

# 8<sup>th</sup>

# Malaysian Conference and Exhibition on Anti-Aging, Aesthetic and Regenerative Medicine, 2011

and

# 1<sup>st</sup>

# International Congress on Anti-Aging, Aesthetic and Regenerative Medicine

incorporating  
ABAARM Board Review Course – 29/4/2011  
ABAARM Written Examination Part I – 1/5/2011

## “Health An Asset” Preliminary Announcement



April 30 – May 2, 2011  
Shangri-La Hotel, Kuala Lumpur

Organised by:

Society for Anti-Aging Aesthetic  
**S A A a R M M**  
 Regenerative Medicine Malaysia  
Persatuan Perubatan Anti-Penuaan Aestetik Rejeneratif Malaysia

Supported by:



In collaboration with:



## HIGHLIGHTS OF THE CONGRESS

### BASICS IN THE ANTI-AGING REVOLUTION

Biological Processes that Decline with Aging  
Evaluating Risk Markers of Degenerative Diseases  
Diagnostic Tests and Biomarkers: Male  
Diagnostic Tests and Biomarkers: Female  
A Systemic Approach to Longevity through Hormone Therapy  
Role of Exercise and Nutritional Supplements in Anti-Aging

### ADVANCED INNOVATIONS IN ANTI-AGING / REGENERATIVE MEDICINE

Brain Enhancement and Neurotransmitters  
Role of 'Preventive Medicine' in Anti-Aging  
A Medical Model that Restores Optimal Function  
Physical Examination, Investigations and Diagnosis  
Practical Application of Treating Adult Hormone Deficiency Using BHRT  
Anti Obesity Protocols and Weight Management  
Overcoming Weight Loss Resistance  
Advanced Hormone Replacement Therapies, including DHEA and Melatonin  
Addressing Thyroid and Adrenal Hormones  
Environmental Toxins and Detoxification  
Vitamin D Deficiency  
Sexual Dysfunction in Men and Women  
Interactive Cancer Therapies  
An Alternative to Growth Hormone  
Creating an Integrated Anti-Aging Practice  
Novel Approaches to treat Insomnia  
Cellular Nutrition  
Nutrition and Lifestyle Intervention for Weight Management  
Cardio-Vascular Diseases in the Adult Population  
Cardio-Metabolic Syndrome  
Carbohydrate Metabolism  
I/V Chelation Nutrition Therapy / Chelation Therapy

Comparing Saliva, Serum and Urine Testing for HRT  
Treatment Options for PMS, Menopause and Andropause  
'Smart' Drugs for Anti-Aging  
Stem Cells: Concepts, Current Clinical Applications and Case Studies  
Arthritis and Osteoporosis: A Battle for Your Bones  
Oral and Dental Degeneration  
Metal Free Dentistry to Avoid Arteriosclerosis  
Presbycusis: Age Related Hearing Impairment  
Exercise – Vital Role in Anti-Aging  
The Aging Athlete  
Resveratrol: A True Agent in Preventive Medicine  
Adopting an Appropriate Psychological Attitude in Aging  
Research Work on Anti-Aging: Beta Glucan and Health

### INTEGRATING AESTHETIC PROCEDURES IN ANTI-AGING PRACTICE

Anti-Aging Solutions in Aesthetics  
Anti-Aging Consultation Before Considering Aesthetic Procedures  
Non-Invasive Facial Rejuvenation  
Advanced Facial Sculpting  
Laser and IPL Light Applications  
Body Contouring Techniques  
Chemical Resurfacing and Cosmeceuticals  
Collagen Injection and Facial Fillers  
Hormones in Advanced Aesthetics  
Platelet Rich Plasma Therapies  
Risk Factors in Deep Facial Injections  
Lipolysis  
Skin Tightening and Its Effect on Appearance  
Melasma and Post Inflammatory Hyperpigmentation  
Eyes: Contour, Clarity and Vision  
Nutrients and Vitamins for Losing Weight

## BECOME ABAARM BOARD CERTIFIED DOCTOR

ABAARM Preparation & Exam Special Package 2011, inclusion:

- A4M Practice Exam Workbook 2011 (Asia Version)
- ABAARM Online Mock Exam 2011
- Registration "ABAARM Board Exam Part 1 or Part 2" 2011 at KL or Bali
- + BONUS: A4M Seminars & Workshops Online Access to over 900s Slides & Audio\*  
*\*only for the first 10 candidates registration and payment confirmed by March 2011*

Package Price for SAAARMM Members : USD 2,250

Package Price for Non-SAAARMM Members : USD 2,500

Payment for this has to be made to A4M-World Asia. Kindly request for registration form for payment details.

