

Advanced Topics in Age Management Medicine

Series of 10 Web Seminars
20 AMA PRA Category 1 Credits™

- Practice pro-active preventive healthcare by incorporating Age Management Medicine using the latest clinical protocols and methods
- Benefit from private pay medicine avoiding the challenges of managed healthcare and other insurance reimbursement systems
- Increase practice success by incorporating Age Management Medicine

20 AMA PRA
Category 1
Credits™

Jointly Sponsored by The Foundation for Care Management
and Cenegenics Education and Research Foundation



To my medical colleagues,

Age Management Medicine is a unique opportunity to help patients lead healthier and more vigorous lives. The therapies are evidence based on and supported by medical literature. Totally outside the insurance world, Age Management Medicine recognizes physician's cognitive abilities and rewards them appropriately.

America's current medical care system is focused solely on the treatment of disease, waiting for something negative happen and then trying to fix it after the fact. The Cenegenics Medical Institute focuses on optimal health. By regaining and maintaining metabolic and endocrine functions at the upper end of the normal range, adjusted for age, we have the best opportunity to provide our patients with a healthy and vigorous life. We do have the power to control the future of our own health and that of our patients as well. With years of experience, Cenegenics has thousands of patients worldwide.

Founded in 1997, Cenegenics Medical Institute has a worldwide practice with thousands of patients, many of whom are physicians and their families. This Web Seminar offered by the Cenegenics Education and Research Foundation, the first of its kind focused on the growing opportunities in Age Management Medicine, will give you solid grounding in the principles of Age Management Medicine, provide you with the support of medical literature, and introduce you to the concepts of transitioning your current disease-based, reactive medical practice into a health-based proactive, preventive practice.

The current medical reimbursement insurance-based system is both intellectually and fiscally bankrupt. It is probably the single most important issue for physicians today, because economic survival within the insurance system is increasingly improbable. The "Medicare Trustees Report", published at the end of 2004 and featured in the *American Medical News* in the February 2005, edition discloses a 30% decline in reimbursements to physicians over the next six years. This is not a projection. It is already a legal fact and an extremely frightening scenario. It leaves little hope that the system will change for the better.

The only opportunity for physicians is to step outside the insurance reimbursement system and develop a private-pay practice. We believe that Age Management Medicine may be the single best opportunity. We have developed a medical paradigm that is a proven success, both at the Institute in Nevada and with our Affiliates Program around the country. The Institute continues to grow at a rate of over 30% a year and our affiliates are growing at over 100% a year. Our affiliate physicians need only 500 patients to gross well over one million dollars a year, with less than 30% overhead. We are happy to explain this model to you and I welcome the opportunity for further discussions.

Please consider where you would like to be professionally in five years. If you are not happy with the answers, we recommend that you consider this opportunity. The world of Age Management Medicine is expanding. We believe there is a 5-year window of opportunity to take advantage of an exciting new field to help patients lead healthier, more vigorous lives and to do well economically outside the insurance world.

If this concept of proactive, preventive medicine is of interest to you, I welcome the opportunity to speak with you personally. My toll-free private line is 1-866-953-1530. We do hope you will consider private pay medicine as the solution for better medical care for your patients and appropriate economic reward for your cognitive abilities.

Best Regards,

Alan P. Mintz, MD, CMO, CEO Cenegenics Medical Institute

CME Joint Sponsors



Foundation for Care Management

The Foundation for Care Management is a 501c3 non-profit foundation and is governed and advised by an active and distinguished board of healthcare professionals. FCM is an accredited provider of continuing professional education courses for physicians, nurses, pharmacists and dentists. Its mission is to provide quality, evidence-based, continuing education to primary care providers who want continuing education of the highest quality. More about FCM can be found at www.FCMcme.org.



Cenegenics Education and Research Foundation is a not-for-profit 501(c) 3 foundation, governed by an independent board. Its purpose is to conduct research and provide evidence-based education in age management and proactive preventive medicine and to support other organizations with similar goals to develop best practice standards in the prevention of disease.

Accreditation

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Foundation for Care Management and Cenegenics Education and Research Foundation. The Foundation for Care Management is accredited by the ACCME to provide continuing medical education for physicians.

The Foundation for Care Management designates this educational activity for a maximum of 20 *AMA PRA Category 1 Credits*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Foundation for Care Management is an approved provider of continuing education by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider #FCM-0303.



The Foundation for Care Management is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Program #347-999-06-002-C.

What is Age Management Medicine?

