunović**
Why we are getting older, and is it really possible that Selenium change our lives- influence on organism functioning and aging process?
- 17:45 **Dr Aleksandra Simić**
Zinc, Magnesium and Longevity
- 18:00 19:20 **Anti-Aging Medicine: Advances in Plastic and Aesthetic Surgery**
Chair: Prof. dr Pier Antonio Bacci
- 18:00 **Prof. dr Borko Djordjevic**
Rejuvenation with Stem Cells from Own Fat
- 18:20 **Prof. dr Borko Djordjevic**
Marketing in Cosmetic and Plastic Surgery
- 18:40 **Prof. dr Pier Antonio Bacci**
Pathophysiology and Biorevitalization
- 19:30 **Congress Cocktail and Mixer**
Cocktail sponsored and hosted by the Belgrade Clinical Centre at their brand new premises, Milutina Milankovica 3, about 1km from the venue, www.bgdkbc.com. All speakers and participants are welcome.

Workshops/Radionice at the Beograd Hall

- 12:00 15:00 **WS-BM: Application of Biostimulating Mesotherapy**
Workshop sponsored by GUNA SpA, Milano, Italy
Demonstrator: Dr Massimo DeBellis, Italy
Fee: gratis for registered Congress participants, others €150, certificate
- 16:30 18:00 **WS-FF: Application of Fillers**
Workshop sponsored by Croma Pharma, Austria and Medica Aesthetica, Serbia
Demonstrator: Dr N Chichakli, Austria
Fee: gratis for registered Congress participants, others €150, certificate

Sunday, May 9

Day 2

08:00 Registration

Presentations at the Crystal Ballroom

10:00 10:40 **Anti-Aging Medicine: Cellulite and Biorevitalization**

Chair: Prof. dr Pier Antonio Bacci

10:00 **Prof. dr Pier Antonio Bacci**

Pathophysiology and Treatment of Cellulite

10:20 **Prof. dr Pier Antonio Bacci**

Stretch Marks and Biorevitalization

10:40 11:30 **Anti-Aging Medicine: Hormone Replacement Therapies**

Chair: Dr Ascanio Polimeni

10:40 **Dr Ascanio Polimeni**

From the secrets of centenarians - new strategies for prevention

11:10 **Dr Elisa Prana**

Cortisol and dehydroepiandrosterone levels

11:30 12:00 **Coffee Break** 

12:00 13:30 **Round Table on Directions of Anti-Aging Medicine in Serbia**

Chair: Prof dr Francesco Marotta

Panelists: Prof dr Pier Antonio Bacci, dr Ascanio Polimeni, dr Cedo Bagi,

Prof. dr Ljubiša Rakić, dr Borko Djordjevic, dr Liliana Goliani

13:30 14:10 **Anti-Aging Medicine: Cardio-Vascular Health and Prevention**

Chair: Prof. dr Petar Seferović

13:30 **Prof. dr Petar Seferović**

Cardio-Vascular Diseases in Anti-Aging Protocol

13:50 **Dr Ivana Petrović**

The Benefits of Preventive Checkups

14:10 15:00 **Break for Lunch (Self Provided)**

15:00 16:00 **Anti-Aging Medicine: Metabolic Disorders**

Chair: Doc. dr Vesna Dimitrijević-Srećković

15:00 **Doc. dr Vesna Dimitrijević-Srećković**

Insulin secretion and resistance in obese, pre-diabetic and new diabetic patients

15:20 **Doc. dr Vesna Dimitrijević-Srećković**

Prevention of diabetes mellitus type 2 (DM2) and atherosclerosis with individually adjusted mediterranean diet (IMD) rich in integral carbohydrates (CH), dietary fiber (DF) and monounsaturated fatty acids (MUFA)

15:40 **Dr Gordana Milić**

Correlation of development of osteoporosis in DM with parameters of glucoregulation (MBG, HbA1c) and complications

16:00 16:30 **Coffee Break**  **and Poster Session**

16:30 17:10 **Anti-Aging Medicine: Breast, Prostate and Genetic Testing**

Chair: Dr Liliana Goliani

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- 16:30 **Prof. dr Jovan Nikolić**
Benign prostatic hyperplasia – what kind of disease is it and how is it cured?
- 16:50 **Dr Jelena Lukić**
The role of genetics in the detection and prediction of individual differences as a first step in the prevention of possible disease