If you are interested in sitting for ABAARM Exam ONLY, you may consider the option of paying USD 1,720.00 to 'Society for Anti-Aging Medicine'. Please use Delegate Registration Form.

ABAARM Board Review Course will be conducted by Board Certified Physicians in Anti-Aging Medicine in conjunction with Annual Conference – RM 250.00. Please use Delegate Registration Form for payment.

	Date	Venue
ABAARM Board Review Course	29 <sup>th</sup> April 2011	Shangri-La Hotel, Kuala Lumpur
ABAARM Board Examination: Part I	1 <sup>st</sup> May 2011	Shangri-La Hotel, Kuala Lumpur
ABAARM Board Examination: Part II	23 <sup>rd</sup> October 2011	Bali, Indonesia

## FACULTY OF SPEAKERS INCLUDE



### **Prof Dr Selvaraj Y Subramaniam**

*MD (USM), MFSEM (I), MFSEM (UK), FRNS (UK), FSSEM (M)*  
*Board Certified Physician (ABAARM)*  
*Sports Physician*  
President – Society for Anti-Aging, Aesthetic and Regenerative Medicine Malaysia (SAAARMM) Malaysia



### **Dato Dr S Harnam**

*DSMT, DPMT, DJMK, JSD, MBBS (S'pore), FAMM, FICS, FACS, DLO (RCF Lond), RCS Eng, FAAO-HNS, FRCS (Edinburgh), FRCS (England)*  
*Board Certified Physician (ABAARM)*  
Founder & Past President – Society for Anti-Aging, Aesthetic and Regenerative Medicine Malaysia (SAAARMM)  
Consultant E.N.T./Head & Neck Surgeon Malaysia



### **Prof Dr Robert Goldman**

*MD, PhD, DO, FAASP*  
Chairman – American Academy of Anti-Aging and Regenerative Medicine  
World Chairman – International Medical Commission  
Chairman – The World Anti-Aging Academy of Medicine  
President Emeritus – National Academy of Sports Medicine  
Fellow of the American Academy of Sports Physicians  
Board Diplomat in Sports Medicine and Board Certified in Anti-Aging Medicine USA



### **Prof Dr Claus Muss**

*MD, MSc, PhD, DVM*  
President - International Society of Applied Preventive Medicine, Vienna.  
Private Clinic & IGAP Research Center and Laboratories Vienna/Austria  
Austria / Germany



### **Prof Dr Galbavy Stefan**

*MD, PhD, DSc*  
Professor of Pathology and Laboratory Medicine, Chief of Institute  
University College of Health and Social Work St. Elizabeth



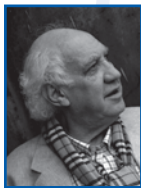
### **Prof Dr Joseph M Cummiskey**

*M.D., FRCPI, FACP, FCCP, FFSEM, FSA, BSc (Pharmacology), DCH*  
*Board Certified Internal Medicine (USA)*  
*Board Certified Respiratory Medicine 68166 (USA)*  
Member of IOC, MC, Science and Medicine in Sport  
Member of executive committee, FIMS  
Chairman Cricket Ireland, Medical Commission.  
President - EFSMA  
Respiratory Physician, Blackrock Clinic, Dublin, Ireland



### **Prof Dr Michael Klentze**

*MD, PhD, ABAARM*  
Member of Academic Board A4M, USA  
Honorary President - European Society for Preventive, Regenerative and Anti-Aging Medicine (ESAAM)  
Germany / Thailand



### **Prof Dr Peter G. Fedor-Freybergh**

*M.D., Ph.D., Dr.h.c.mult.*  
Obstetrics & Gynecology, Psychiatry  
Professor in Psychoneuroendocrinology  
Editor-in-Chief: Neuroendocrinology Letters  
Founder & Editor-in-Chief: Int. J. of Prenatal and Perinatal Psychology & Medicine  
Co-Editor-in-Chief: Biogenic Amines.  
Co-Editor-in-Chief: *Activitas Nervosa Superior REDIVIVA*  
Director: Institute of Prenatal and Perinatal Psychology and Medicine, St. Elisabeth University College of Health and Social Work, Bratislava, Slovak Republic