Cenegenics Education and Research Foundation believes Age Management Medicine to be evidence-based preventive medicine that is focused on optimal health and vigor. The Age Management Medicine physician incorporates well-known and accepted markers of disease risk into proactive patient management. Age Management Medicine physicians recognize that they may or may not be able to increase longevity, but are able to prevent premature disability and death while enhancing quality of life. The Age Management Medicine physician uses hormone modulation for the endocrinologically “normal” by identifying hormone levels that yield superior health outcomes. For most hormones, this is simply the upper 25% - 30% of the normal range for the patient’s age. The exceptions are insulin, cortisol and hGH. The Age Management Medicine physician tries to lower insulin and cortisol levels into the lower end of the normal range for the patient’s age—whereas the physician will only consider hGH when a comprehensive evaluation reveals an adult onset growth hormone deficiency.

The Age Management Medicine physician recognizes that successful therapies necessitate appropriate lifestyle issues, such as optimal low-glycemic load nutrition, appropriate nutrient supplementation, and physical exercise. The Age Management Medicine physician focuses on the synergy of all these elements in order to enhance vitality and extend the health span of the patient.

The Age Management Medicine physician studies the hormones that decline with age, the timing and degree of that decline, and the related physiologic consequences. Learned are risks and benefits of hormone modulation therapy pertaining to sex hormones, thyroid hormone, melatonin and growth hormone—as stated earlier, growth hormone modulation therapy is used only for adult onset growth hormone deficiency in the clinical setting when a comprehensive evaluation reveals an adult deficiency. The physician learns the importance of, and the therapeutic approach to, controlling levels and achieving balance of those hormones which contribute to the aging process. Knowledge of the critical role of nutrition, exercise, and lifestyle adjustments in the management of aging and the prevention of degenerative disease is gained. The Age Management Medicine physician is able to accurately evaluate a patient’s health status in terms of age management goals and initiate an appropriate and individualized hormonal modulation therapy program incorporating nutrition and exercise protocols and recommended lifestyle adjustments. Moving forward, the Age Management Medicine physician is qualified to monitor the efficacy of treatment, adjust the dose of hormones and related therapies and address side effects. The physician will have the ability to incorporate Age Management Medicine into a new or existing medical practice, utilizing proven ethical business and management strategies.

Cenegenics Medical Institute is the largest and most experienced Age Management Medicine Group Medical Practice in the world.



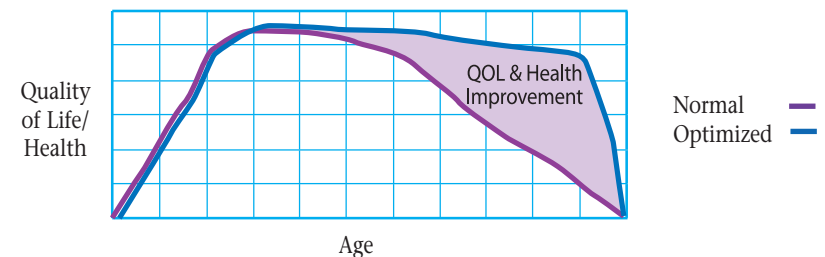
Why add Age Management Medicine to your practice?

Age Management Medicine gives you the opportunity to help patients lead healthier, more vigorous lives with the potential for increased longevity. Whether you are considering the incorporation of Age Management Medicine into a new or existing practice or partnership, you can improve your income outside your regular practice away from entanglements with the insurance world. You now have the chance to develop a practice with patients who are loyal to you, grateful for your knowledge, and who distinguish you as THE physician helping them restore vigor and energy to their lives. You can be paid directly for your services, even before they are performed, so you will never have a receivable again! High patient retention, the result of successful therapies and patient management systems, effectively guarantees an ongoing income stream. Age Management Medicine is also complementary to aesthetic medical practices, including cosmetic surgery and medical spas, since patients interested in cosmetic procedures also seek to increase their self-esteem through improvement of their inner health and vigor.

Patient Benefits from Age Management Medicine

Individuals make the decision to become Age Management patients to increase their energy level – including sexual energy, to reduce body fat, increase lean muscle, improve cognitive function, lower cholesterol, enhance mood, improve ability to handle stress, and strengthen the immune system so as to remain as disease free as possible. Age Management physicians help the patients achieve their goals 95% of the time.

