



# 30<sup>th</sup> CLINICAL APPLICATIONS FOR AGE MANAGEMENT MEDICINE CONFERENCE

**APRIL 15-18, 2021**  
National Doral Resort & Spa | Miami, Florida

This activity has been approved for **25 AMA PRA Category 1 Credits**

FCM has approved 33 hours of content for CME with a maximum of 26 hours of CME credit per participant

This four-day event promises to create a positive shift in your practice and your patient's health. Setting the stage:

- Expanded [Practice Management Workshop](#)
- Advanced Course: [BHRT Practical Clinical Applications](#)
- [Traumatic Brain Injury Workshop: A Clinical Approach to Diagnosis and Treatment](#)
- Three powerful [General Session](#) days

Get the latest research findings and eye-opening presentations to engaging, interactive panel discussions with experts to introduce and update physicians on the latest science-based clinical information and sophisticated clinical applications.

After attending this in-depth, four-day conference, you'll walk away with what you need to add this 21st-century medical specialty to your existing practice, or expand you current Age Management Medicine Practice. We'll even show you how you can become [Certified in Age Management Medicine](#).

**Get ready for an extensive CME conference** — covering the hottest medical topics and advanced strategies that fill educational gaps and target the hottest topics and challenges impacting 21st-century medical practices.

**REGISTER today – early discount rates end March 11!**

[www.AgeMed.org](http://www.AgeMed.org)

[FULL CONFERENCE DETAILS](#)

[REGISTER](#)

[CONTACT US](#)

# AMMG and National Doral COVID HEALTH & SAFETY GUIDELINES

## WHAT IS AGE MANAGEMENT MEDICINE?

Age Management Medicine is a proactive, preventive approach focused on preservation of optimum human function and quality of life, making every effort to modulate the process of aging prior to the onset of degenerative aging. The basic tenets of Age Management Medicine are patient evaluation through extensive medical history, lifestyle assessment, physical examination and laboratory evaluation to establish personalized proactive treatment plans consisting of proper diet, exercise, stress management and appropriate medical interventions.

## ABOUT AMMG

It is the goal of the Age Management Medicine Group (AMMG) to provide education and information on the specialty of Age Management Medicine to physicians and healthcare professionals through evidence-based, continuing medical education conferences, workshops, seminars, publications and Web media. The Group consists of leading industry healthcare professionals, physicians, practitioners, researchers, medical associations and providers of products and services.

## EXHIBITS / CONFERENCE NETWORKING

This conference will feature a select number of quality companies - set in a relaxed, informal atmosphere - who offer valuable insight on products and services to enhance your practice. Although AMMG does not endorse these companies, we have selected and reviewed them carefully and thank them for their support of the Age Management Medicine Group.

# CLINICAL APPLICATIONS FOR AGE MANAGEMENT MEDICINE

[FULL AGENDA SESSION DETAILS](#)[FACULTY BIOGRAPHIES](#)[ADDITIONAL INFO](#)

**WEDNESDAY**  
**APRIL 14th**

**PRACTICE MANAGEMENT WORKSHOP:  
LAUNCHING AND GROWING A SUCCESSFUL AGE MANAGEMENT PRACTICE**

Many attendees of the AMMG conferences are attracted to the field of Age Management Medicine, but do not feel qualified, or empowered with the necessary tools, to successfully transition from the well-established structure of disease-based medicine or from the traditional insurance-based reimbursement system into a system which relies to a significant degree upon direct pay. Attendees will be guided through the process of evaluating their professional goals, and then be helped to create a successful strategy to achieve those goals. Our goal is for the attendee to be equipped to create a successful transition into this exciting field. **Non-CME Course**

### What Does Direct Pay Practice Ownership Mean?

**Kenneth Janson, M.D., FACS**

*Chief Medical Officer, Precision Health by Science*

### Creating the Effective Business Map for One Year, Three Years, and Beyond: The Medical Services and Procedures Planning Process