### **Prof Dr Vladimir Krcmery**

*MD, PhD, Drhc, FRSH (London), FRCP (Edinburgh), FACP (Philadelphia)*  
Nobel Peace Prize Nominee  
Founder President – St. Elizabeth University, College Group Bratislava, Slovak  
Professor of Medicine and Pharmacology,  
Professor and Dean, School of Public Health, University of Trnava,  
SLOVAK REPUBLIC

## FACULTY OF SPEAKERS INCLUDE



### **Dr Aaron BK Lim**

*MB BCh BAO(Ire) Hons; LMSSA(Lon); MChOrth(Liv); FRCS(Edin)*  
Foundation Fellow and Vice President - Society of Sports and Exercise Medicine Malaysia (SSEMM)  
Consultant Orthopaedic & Sports Surgeon, Island Hospital, Penang, Malaysia.  
Malaysia



### **Dr Al Sears**

*Founder/Medical Director*

Wellness Research Foundation, and Dr. Sears' Center for Health & Wellness, Royal Palm Beach, FL.  
Dr. Sears graduated from the University of South Florida College of Medicine with honors in Internal Medicine, Neurology, Psychiatry, and Physical Medicine. Dr. Sears was one of the first to be board-certified in anti-aging medicine. He is an avid researcher, published author, and enthusiastic lecturer. He is board-certified as a clinical nutrition specialist and a member of the American College of Sports Medicine (ACSM), the American College for the Advancement in Medicine (ACAM), the American Medical Association (AMA), the Southern Medical Association (SMA), the American Academy of Anti-Aging Medicine (A4M), and the Herb Research Foundation, (HRF). Dr. Sears is also an ACE-certified fitness trainer.



### **Dr Anoop Chaturvedi**

*BSc, MBBS, DA, MD, DEd.*

Founder President, Antiaging Medicine And Research (AMAR) India  
International Scientific Advisor for EuroMediCom, The World Society of AntiAging Medicine (WOSAAM) and the International Hormone Society  
Member of American Academy of Anti-Aging Medicine  
International Advisor Antiaging Medicine, Amaya Antiaging Clinics USA,  
Founder World Antiaging Network [www.worldantiagingnetwork.com](http://www.worldantiagingnetwork.com)  
Founder : INDOMEDICON [www.antiagingindia.com](http://www.antiagingindia.com)  
CEO : Erchonia Asia (Subsidiary of AVI Pharma Pvt Ltd India) [www.erchonia.asia](http://www.erchonia.asia)



### **Dr James Lee John Bilzon**

*BSc, MSc, PhD*

Director of Studies in Sport & Exercise Medicine  
Senior Lecturer in Human & Exercise Physiology  
Department for Health, University of Bath, Bath



### **Dr Kuladeva Ratnam**

*MBBS (Madras) FRCS, (Edin), FRCS (GlasG), AM (Mal)*  
Plastic & Reconstructive Surgeon  
Malaysia



### **Dr Pamela W. Smith, M.D., MPH**

Founder and Medical Director, The Center for Health Living and Longevity, Grosse Pointe Farms, MI USA  
She spent her first twenty years of practice as an emergency room physician with the Detroit Medical Center. The founder and medical director of The Center for Health Living and Longevity, Dr. Smith serves as Director of the Fellowship in Anti-Aging, Regenerative, and Functional Medicine, a modular training program that utilizes hands-on clinical training, extensive case studies, and web broadcasts to promote dialogue among trainees and experienced clinicians interested in clinical approaches to extend the healthy human lifespan.



### **Dr Rajesh Pravinchand Shah**

*MBBS (S'pore), MRCP (UK), Master of Medicine (Int. Med)(S'pore), FNHAM, AM (Malaysia), FAMS (Cardiology), FRCP (Edinburgh), FESC(EU), FACC(USA)*  
Consultant Interventional Cardiologist,  
Gleneagles Medical Centre, Penang  
Malaysia



### **Dr Sanjay Kapur**

*BSc (Hons.) & MSc (Hons.) Biophysics; Ph.D Life Sciences; MBA (Healthcare)*  
Scientific Director, ZRT Laboratory, Beaverton, Oregon  
Professor, Life Sciences, Portland Community College, Oregon  
Senior Research Scientist, Pomona College, California USA  
Editorial Board Member: Diabetes & Metabolism  
Guest Editor: Journal of Diabetes Science & Technology  
Scientific Board Member: International Group of Applied Preventive Medicine, Vienna



### **Dr Xanya Sofra Weiss**

*PhD, Neurophysiology and Clinical Psychology*

Dr Weiss is the International Director of Research for Signaling Nano Technology for a global research company in the UK and the USA. She was educated in London where she got her first Doctorate in Neurophysiology with focus on Cellular Regeneration; and New York where she got her second Doctorate at the Gestalt funded University with focus on Gestalt structures and Clinical Psychology



Date: April 30 - May 2, 2011

Venue: Shangri-La Hotel, Kuala Lumpur, Malaysia.