Patients are interested in a pro-active therapeutic program designed to meet their quality-of-life expectations. Given the current healthcare system and the limitations of managed healthcare, patients are seeking Age Management physicians to get the treatment they expect. Prestigious institutions and medical journals consistently publish articles that validate such therapies. For example, the “Cenegenics Clinical Outcomes Study”, published in the *Journal of Age Management Medicine* and presented to the American Association of Clinical Endocrinologists, provides actual patient results. This study is the basis of university affiliated research and the focus of featured lecturers at ongoing Continuing Medical Education (CME) accredited medical conferences and seminars.



What is the Cenegenics Education and Research Foundation Web Seminar Program?

Cenegenics Education and Research Foundation's Web Seminar Program is a series of presentations, or lectures, that are transmitted over the Web. A key feature of a Web Seminar is its interactive elements -- the ability to give, receive and discuss information. (Contrast this with Webcast, in which the data transmission is one way and does not allow interaction between the presenter and the audience).

Each of the ten Cenegenics Education and Research Foundation Web Seminars will consist of a web lecture presented by a highly qualified faculty member **75 minutes in length followed by a 45 minute live call in question and answer session.** Two *AMA PRA Category 1 Credits™* are awarded for each Web Seminar attended. Following completion and submission of a course evaluation at the end of the 10-series program, CME credit will be provided.

Attendees may register for the Web Seminar series at any time during the calendar year. Each attendee will be encouraged to participate in one scheduled Web Seminar per month, excluding June and July. Should they be unable to attend the live event, the complete recorded Web Seminar with question and answer session will be available for a period of 90 days.

Age Management Medicine Web Seminar Curriculum

1

Creating a Private Pay Preventive Medicine Practice Outside the Insurance World

Alan P. Mintz, MD

The current medical practice is disease-based and completely broken. The "Medicare Trustees Report" forecasts a 30% reduction in fees with a 2-3% medical inflation rate. There are opportunities for focusing on health in the private pay world which are affordable for well over 25% of the population. This web seminar will be a discussion of the research validating prevention of disease, diet, exercise regimens and hormone modulation in an age management practice. This innovation of a proven approach to better serve patients will help doctors to do well economically, recognizing their cognitive abilities.

Web Seminar #1 Objectives:

1. Discuss the aging process and decrease in functional ability.
2. Identify the evidence-based rationale for a private pay practice based on age management medicine.
3. Describe the components of an age management practice with emphasis on disease prevention.



2

How to Evaluate & Treat the Aging Adult to Assure Optimal Health and the Highest Quality of Life

Anton R. Dotson, MD

The purpose of this course is to enable the physician to create a general hormonal program for his/her patients. This course includes techniques involved in the evaluation of the aging adult that includes lab and diagnostic testing to assess for physical findings consistent with low hormone states and provides a clinical context for other evaluation, treatment, and outcome measures. A review of the literature assists in establishing hormone target levels and treatment algorithms as well as appropriate follow-up care.

Web Seminar #2 Objectives:

1. Describe the evaluation of the aging adult, including history, physical exam, lab panel, and diagnostic testing, assessing for physical findings consistent with low hormone states.
2. Formulate a treatment plan based on sound scientific data while cognizant of problems that would exclude therapy.
3. Apply appropriate follow-up, including diagnostic testing and evaluation.

Cenegenics Education and Research Foundation provides the most highly regarded learning opportunity for Physician Training in Age Management Medicine.

Each Web Seminar includes 45 minute LIVE Q & A

3

Bioidentical Hormone Replacement Therapy and Breast Cancer Risks

Julie A. McCallen, MD

This course involves a discussion of the impact of bioidentical hormone replacement therapy on breast cancer risk, critically reviewing the current literature in this area, and surveying studies in progress. Topics to be covered are: HRT for women at high risk for breast cancer and HRT for breast cancer survivors; impact of not replacing estrogen and progesterone on breast cancer occurrence/recurrence; advantages of transdermal vs oral HRT; and cyclic vs continuous HRT.

Web Seminar #3 Objectives:

1. Discuss the most recent and definitive studies on bioidentical hormones and breast cancer risk.
2. Describe the advantages and disadvantages of HRT in relation to breast cancer risk.
3. Apply treatment strategies in hormone replacement, based on the most current literature, for the high risk and cancer survivor patient.

4

Maintaining Great Health with Testosterone Supplementation

Anton R. Dotson, MD

This lecture/discussion is a practical science-based approach to testosterone therapy. Current and historic research on the physiology of testosterone and its effects on body organs and processes will be reviewed. Topics to be included are: clinical signs and symptoms as well as laboratory findings indicative of testosterone deficiency; testosterone modulation including the pros and cons, modes of delivery, and dosing; and the importance and techniques of follow-up and patient monitoring.



