



The Second Annual Congress in the Iberian Peninsula on  
**Anti- Aging Medicine and Biomedical  
Technologies**

Vilamoura, Algarve, Portugal  
June 4<sup>th</sup>-6<sup>th</sup> 2009

[www.a4miberia.com](http://www.a4miberia.com)



## Scientific Program

June 4<sup>th</sup> , 2009

### 9:30am **Opening Ceremony:**

Prof. Isabel Hoffmann Miles, *President and Chair of The Iberian Chapter of the World Academy of Anti-Aging Medicine (A4M Iberia)*

Exmo. Sr. Dr. José Miguel Boquinhas, *Presidente HPP Saúde*

Exmo. Sr. Dr. Luis Manuel de Carvalho Carito, *“Vice’Presidente da Câmara de Portimão”*

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

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

Exmo. Sr. Dr. Rui Lourenço, *Presidente do Conselho de Administração da ARS Algarve*

Sua Excelência Dra. Isilda Gomes, *Governadora Civil do Distrito de Faro*

10:30

### **Guest of Honor and Keynote address**

Prof. Michael Holick, MD, PhD, USA

*The Vitamin D Pandemic and its Health Consequences*

11:00

Prof. Michael Colgan, Ph.D., Canada/New Zealand

*Inhibition of Aging: the next decade*

11:30

### **Exhibit hall opening and Coffee Break**

12:00

Dr. John Addleson, M.D., USA

*Optimal health evaluation: clinical applications*

12:30

Prof. Jaime C. Branco, M.D., Ph.D. & Dr<sup>a</sup> Viviana Tavares, MD, Portugal

*Osteoporosis: Prevention and New Advances in Treatment*

13:00

### **Exhibition hall visit and Lunch Break**

14:00

Prof. Leonard A. Rubinstein, M.D., F.A.A.C.S., USA

*An Integrative Approach to Facial and Body Liposculpture – 25 Years Experience*

14:30

Dr. Iberico Nogueira, M.D., Portugal

*New approaches in cervico-facial rejuvenation*

15:00

Dr. Almir Nacul, M.D., ISAPS, Brazil

*Bioplastia: contour of the lower third of the face using intramuscular injectable implants “pros”-and-“contras”*

15:30

Prof. André Borba M.D., Brazil

*Finess in Blepharoplasty and Additional Aesthetical Procedures*



**16:00**                    **Exhibition hall visit and Coffee Break**

17:00                    Prof. Nuno Monteiro Pereira, M.D., Portugal  
*Andropause: diagnosis and treatment options*

17:30                    Dr. Anna Cabeca, M.D., D.O., USA  
*Bio-Identical Hormone therapy in women: new paradigms*

18:00                    Dr. Maria do Ceu Santo, M. D., Portugal  
*Sexual health recovery as a strategy to reverse aging*

**18:30**                    **Exhibition hall visit**

19:00                    Dr. Luis Romariz, M.D., Portugal  
*Sarcopenia: exercise, nutrition and beyond*

19:30                    Prof. Juan Sabater, Ph. D., Spain  
*Anti-aging or anti-inflammation?*

**20:00**                    **Auditorium and Exhibition Hall closes for the day**

**June 5<sup>th</sup>, 2009**

9:00                    Dr. Moreno Moraga and Dr. Ana Beltrán, M.D., Spain  
*Ultrasonic Transdermic Lipolysis*

9:30                    Dr. Laura Tarouca, M.D., Portugal  
*Abdominal deformities: new approaches*

10:00                    Dr. Clara Seres, M.D., Spain  
*New approach of combined acids treatments*

**10:30**                    **Exhibition hall visit and Coffee Break**

11:00                    Prof. Adam Gazzaley, M.D., Ph.D., USA  
*The Aging Brain: Exploring the Crossroads of Memory and Attention*