**DELEGATES REGISTRATION FORM (Please print)**

Title:  Prof.  Dato  Dr  Mr  Mrs  Miss SAAARMM Member : Yes / No

Full Name: \_\_\_\_\_

Vegetarian Diet	
Yes	No

Mailing address: \_\_\_\_\_

Post Code: \_\_\_\_\_

Company/Organization/Institute: \_\_\_\_\_

Office Telephone: \_\_\_\_\_ Facsimile: \_\_\_\_\_ Mobile: \_\_\_\_\_

e-mail: \_\_\_\_\_ Speciality: \_\_\_\_\_

**REGISTRATION FEE (CONFERENCE AND WORKSHOP)**

	On or Before 16th April 2011		After 16th April 2011		Amount
	SAAARMM Member	Non Member	SAAARMM Member	Non Member	
Full passport Day 1, 2 and 3	RM 700	RM 900	RM 800	RM 1,000	
Foreign Participant	US 300	US 400	US 400	US 500	
Day Registration				RM 350	
Gala Dinner (30 <sup>th</sup> April 2011)	SAAARMM Member			RM 150	
	Non SAAARMM Member			RM 200	
SAAARMM Membership Renewal - Annual Subscription				RM 50	
<b>New Membership</b>					
Ordinary (Entrance Fee + Subscription)				RM 150	
Life (One time payment)				RM 500	
ABAARM Board Review Course (29 <sup>th</sup> April 2011)				RM 250	
				US 100	
ABAARM Written Examination (1 <sup>st</sup> May 2011)				US 1720	
Total amount payable				US:	
				RM:	

- Notes:**
- Registration will be accepted only upon payment.
  - No refunds will be issued for cancellation received after 20th April 2011.
  - All approved refunds will be processed after the conference.
  - SAAARMM will not be responsible for exchange rate applied by the Credit Card vendor, when your statement is converted into local currency.

**ABAARM Preparation & Exam  
 Special Package 2011**  
 \* please request for specific  
 registration form

**Mode of Payment: CASH / CHEQUE / BANK DRAFT / TELEGRAPHIC TRANSFER / CREDIT CARD**

Enclosed is cheque No. \_\_\_\_\_ for RM \_\_\_\_\_ in favour of  
**Society for Anti-Aging Medicine** (Please refer below for mailing address).

Credited Alliance Bank Malaysia Bhd. A/C No.1402800100 46084 for the sum of \_\_\_\_\_  
 CASH / CHEQUE. (Please fax proof of payment)

Sent payment via telegraphic transfer for US/RM \_\_\_\_\_ to Society for Anti Aging Medicine.  
 Account No. 1402800100 46084 Swift Code MFBBMYKL Alliance Bank Malaysia Berhad  
 41 & 43 Jalan Ipoh, 51200 Kuala Lumpur, MALAYSIA.

Authorize Society for Anti-Aging Medicine to debit the following credit card for the amount of US / RM \_\_\_\_\_  
 as payment for registration.

Visa  Master  Security Code (3 digits \_\_\_\_\_)

Name of Card-Holder : \_\_\_\_\_

Credit Card No. : \_\_\_\_\_ Expiry Date : \_\_\_\_\_

Card-Holder's Signature : \_\_\_\_\_ Date : \_\_\_\_\_

**SAAARMM Conference Secretariat**

142, Jalan Ipoh, 3rd Floor, UMNO Selangor Building,  
 51200 Kuala Lumpur.  
 Tel: 603-4041 0092, 4041 6336  
 Fax: 603-4042 6970, 4041 4990  
 E-mail: info@saamm.com  
 Website: www.saaarmm.org

For Secretariat Use:

Registration No.: \_\_\_\_\_

Date Received: \_\_\_\_\_

Total Amount US \_\_\_\_\_

RM \_\_\_\_\_

Rec. No.: \_\_\_\_\_

Payment via : \_\_\_\_\_

**Hotel Information:**

For room reservation at Shangri-La Hotel, please visit www.shangri-la.com/kualalumpur or call to 03-2032 2388.  
 Group Code: SFA290411

## WELCOME MESSAGE

Dear Friends and Colleagues,

Welcome to the First International Congress in Anti-Aging, Aesthetic & Regenerative Medicine and 8<sup>th</sup> Malaysian Conference in Anti-Aging, Aesthetic & Regenerative Medicine on 30<sup>th</sup> April to 2<sup>nd</sup> May 2011 scheduled to be held at Shangri-la Hotel, Kuala Lumpur.