Web Seminar #4 Objectives:

1. Discuss the scientific rationale for testosterone replacement therapy.
2. Describe testosterone physiology and signs and symptoms of testosterone deficiency.
3. Identify methods of testosterone modulation including the pros and cons, modes of delivery and dosing.
4. Develop an understanding of the importance of proper follow-up and monitoring.

5

Rejuvenation of the Skin - How to Incorporate it into Your AMM Practice

Flor A. Mayoral, MD

This course describes the advantages of including cosmetic or aesthetic procedures into an age management practice. Topics to be discussed include: importance of recognizing photodamaged and photoaged skin and the lesions that are associated with excessive ultraviolet radiation; the treatment of photodamage with simple skin care regimens; and strategies to educate patients in the prevention of further damage to the skin.

Web Seminar #5 Objectives:

1. Describe the advantages of incorporating aesthetic medicine and cosmetic procedures into an age management practice.
2. Recognize photodamaged and photoaged skin, and the lesions that are associated with excessive ultraviolet radiation (actinic keratoses, dermatoheliosis, basal cell carcinomas, squamous cell carcinomas, melanomas, dysplastic nevi).
3. Discuss the treatment of photodamage with simple skin care regimens.
4. Educate patients in the prevention of further damage of the skin and appropriate referrals for the treatment of any cancers detected during their exam.

6

The Effect of Growth Hormone for Adult Onset Growth Hormone Deficiency on Life Expectancy

Alvin B. Lin, MD

Successful aging has been thoroughly explored in the literature. Havighurst in 1961 describes it as “adding life to the years” and “getting satisfaction from life”. Gibson (1995) says that successful aging “refers to reaching one’s potential and arriving at a level of physical, social, and psychological well-being in old age that is pleasing to both self and others”. This lecture involves a systematic review of the literature describing the relationship between growth hormone (GH) for the proven adult onset growth hormone deficient patient and life expectancy, and GH for the proven adult onset growth hormone deficient patient and cancer, and explores the goals of age management medicine in terms of preventive medicine, maximizing health span by minimizing risk of premature demise, and focusing on individual health.

Web Seminar #6 Objectives:

1. Discuss the relationship between GH for the adult onset growth hormone deficient patient and life expectancy.
2. Identify the goals of age management medicine in terms of preventive medicine, maximizing health span by minimizing risk of premature demise, and focusing on individual health rather than public health.
3. Review the concept of successful aging as described in the literature.
4. Describe the current literature on growth hormone for the adult onset growth hormone deficient patient and cancer.

7

Stress and its Effects on Aging Hormones

Robert D. Willix, Jr., MD, FACSM



The free radical theory of aging as well as the effects of stress on the adrenal glands and other end organs that are affected by the aging process will be discussed in this course.



Hans Selye may have been the Father of Age Management Medicine when he described the three phases of stress – alarm, adaptation, and exhaustion - and their effects of the adrenal cortisol hormones. The stress response is one of the major contributors in DNA mutation, Oxidative stress, and Adrenal insufficiency eventually leading to organ failure and death. Nutrition is also involved in the stress response to the metabolic syndrome. The participants will also learn that Meditation may be the only means to help relieve the effects of stress on the aging process.

Web Seminar #7 Objectives:

1. Describe the pathophysiology involved in each of the three phases of stress.
2. Identify the effects of stress on:
 - Cortisol
 - DHEA
 - Insulin
 - Melatonin
 - GH
3. Develop an understanding of meditation as a technique to relieve the effects of stress on the aging process.

8

How to Prevent Malpractice Lawsuits in Age Management Medicine

Neil R. Reisman, MD, JD, LLD

This Web Seminar lecture will focus on the many legal issues in the practice of Age Management Medicine (AMM). Topics include negligence, product liability, warranty issues, privacy, informed consent, and federal civil and criminal concerns in this area. More specific

topics include standards of medical care, the use of “Off-Label” drugs and products, representations to patients concerning lab tests and nutraceuticals, abandonment, and new trends of liability and protections.

Web Seminar #8 Objectives:

1. Describe the legal risks in an AMM practice.
2. Identify current laws and statutes affecting AMM practice.
3. Comply with laws and standards of practice in AMM thereby avoiding risk.