Workshops/Radionice at the Beograd Hall

- 08:30 10:00 **WS-B: Advanced use of Botox**
Demonstrator: Dr FS Butt, UK
Fee: €250 for registered Congress participants, others €350, certificate
- 11:00 12:30 **WS-MES: Mesotherapy and Biorevitalization**
Room: Beograd
Demonstrator: Prof. dr Pier Antonio Bacci, Italy
Fee: €250 for registered Congress participants, others €350, certificate
- 11:00 12:30 **WS-BOT: Botox in the face and neck rejuvenation**
Room: Budva
Demonstrator: Prof. Dr Borko Djordjevic, California/Serbia
Fee: €250 for registered Congress participants, others €350, certificate
- 12:30 14:00 **WS-HRT: Hormone Replacement Therapy**
Demonstrator: Dr Ascanio Polimeni, Italy
Fee: gratis for registered Congress participants, others €150, certificate
- 14:00 15:30 **WS-CP: Advanced use of Chemical Peel**
Demonstrator: Dr FS Butt, UK
Fee: €250 for registered Congress participants, others €350, certificate
- 15:30 17:00 **WS-F: Advanced use of Fillers**
Demonstrator: Dr FS Butt, UK
Fee: €250 for registered Congress participants, others €350, certificate
- 18:00 19:30 **WS-HT: Hair Transplant**
Demonstrator: Dr FS Butt, UK
Fee: €250 for registered Congress participants, others €350, certificate

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WORKSHOP DETAILS/OPIS RADIONICA

WS-MES: Mesotherapy and Biorevitalization

The trainer of this 1,5 hour training workshop will be **Prof. PA Bacci**, Plastic Surgeon and internationally recognized anti-aging author, educator and demonstrator. He is teaching at the University of Siena, Italy and University of Barcelona, Spain. Dr Bacci is practicing anti-aging and aesthetic medicine in Arezzo, Italy.

In his workshop Professor Bacci will demonstrate the importance of the association between aesthetic physiotherapy with medical treatments as mesotherapy or biorevitalization or fillers. On respect of mesotherapy, he will show basic methodologies for different indications and possible complications a practitioner can have.

Regarding stretch marks and signs of aging, dr Bacci will show different methodologies for wrinkles and folds of the face and neck, demonstrating the different indications to recover or stimulate the connective tissue or to improve volumes contouring the face. The workshop will be finalized to demonstrate the importance the perfect diagnosis and precise methodologies to avoid ever possible complications.

Certification

At the conclusion of the training, each candidate will be issued a certificate of attendance.

WS-B: Advanced use of Botox

The trainer of this 1,5 hour training workshop will be **Dr FS Butt**, Consultant Plastic Surgeon and Internationally recognized educator and demonstrator. He is currently practicing in England.

This workshop will consist of four parts:

1. Comprehensive Didactic Presentation
2. Question and Answer Session
3. Practical Live Demonstrations
4. Self Assessment MCQs

Description

This workshop will be intensive and designed to teach the use of botulinum toxin for facial enhancement as well as hyperhidrosis. The comprehensive didactic presentation will covers the theory and practice of botulinum toxin. The practical session is reserved for workshop demonstrations and training of participants. Dr Butt will explain the applications of Botox® for cosmetic purposes with a focus on the most popular areas requested for treatment. Presentation will include an introduction to history and new developments on the horizon of botulinum toxin. Significant focus on pertinent facial anatomy and physiology will be presented which is the cornerstone to safe and effective treatment. You will receive a comprehensive presentation of the mechanism of action, contraindications, safety and efficacy issues, management and treatment of complications, and storage, preparation, and dilution guidelines.

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Practical session will include identifying and mapping areas for injection and actually doing the injections.

Learning Objectives

Participant will be able to:

1. Identify pertinent facial anatomy
2. Understand underlying muscle structure
3. Explain physiology (direction of muscle movement) muscles
4. Learn what kind of wrinkles can be improved by Botox.
5. Know the difference between hyperfunctional, dynamic and static wrinkles.
6. Understand Botox storage, reconstitution and injection techniques.
7. Explain mechanism of action
8. Understand when Botox may not be indicated
9. Discuss safety issues of administration
10. Plan safe storage, preparation, and proper dilution
11. Demonstrate proper technique for injection
12. Demonstrate proper management and treatment of complications

Certification

At the conclusion of the training, each candidate will be issued a certificate of attendance.

WS-F: Advanced use of Fillers

The trainer of this 1,5 hour training workshop will be Dr FS Butt, Consultant Plastic Surgeon and Internationally recognized educator and demonstrator. He is currently practicing in England.

This workshop will have four parts:

1. Comprehensive Didactic Presentation
2. Question and Answer session
3. Practical Live demonstration
4. Self assessment MCQ and results

Description

In this 1,5 hours intensive training workshop, comprehensive didactic presentation will be given on the history, background, and development and characteristics of dermal fillers. Dr Butt will discuss the consultation and assessment process, implement patient selection criteria and explore the importance of establishing realistic patient expectations and proper patient education to ensure positive patient outcome. Comprehensive didactic will be presented of the different injection techniques, contraindications and precautions, potential risks and safety issues, as well as management and treatment of complications. Pain management issues including topical numbing agent. Intense practical sessions will highlight the day. Dr Butt will explore the creative and artistic aspects important for a successful treatment outcome which will include special techniques to create the look your patients' desire and ways to treat difficult problem areas. This workshop will focus on the development of dermal fillers, techniques, patient selection, patient expectations and proper injection techniques for cosmetic procedures. We will explore the creative and artistic aspects important for a successful treatment outcome.