This year, with the combination of our 1<sup>st</sup> International and 8<sup>th</sup> Malaysian event, we hope to attract even more international and local delegates. I expect this event to be an exciting one.

We will be having many good speakers from around the world, as well as our own local speakers, including some from our Ministry of Health.

You shall surely be updated with advances in Anti-Aging, Aesthetic and Regenerative Medicine with proper evidence based knowledge for safe practice in this novel field.

We will also be addressing the Medicolegal Aspect of this speciality.

In addition, we shall be introducing our own Masters of Science (MSc) in Anti-Aging, Aesthetic and Regenerative Medicine from the UCSI University to help members upgrade their speciality to the next level.

Whether you are a doctor seeking basic knowledge as a new comer to this field or you just seek to refresh and update yourself, we have included a basic workshop for beginners to enhance your clinical practice.

I believe that this newly developed science in Anti-Aging, Aesthetic and Regenerative Medicine will improve the quality of life of the people treated by our Anti-Aging, Aesthetic and Regenerative Medicine specialists which will translate to successful nation building.

Finally, I am glad that so many can attend this meeting and please take home as many useful messages as possible.

Thank you.



**Prof Dr Selvaraj Y Subramaniam**

MD, MFSEM, FRNS, FSSEM, ABAARM

President, Society for Anti-Aging, Aesthetic & Regenerative Medicine Malaysia

## SAAARMM Executive Committee Members 2010/2011

President: **Prof Dr Selvaraj Y Subramaniam**

Founder & Past-President: **Dato Dr S Harnam**

Vice President: **Dr Kamalakaran Karanakaran**

Secretary: **Dr Kamariah Bte Idris**

Asst. Secretary: **Dr Syafiq Shirleyna Chan**

Treasurer: **Dr Aman S Kaulsay**

Committee Members: **Dr Wan Julia Sham**  
**Dr Deepali Sharma**  
**Dr Alice Prethima Michael**  
**Dr Ungku Mohd Shahrin**  
**Dato Dr Nor Shahidah**

Organizing Committee Chairman:

**Dr Kamalakaran Karanakaran**

## Scientific Committee of SAAARMM Conference 2011

### Malaysia

Chairman: **Prof Dr Selvaraj Y Subramaniam**

Committee: **Dato Dr S Harnam**

**Dr Kuladeva Ratnam**

**Dr Anandan Subramaniam**

**Dr Deepali Sharma**

**Assoc Prof Dr Amalourde Raj A/L A Arokiasamy**

**International: Prof Dr Robert Goldman**

**Prof Dr Michael Klentze**

**Prof Dr Claus Muss**

## SECRETARIAT

For further information, kindly contact

### SAAARMM Conference Secretariat

142, Jalan Ipoh, 3rd Floor, UMNO Selangor Building, 51200 Kuala Lumpur, Malaysia

Tel: 603-4041 0092, 4041 6336 Fax: 603-4042 6970, 4041 4990

Email: [info@saamm.com](mailto:info@saamm.com) Website: [www.saaarmm.org](http://www.saaarmm.org)

## TARGET AUDIENCE:

Our target audience will include medical professionals from the following therapeutic areas: general practitioners, bariatricans / weight management specialists, cardiologists, endocrinologists, internal medical specialists, obstetrics and gynaecologists, geriatricans, rehabilitation therapists, researchers and scientists, dentists, sports physicians, Anti-Aging Board Certified Physicians, doctors practicing aesthetic medicine, nutritionists, dieticians, academic / educational specialists from Malaysia and around the Asean region.

## CALL FOR ABSTRACTS

Please contact the SAAARMM Secretariat via email [info@saamm.com](mailto:info@saamm.com), for Guidelines on Submission of Abstracts for Oral and Poster Presentation.

**Deadline for Submission is 31/1/2010**

## PUBLIC FORUM:

### *Health An Asset*

SAAARMM will be organizing a Public Forum on "Health An Asset" to create greater awareness on Anti-Aging, Aesthetic and Regenerative Medicine

Date: **2nd May 2011**

Time: **2.00pm - 5.00pm**

Admission: Free (Please contact SAAARMM Secretariat)