**Kent Rilling, PA-C**

*Chief Executive Officer, Precision Health by Science*

### Location Can Make or Break Your Practice

**Kent Rilling, PA-C**

*Chief Executive Officer, Precision Health by Science*

### Developing the Branding and Internal Marketing of Your Center

**Cynthia Rilling, M.A.**

*Chief Operating Officer, Precision Health by Science*

### External Marketing: Promotion and Branding of Your Services

**Cynthia Rilling, M.A.**

*Chief Operating Officer, Precision Health by Science*

### Complimentary Working Dinner Clinic Startup: "I Want Only the BEST but NOT to go Broke"

**Tyler Harrold**

*PharmD, Universal Arts Compounding Pharmacy*

**Cynthia Rilling, M.A.**

*Chief Operating Officer, Precision Health by Science*

### Bringing It All Together

**Kenneth Janson, M.D., FACS**

*Chief Medical Officer, Precision Health by Science*

**Kent Rilling, PA-C**

*Chief Executive Officer, Precision Health by Science*

### WATCH OUT! Practice Landmines to Avoid

**Kenneth Janson, M.D., FACS**

*Chief Medical Officer, Precision Health by Science*

**Kent Rilling, PA-C**

*Chief Executive Officer, Precision Health by Science*

**Cynthia Rilling, M.A.**

*Chief Operating Officer, Precision Health by Science*

### Open Forum Q and A

**THURSDAY  
APRIL 15th**

**ADVANCED WORKSHOP:  
BHRT PRACTICAL CLINICAL APPLICATIONS**

This course will provide you with very practical and concise information to be able to properly evaluate your patients and determine the best course of action to balance or replace the much-needed hormones: testosterone, estradiol, progesterone. This is a nuts and bolts series providing understanding on laboratory interpretation and optimal levels, pros and cons of different hormone delivery systems, how to properly dose each system and the knowledge to properly manage inevitable complications of BHRT. Lastly, you will be given a basic framework of best practices in protecting your license while practicing in the area of hormonal medicine.

\* In conjunction with the Hormonal Health Institute

**COURSE PREREQUISITE**

Completion of the Online Education Course Clinical Use of Hormones in Age Management Medicine Part 2, 9.5 hours of CME. Complete this home self-study at your own pace prior to the conference. This prerequisite offers basic information that is critical to understanding this advanced course.

Course Access: After registering you will receive an email with your unique username and password to access the online course. *NOTE: It can take up to 5 days to process.*

**Proper Clinical Evaluation of Patients,  
Including Lab Interpretation**

**Angela DeRosa, D.O., MBA, CPE**

*Founder & President, Hormonal Health Institute, Scottsdale, AZ*

**Pros and Cons of Different BHRT Therapy Systems**

**Melissa Loseke-Ablett, D.O.**

*Chief Medical Officer, Limitless Male Medical, Omaha, NE  
Medical Director, Trillion, Omaha, NE*

**Prescribing & Dosing BHRT**

**Melissa Loseke-Ablett, D.O.**

*Chief Medical Officer, Limitless Male Medical, Omaha, NE  
Medical Director, Trillion, Omaha, NE*

**Prescribing & Dosing Using Pellet Therapies**

**Angela DeRosa, D.O., MBA, CPE**

*Founder & President, Hormonal Health Institute, Scottsdale, AZ*

**Management of Adverse Events & Complications**

**Melissa Loseke-Ablett, D.O.**

*Chief Medical Officer, Limitless Male Medical, Omaha, NE  
Medical Director, Trillion, Omaha, NE*

**Basic Protections / Legal**

**Angela DeRosa, D.O., MBA, CPE**

*Founder & President, Hormonal Health Institute, Scottsdale, AZ*

**Video Demonstrations of Pellet Insertions  
(Male and Female Patients)**

**Angela DeRosa, D.O., MBA, CPE**

*Founder & President, Hormonal Health Institute, Scottsdale, AZ*

**Complex Case Discussion**

**Angela DeRosa, D.O., MBA, CPE**

*Founder & President, Hormonal Health Institute, Scottsdale, AZ*

**Melissa Loseke-Ablett, D.O.**

*Chief Medical Officer, Limitless Male Medical, Omaha, NE  
Medical Director, Trillion, Omaha, NE*

**AMMG Welcome Reception**

Open to all conference attendees, spouses, and guests  
Held in Conference Networking and Exhibits Center

**THURSDAY  
APRIL 15th**

**WORKSHOP: TRAUMATIC BRAIN INJURY:  
A CLINICAL APPROACH TO DIAGNOSIS AND TREATMENT**

This full day program, TBI – A Clinical Approach to Diagnosis and Treatment, will provide to the attendees overwhelming information culled from peer-reviewed articles on Traumatic and Non-Traumatic Brain Injuries as causative factors for personality changes, cognitive impairment and mood disorders leading up to suicide. The attendees will be walked through the literature discussing the effects of primary traumas and the secondary effects of inflammation and oxidative stress on functionality. The rising cases of post-Covid neurological complications will also be discussed as a new entry into non-traumatic brain injury due to the “Cytokine Storm”. This program will prepare you for the treatment.