- 11:30 Prof. R. Cacabelos, M.D., Spain  
*Genomic mechanisms of neurodegeneration: implications for pharmacogenomics and nutrigenomics*
- 12:00 Prof. Francesco Marotta, Ph. D., M.D., Italy  
*Human nutrition in Genomic Medicine*
- 12:30 Dr. Francisco Llano, M. D., Mexico/USA  
*Genetic Testing: A new approach in Anti-Aging*
- 13:00 Exhibition hall visit and Lunch Break**
- 14:00 Dr. Cesar Arroyo, M.D., Spain  
*Laser photoesclerose therapy with sequential shot and double wavelength in legs*
- 14:30 Dr. Christoph Ganss, M.D., Germany  
*Autologous Cell Grafting with Stem Cells Enriched Fibroblastst for Facial Skin Rejuvenation*
- 15:00 Dr. Filomena Trindade, USA  
*The Continuum of Insulin Resistance: From Metabolic Syndrome to Diabetes Mellitus and Beyond*
- 15:30 Dr. Ricardo Silvestre, Ph.D., Portugal  
*Low Carb Diets and the Metabolic Syndrome*
- 16:00 Exhibition hall visit and Coffee Break**
- 17:00 Dr. Manuel Neves-e-Castro, M.D.  
*Postmenopausal Women: Health Maintenance and Disease Prevention*
- 17:30 Dr. Cristina Sales, M.D., Portugal  
*Free Testosterone & Estrogens – the key words for the use of testosterone in male Anti-aging Medicine*
- 18:00 Dr. Clara Bicho, M.D., Portugal *(to be confirmed)*  
*Cervical cancer screening in the era of HPV vaccination*
- 18:30 Dr. Octavio Viera, M.D.  
*Melatonin treatment of aging: doses, side effects and how to manage them*
- 19:00 Gala Dinner: Condor Boat from 7pm to 10pm**  
**20:00 Auditorium and Exhibition Hall closes for the day**



**June 6<sup>th</sup> , 2009**

- 9:00 Dr. Paula Sequeiros, M.D., Portugal  
*Turning back time: the smile make-over*
- 9:30 Dr. Jose Marques Serres, M.D., Spain  
*Laserlipolysis with two simultaneous Nd-Yag wavelengths: the Liposuction revolution.*
- 10:00 Dr. David Brandão, M.D., M.A., Portugal  
*Electroporation - a new concept in Anti Aging treatment*
- 10:30 Exhibition hall visit and Coffee Break**
- 11:00 Dr. Eugenio Luigi Iorio, M.D., Italy  
*Oxidative Stress: preventive measures*
- 11:30 Dr. Vera Stejskal, Ph.D., Sweden  
*Heavy metals that make hormones therapies inefficient*
- 12:00 Dr. Pedro Bastos, B.Sc., Portugal  
*Origins and Evolution of the Western Lifestyle: Implications for Chronic Disease Prevention*
- 12:30 Dr. Celia Gonçalves, M.D., Portugal  
*NADH: Aging and loss of energy*
- 13:00 Prof. Isabel Hoffmann Miles, Ph.D., Portugal/Canada  
*Closing Remarks: Challenges of Population Aging and Strategies of Healthy Lifespan Extension*
- 15:00 Exhibition Hall closes**



### **Post-Congress Courses**

**Presented in rooms Taurus / Delfim / Hidra / Lince**

**June 6<sup>th</sup> , 2009**

All courses start at 9:00 am and finish at 5:00 pm.

**On Functional Medicine Principles: Matrix and Interconnections**

taught by Dr Filomena Trindade, M.D.

**Hormone deficiencies using Bio-identical hormone replacement therapy**

taught by Dr. Ana Cabeça, M.D.

**Aesthetic Acupuncture** with certification issued by the Chinese Federation of Acupuncture  
taught Prof. Eduardo Brazil, “Director do Sindicato de Acupuntura de SP – SATOSP”.

**Spa Management**

taught by Seven Spa in partnership with Prof. Manon Pilon



**Workshop Program**  
**Presented in VEGA room**

**June 4<sup>th</sup>, 2009**

11:30 am – 13:00

*Cosmetic Surgery and Rejuvenation Medicine as a whole*  
 Presenter: Dr. Leonard A. Rubinstein  
 Sponsor:

GBTRx

14:30 – 16:00

*Relation between Genes and Food Intolerance*  
*Personalized Diet: Nutrigenetics and Nutrigenomics, some Examples*  
 Presenter: Prof. Dr. Juan Sabater-Tobella and Dra. Glória Sabater  
 Sponsor: Labco

16:00 – 17:30

*EIS / ES Teck Complex, physiological and metabolic measurement device in functional medicine and anti aging*  
 Presenter: Dr. Carlos Udina  
 Sponsor: Neomedica Iberia, SL

17:30 – 19:00

*Anti-aging Laser workshop*  
 Presenter: Dr. Jose Marques Serres  
 Sponsored: Cynosure

**June 5<sup>th</sup>, 2009**

10:00 am – 11:30 am

*Dieta proteinada: Ponto Zero do Tratamiento Anti-idade*  
 Presenter: Dr. Agustí Molins  
 Sponsor: Pronokal Portugal

11:30 am – 13:00pm

*Treatment of localized fat and skin tightening with radiofrequency and phototherapy*  
 Presenter: Dr Clara Serres  
 Sponsor: Mesoestetic S.L.

14:30 – 16:00

*Laser therapy*  
 Presenter: Dr. Cesar Arroyo  
 Sponsored: Cynosure

16:00 – 17:30

*Nutritional Supplements and Brain Function*  
 Presenter: Dr Michael Colgan  
 Sponsored: Ergvit