9

Marketing Your Age Management Medicine Practice (includes strategies for building an AMM practice)

John E. Adams, President, Cenegenics Medical Institute

This presentation is an evidence-based, nuts and bolts approach to marketing a private pay, age management practice. Strategies for building a practice include space and staffing recommendations, market analysis, patient pricing models, ROI scenarios, ways to generate leads, lead education, and legal considerations. Medical practice success stories will be discussed.

Web Seminar #9 Objectives:

1. Discuss various office and staffing requirements for an age management practice.
2. Describe the steps involved in conducting a market analysis and generating leads.
3. Consider various pricing structures based on return on investment scenarios.
4. Describe legal considerations in prescribing AMM protocols.



10

Exercise – A Critical Component to Successful Aging

Jeffry S. Life, MD, PhD

This presentation provides an overview of the declining state of physical and mental health in America's aging population. It includes a review of the current scientific literature that deals with the role exercise plays in preventing and reversing physical and cognitive declines in individuals as they age. Also discussed in detail are the biochemical and physiological mechanisms that are brought into play when an individual exercises and the role these are thought to play in improving cognitive function and slowing the aging process. Exercise prescriptions are discussed and include aerobic and anaerobic exercise regimens that are specifically designed to meet the needs and capabilities of our aging population.

Web Seminar #10 Objectives:

1. Gain an understanding of the importance of aerobic and anaerobic exercise in AMM.
2. Design exercise prescriptions for your AMM patients.
3. Develop motivational strategies to keep your patients involved in a life-long exercise program.

Recognition of Web Seminar Training

Upon successful completion of the entire twelve month Web Seminar, participants will receive a certificate suitable for display and documentation of CME participation.

Faculty



Alan P. Mintz, MD

Dr. Mintz's dynamic vision and commitment to excellence have set the tone for Cenegenics. He proudly serves as chief medical officer, chief executive officer and co-founder, offering his esteemed experience and passion in age management. Dr. Mintz has completed Physician Training in Age Management Medicine jointly sponsored by the Cenegenics Medical Institute and The Foundation for Care Management. A University of Chicago graduate, Dr. Mintz earned the Degree of Doctor of Medicine from the University of Illinois - School of Medicine. He went on to serve as a physician with the United States Navy, prior to postgraduate

training in radiology. Dr. Mintz is a Diplomate of the American Board of Radiology, including nuclear medicine and radiation therapy. Throughout his career, Dr. Mintz was appointed chairman of the Department of Radiology for several Chicago-area hospitals and remains an adjunct professor for the Center for Cardiovascular Research, at Northeastern Illinois University. He is no stranger to business success, previously holding the positions of chief executive officer, president and co-founder at the world's largest radiology management company. Thanks to his professional expertise and guidance, Cenegenics Medical Institute (with the joint sponsorship of Foundation for Care Management) has been recognized by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education to physicians. Dr. Mintz also has been a driving force behind implementing the Institute's university-affiliated research. Complementing his outstanding career as a physician and businessman, Dr. Mintz has attained international recognition as a lecturer and published author in such prestigious publications as the *Journal of Age Management Medicine* and *Total Health*. Dr. Mintz is an avid athlete with a zeal for skiing. He has served as medical advisor for the National Ski Patrol and is a member of the Steinmetz Academy for Wellness and Sports Science Board of Directors. At age 58, Dr. Mintz further demonstrated his personal commitment to health and wellness, earning the title of 1996 AAU Mr. Illinois, in the Grand Masters Division.



Alvin B. Lin, MD Co-Course Director

Dr. Lin is a Diplomate of the American Board of Family Medicine and a Fellow of the American Academy of Family Physicians. Dr. Lin has completed Physician Training in Age Management Medicine jointly sponsored by the Cenegenics Medical Institute and The Foundation for Care Management. With Dr. Anton Dotson, he co-authored the AMA PRA Tutorial Training in Age Management Medicine. Dr. Lin earned his bachelor of science in biology and a post-baccalaureate in computer science from the University of California, Riverside. After receiving a medical degree from the Bowman Gray School of Medicine at Wake Forest University, Dr. Lin completed his residency in Family Medicine at the University of California, Davis. Gaining substantial experience over several years, Dr. Lin returned to complete a fellowship in geriatrics at the Brody School of Medicine, East Carolina University. He earned the Certificate of Added Qualifications in geriatric medicine, then re-certified in family medicine. Dr. Lin continued at East Carolina, where he was appointed director of the

Ambulatory Geriatrics Center and assistant clinical professor in the Department of Family Medicine at the Brody School of Medicine. In this capacity, Dr. Lin had the opportunity to train the next generation of family physicians, geriatricians, physician assistants and nurse practitioners, while delivering babies and caring for our elderly. Currently, Dr. Lin is a clinical assistant professor in the Department of Family and Community Medicine at the University of Nevada School of Medicine, where he teaches in the Las Vegas Family Medicine Residency program. His diverse professional background, coupled with ACLS, ALSO, ATLS, BLS, NRP and PALS certifications, has made him an influential and successful mentor. He also lectures frequently for the American Academy of Family Physicians on the use of handheld technology in medicine. Dr. Lin joins the Cenegenics Medical Institute team with a desire to inform and educate others in the area of age management and wellness.