**Course Faculty**

(all sessions in this workshop)

**Mark L. Gordon, M.D.**

*Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios; USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA  
Medical Director of Education, Access Medical Laboratories, Jupiter, FL  
Member, AMMG Conference Planning Committee  
Life Member, AMMG*

**An Introduction to  
Traumatic Brain Injury**

**The Laboratory of  
Traumatic Brain Injury**

**Traumatic Brain Injury  
and Neurobehavior**

**Neuroinflammation and Oxidative  
Stress, the Foundation for Treating  
Traumatic Brain Injury,  
Parts I & II**

**Putting it All Together with  
Case Studies**

**Case Studies & Q&A**

**AMMG Welcome Reception**

Open to all conference attendees, spouses, and guests  
Held in Conference Networking and Exhibits Center

### Breakfast Presentation

Open to all attendees, includes a complimentary breakfast  
**Non-CME symposium sponsored by University  
Compounding Pharmacy**

### The Endocrine/Neuroendocrine Laboratory of Age Management Medicine

**Mark L. Gordon, M.D.**

*Medical Director, Millennium-TBI & The Millennium Health Centers, Encino, CA; CBS Studios; USC, Keck School of Medicine, Department of Family Medicine, Los Angeles, CA  
Medical Director of Education, Access Medical Laboratories, Jupiter, FL  
Member, AMMG Conference Planning Committee  
Life Member, AMMG*

### Natural Aromatase Inhibitors

**Derrick DeSilva, Jr., M.D.**

*Teaching Faculty, JFK Medical Center, Edison, NJ  
Co-Chair, Department of Complimentary Medicine and Senior Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ*

### Testosterone Therapy in Men with Prostate Cancer: A Revolution in Understanding

**Abraham Morgentaler, M.D.**

*Associate Professor, Harvard Medical School  
Staff, Beth Israel Deaconess Medical Center*

### Lunch Presentation

Open to all attendees and includes a complimentary lunch  
**Non-CME symposium sponsored by Microbiome Labs**

### Post Finasteride Syndrome

**William Clearfield, D.O., FAAMA, DABMA, FAARFM**  
*Medical Director, Clearfield Family Medicine, Reno, NV  
Executive Director, American Osteopathic Society of Rheumatic Diseases*

### Why Undergo Certification in Age Management Medicine

**Derrick DeSilva, Jr., M.D.**

*Teaching Faculty, JFK Medical Center, Edison, NJ  
Co-Chair, Department of Complimentary Medicine and Senior Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ*

### The Emergence of Epigenetic Methylation for Aging and Preventive Medicine Interventions

**Luis Martínez, M.D., MPH**

*President, XanoGene Clinic, San Juan, Puerto Rico  
President, Regenera Global, Ponce, Puerto Rico*

### Artificial Intelligence in Early Detection of Coronary Artery Disease

**George Shapiro, M.D.**

*Adjunct Assistant Professor Clinical Medicine, New York Medical College, Valhalla, NY  
Founding Partner, Cenegenics, New York City  
Member, AMMG Conference Planning Committee*

### The Use of Artificial Intelligence in Evidence Based Wellness

**Michael Gillam, M.D.**

*Chief Digital Officer, Fountain Life  
CEO, HealthLab*

### Food as Medicine

**Arden Andersen, Ph.D., D.O., MSPH**

*Family and Occupational Medicine Physician,  
McDonough Medical Center, Gladstone, MO*

### Food as Medicine: Updated Research on Carnosine, Beta-alanine

**Jay R. Hoffman, Ph.D., FACSM, FNCSA**

*Professor, Dept. of Molecular Biology  
Director of Health & Sport, Ariel University, Israel*

### Evidence-based Review of the Impact of the Mediterranean Diet on Heart Health, Cognitive Function, Longevity and Weight Control