Objectives:

1. Describe the differences between Collagen and Hyaluronic Acids for skin
2. Assess the proper application of soft tissue augmentations
3. Describe the patient consultation
4. Describe the Patient evaluation

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5. Describe the patient selection criteria
6. Proper Medical history taking for specific Patients
7. Standardized procedures & protocols
8. Describe pain management issues, use of topical numbing agents.
9. Discuss and Demonstrate proper preparation and injection techniques
10. Discuss indications, contraindications, precautions, and potential risks
11. Demonstrate proper management and treatment of complications
12. Summarize adverse events

Certification:

At the conclusion of the training, each candidate will be issued a certificate of attendance.

WS-CP: Advanced use of Chemical Peel

The trainer of this 1,5 hour training workshop will be Dr FS Butt, Consultant Plastic Surgeon and Internationally recognized educator and demonstrator. He is currently practicing in England.

Description

In this 1,5 hours intensive training workshop, comprehensive didactic presentation will be given on the history, background, and development and characteristics of dermal fillers. Dr Butt will discuss the consultation and assessment process, implement patient selection criteria and explore the importance of establishing realistic patient expectations and proper patient education to ensure positive patient outcome. Comprehensive didactic will be presented of the different chemical peel techniques, recipes, contraindications and precautions, potential risks and safety issues, as well as management and treatment of complications. Pain management issues including topical numbing agent. Intense practical sessions will highlight the day. Dr Butt will explore the creative and artistic aspects important for a successful treatment outcome which will include special techniques to create the look your patients' desire and ways to treat difficult problem areas. This workshop will focus on the development of chemical peel solutions and combinations, techniques, patient selection, patient expectations and proper injection techniques for cosmetic procedures. We will explore the creative and artistic aspects important for a successful treatment outcome.

Certification:

At the conclusion of the training, each candidate will be issued a certificate of attendance.

WS-HT: Hair Transplant

The trainer of this 1,5 hour training workshop will be Dr FS Butt, Consultant Plastic Surgeon and Internationally recognized educator and demonstrator. He is currently practicing in England.

This workshop will have four parts:

1. Comprehensive Didactic Presentation
2. Question and Answer session
3. Recorded video demonstration with explanations and commentary by the Trainer
4. Self assessment MCQ and results

Description

In this 1,5 hour training workshop, comprehensive didactic presentation will be given on the history, background, and techniques of hair transplant. Dr Butt will discuss the consultation and assessment process, implement patient selection criteria and explore the importance of establishing realistic patient expectations and proper patient education to ensure positive

patient outcome. This workshop will focus on the selection of techniques, patient selection, patient expectations and proper techniques for hair re-seeding procedures. We will explore the creative and artistic aspects important for a successful treatment outcome.

Certification:

At the conclusion of the training, each candidate will be issued a certificate of attendance.

WS-BOT: Botox in the face and neck rejuvenation

The trainer of this 1,5 hour training workshop will be prof dr Borko Djordjevic, educator and demonstrator recognized in USA. Prof Djordjevic is the active Member of American Association of Esthetics Surgeons and is one of the top ten aesthetic surgeons in California.

This workshop will consist of four parts:

1. Comprehensive Didactic Presentation
2. Question and Answer Session
3. Practical Live Demonstrations
4. Self Assessment

Description

This workshop will be intensive and designed to teach the use of botulinum toxin for facial enhancement as well as hyperhidrosis. The comprehensive didactic presentation will cover the theory and practice of botulinum toxin. The practical session is reserved for workshop demonstrations and training of participants. Prof Djordjevic will explain the applications of Botox® for cosmetic purposes with a focus on the forehead, upper eyelid, lips and neck. Presentation will include an introduction to history and new developments on the horizon of botulinum toxin. Significant focus on pertinent facial anatomy and physiology will be presented which is the cornerstone to safe and effective treatment. You will receive a comprehensive presentation of the mechanism of action, contraindications, safety and efficacy issues, management and treatment of complications, and storage, preparation, and dilution guidelines. Practical session will include identifying and mapping areas for injection and actually doing the injections.

Learning Objectives Participant will be able to:

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10. Plan safe storage, preparation, and proper dilution
11. Demonstrate proper technique for injection
12. Demonstrate proper management and treatment of complications

Certification

At the conclusion of the training, each candidate will be issued a certificate of attendance.