

# BSAAM's 13th Annual Anti Ageing Conference London 2016

## Programme for Saturday Morning, October 15th, 2016

8:30 am • Registration Opens

9:15 - 9:40 • Lecture **Diet-induced cellular ageing**



### Dr Charmaine Jooste

Dr Charmaine Jooste is a medical practitioner with over 15 years experience in the field of preventative medicine and aesthetics. She is an international speaker and has been involved with inflammatory research for the past 6 years with Dr Barry Sears, Professor Giovanni Scapagnini and Dr Ricardo Pina from the Inflammation Research Foundation (USA) and Zone Academy Italy.

9:40 - 10:05 • Lecture **Therapeutic Effects of High Dose Chronic Melatonin Administration**



### Prof Jesús A F Tresguerres MD PhD

Dept of Physiology Medical School University Complutense Madrid Spain. Professor Tresguerres is an endocrinologist. He has worked on growth and the aging processes, participated in the discovery of important basic information about short-term growth (within days) and the influence of glutamate on the satiation regulation in the brain.

10:05 - 10:30 • Lecture **Aldosterone and IGF-1, the Hearing Hormones**



### Dr Richard Lippman PhD

Dr Richard Lippman is a world expert on the measurement of free radical activity in the body and is a strong advocate of antiageing medicine and practices on both himself and his patients the latest therapies & concepts. During the '80s, he invented two separate non-invasive methods that probe and monitor cascading free radicals in vivo in both humans and lab animals. In recognition of these last two revolutionary achievements, Dr. Lippman was nominated for the Noble Prize in Medicine in 1996.

10:30 - 11:15 • Fruit Break

11:15 - 11:40 • Lecture **The Role of Exercise in Anti-ageing**



### Dr Mike Burdon MBBS MSc MRCGP FFSEM(UK) PGD(US)

Consultant in Sport and Exercise Medicine. Head of Sports Medicine, Pure Sports Medicine, London BUPA Clinic, Reading.

11:40 - 12:05 • Lecture **Physiologic Approach to Cholesterol Regulation vs drugs**



### Dr Sergey A Dzugan MD PhD

Co-founder and Chief Scientific Officer of the Dzugan Institute of Restorative Medicine, Deerfield Beach, FL. Dr. Dzugan is a former heart surgeon. International Academy of Creative Endeavors (Russia) awarded Dr. Dzugan with the honorary title of Academician for outstanding contribution to the development of new methods of hypercholesterolemia and migraine treatment.

12:05 - 12:30 • Lecture

**Sixty Years of Eating Red Herrings: How a lethal dietary diversion is coming to an end.**



### Dr Damien Downing MBBS MSB

Dr Downing is President of the British Society for Ecological Medicine and was for 20 years Editor of the Journal of Nutritional and Environmental Medicine. He serves on the Editorial Board of the Orthomolecular News Service and the Board of the Neurolipid Research Foundation.

12:30 - 13:00 • Speaker Panel

Prof Jesús A F Tresguerres  
Dr Charmaine Jooste

Dr Richard Lippman  
Dr Mike Burdon

Dr Sergey A Dzugan  
Dr Damien Downing

13:00 - 14:15 • Lunch Break

This program may be subject to change.

# BSAAM's 13th Annual Anti Ageing Conference London 2016

## Programme for Saturday Afternoon, October 15th, 2016

**14:15 - 14:40 • Lecture** **If Aristotle ran an Anti-Aging Clinic**



**Dr Karl J Neeser** PhD

Karl J. Neese's effort to study the field of anti-ageing for more than twenty years reflects his own diverse experiences. He has been Professor at Lausanne University/Switzerland, Founder/Manager of two European Top Health Clubs and has authored several books. Today he is a worldwide appreciated Health Consultant, Key Speaker and lives in Bangkok/Thailand where he is currently a Professor at Chulalongkorn University School of Sports Science.

**14:40 - 15:05 • Lecture** **Use of mTOR Inhibitor to Enhance Longevity**



**Prof Christophe de Jaeger**

Unité de Physiologie de la sénescence - Institut Européen de la Longévité, Paris, France

**15:05 - 15:30 • Lecture** **Personalized Medicine is Great, but What About Personalized Health**



**Dr Avi Roy** PhD

Avi is the President of the Biogerontology Research Foundation (BGRF), a UK-based charity founded to support ageing research and address the challenges of a rapidly ageing population. Avi is an Oxford based biomedical scientist, and a Research Fellow at the Institute for Translational Medicine at the University of Buckingham (BITM). Avi's research team at BITM explores the rejuvenation of human skin using small molecules, and identifies accurate biomarkers of aging.

**15:30 - 16:15 • Fruit Break**

**16:15 - 16:40 • Lecture**

**From Mindfulness to Metabolomics and Back" (The OMICS Dance between Love and Hate)**



**Dr Dalal Akoury** MD

Dr Akoury practices Integrative Addictive treatment, Integrative Cancer treatment, Age Management and lifestyle medicine, focusing on customized nutrition and fitness programs. she is fellowship trained and certified in Integrative Cancer Therapy, Anti- Aging functional and regenerative medicine, as well as having more than twenty years of accumulated experience in emergency medicine, pediatrics, and a master's degree in public health.

**16:40 - 17:05 • Lecture**

**The New Frontiers of Molecular Medicine in Anti-Aging Medicine: Redoxomics and Lipidomics**



**Prof Eugenio Luigi Iorio** MD PhD

President of Popular University of Lifestyle Medicine (Genova, Ascea, Italy) and International Observatory of Oxidative Stress (Salerno, Italy).

**17:05 - 17:35 • Lecture** **Food as information for the epigenome: neuroprotective nutritional strategies that help us keep our brain young**



**Mr Miguel Toribio-Mateas**

A leader in his field, Miguel is a Nutrition Health Professional and Nutrition Science Researcher / Lecturer with postgraduate education in Systems Complexity, Nutritional Medicine and Clinical Neuroscience. Miguel is Board Certified in Anti-Ageing, Functional and Regenerative Nutrition (ABAHP) and practises Personalised Nutrition. His background in research technology and scientific publishing, working with the medical, academic & scientific research communities worldwide that spans back to the late-90s. Miguel is the Chairman of the British Association for Applied Nutrition and Nutritional Therapy, BANT

**17:35 - 18:00 • Speaker Panel**

**Prof Christophe de Jaeger**  
**Prof Eugenio Luigi Iorio**

**Mr Miguel Toribio-Mateas**  
**Dr Avi Roy**

**Dr Karl J Neeser**  
**Dr Dalal Akoury**

**18:00 • End of Day 3 and 2016 Conference**

**18:00 • Après 2016 - Exhibitor Hall**

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