**Steven C. Masley, M.D., FAHA, FAFP, FACN, CNS, CC**

*President, Masley Optimal Health Center,  
St. Petersburg, FL*

### Developing a Personalized Nutrition Plan: Epigenetics, Genetic Testing Integration with Correlated Health Factors and Patient Engagement

**Galen M. Eversole, MD, FCAP, MBA**

### Nutrition Controversies in Patient Care

**Betty Wedman-St Louis, Ph.D.**

*Nutritionist & Environmental Health Specialist,  
Pinellas Park, FL*

### Nutrigenomics and Epigenetics: How Environmental Factors and Nutrient Deficiencies Affect our Genetic Expression

**Derrick DeSilva, Jr., M.D.**

*Teaching Faculty, JFK Medical Center, Edison, NJ  
Co-Chair, Department of Complimentary Medicine and Senior Attending Staff, Raritan Bay Medical Center, Perth Amboy, NJ*

### Ketogenic Diets: Good or Bad?

**Katrina J. Breece, M.S.**

### Age Management Medicine Clinical Recommendations for Diet and Weight Loss

**Rob Kominiarek, D.O., FACOFP**

*President & Medical Director, ReNue Health, Springboro, OH  
Assistant Clinical Professor, Ohio University College of Osteopathic Medicine  
Member, AMMG Planning Committee*

**Evidence Based Health Measures to Deal with Covid-19 Virus**

Joseph E. Bosiljevac, Jr., M.D., Ph.D., FACS  
Senior Partner, Cenegenics

**Building & Judging Disease Targeted Designer Nutrigenomics that Work**

Daniel Purser, M.D.

**Advanced Healing and Regenerative modalities Used in Professional Athletes**

Matt Burnett, D.C.  
Chief Clinical Officer, Fountain Life  
President/Clinic Director/Owner, Legacy Medical Centers

**Using Stem Cell Therapy to Reboot Cell Function and the Immune System**

Joseph E. Bosiljevac, Jr., M.D., Ph.D., FACS  
Senior Partner, Cenegenics

**Using Artificial Intelligence to Predict Biological Age**

Speaker TBD

**New Techniques for Pain Management Therapy- "Hydrodissection with Biologics"**

Speaker TBD



EARN **82** AMA PRA CREDITS

**TRAINING & CERTIFICATION  
IN AGE MANAGEMENT MEDICINE**

Develop expertise in the specialty of Age Management Medicine. AMMG's multidisciplinary, advanced training provides expertise development in the foundational principles and progressive tools used in Age Management Medicine. True to our reputation, this rigorous certification program ensures that only truly qualified physicians earn this designation.

**TO APPLY OR LEARN MORE VISIT [WWW.AGEMED.ORG](http://WWW.AGEMED.ORG)**

Call: 239.330.7495 | email: [certification@agemed.org](mailto:certification@agemed.org)

**National Doral Miami  
Resort & Spa**



**AN EXPERIENCE LIKE NO OTHER**

Doral's legendary golf resort was instantly iconic when it opened in the 1960s, frequented by celebrities and moguls of the game. More than 50 years later, National Doral Miami Resort & Spa offers a new generation of style, service, and excellence. Tee it up on any of our four championship golf courses, including the legendary Blue Monster, or embark on a rejuvenating journey at our luxurious 48,000 sq. ft. spa. The prestigious 800-acre resort features villa-style accommodations, exclusive Spa suites, brand new Har-Tru tennis courts, our Royal Palm Pool with 18 private cabanas and a 125 foot slide, and several luxury event venue options, like the 24,079 sq. ft. Grand Ballroom. At heart of our Doral, Florida hotel, sits the prominent clubhouse featuring the highly acclaimed BLT Prime, Champions Bar & Grill, event and social spaces, health club, and one of the country's largest golf pro shops.

**The AMMG Conference room rate is \$199 per night.**

**Make your room reservation online** or call **800.713.6725**

*NOTE: To receive our discounted rate you will need to mention that you are attending the Age Management Medicine (AMMG) Conference.*

4400 N.W. 87th Avenue, Miami, Florida 33178

*Conveniently located 8 miles from the Miami Airport*

**Hotel:** 305.592.2000

**Reservations:** 800.713.6725

**AMMG and National Doral COVID HEALTH & SAFETY GUIDELINES**



Register online at [www.AgeMed.com](http://www.AgeMed.com)

[conference@agemed.org](mailto:conference@agemed.org)

FULL AGENDA SESSION DETAILS

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