John E. Adams, CPA

John Adams' keen business sense, exceptional leadership abilities and financial acuity form the foundation for his unparalleled success as president and co-founder of Cenegenics Medical Institute. A University of Illinois at Chicago graduate, Mr. Adams

was appointed to the Dean's Business Advisory Council of the College of Business Administration. His path to success began in Chicago as a certified public accountant. Mr. Adams was quickly acknowledged for his consummate work ethic, earning him the role of senior consultant for Arthur Andersen & Company's Emerging Business Group. Mr. Adams' first entrepreneurial venture was as co-founder, executive vice president and chief operating officer of Medicon, Inc.-the world's largest radiology management company. There, he demonstrated his extraordinary ability for developing and implementing a business model from a medical vision. To complement his success as an entrepreneur, Mr. Adams serves on the board of the elite Young Presidents Organization. It is with Mr. Adams' direction, perseverance and incomparable drive that Cenegenics Medical Institute continues on the progressive edge of patient care, maintaining its position as a leader in age management medicine, nationally and internationally.



Jeffrey S. Life, MD, PhD Co-Course Director

Dr. Life is a Diplomate of the American Board of Family Practice and a Fellow of the American Academy of Family Physicians. In addition, Dr. Life has completed Physician Training in Age Management Medicine jointly sponsored by the Cenegenics Medical

Institute and The Foundation for Care Management. After receiving his medical degree from University of Iowa, Dr. Life completed his residency in family medicine and internal medicine at West Virginia University. He also attained a PhD in environmental sciences and health. Prior to joining Cenegenics, Dr. Life was a full-time family physician and a part-time assistant professor at Marywood University in Pennsylvania, teaching graduate courses in nutritional science and exercise physiology. He is completing a Masters of Science program in sports nutrition and exercise science, while working on an upcoming book. In 1998, after reaching a lifetime high in body weight, percentage of body fat and level of deconditioning, Dr. Life decided to enter EAS National Body-for-LIFE Challenge, at age 60. He won the contest and became a Grand Champion, losing 35 pounds of body fat and gaining 15 pounds of muscle as a direct result of improving his nutrition and starting an exercise program. He continues to live a lifestyle promoting health and fitness and has written a chapter on "Exercise, Fitness and Lifestyle" for a popular medical textbook, published 2002. Dr. Life joins the team at Cenegenics Medical Institute with a fervent desire to share with our patients the same lifestyle changes and knowledge that have made a positive impact on his life.

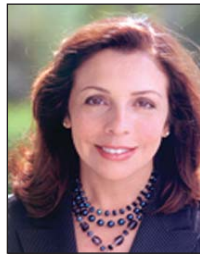
Disclosures: Alan P. Mintz, MD is CEO and CMO of Cenegenics Medical Institute. John E. Adams is President of Cenegenics Medical Institute. Jeffrey Life, MD and Alvin B. Lin, MD are Senior Institute Physicians for Cenegenics Medical Institute. Neal Reisman, MD, JD is a member of the Inamed Corporation Speakers Bureau. Flor Mayoral, MD, Julie A. McCallen, MD, Neal Reisman, MD, JD, and Robert Willix, MD report no commercial interest or relevant financial relationship within the past 12 months.



Anton R. Dotson, MD

Dr. Dotson is American Board Certified in both Internal Medicine and Clinical Immunology/Allergy. Dr. Dotson is the Course Director of the AMA PRA Tutorial Training in Age Management Medicine. Dr. Dotson has completed Physician Training in Age Management Medicine jointly sponsored by the Cenegenics Medical Institute and The Foundation for Care

Management. Upon completion of his undergraduate studies at the University of Nevada, Dr. Dotson earned the Alpha Zeta Honor Society Award for Highest Academic Performance and the R Herz Award for Highest Academic Achievement among his peers. He is a graduate of the University of Nevada School of Medicine and recipient of the "Outstanding Member of [the] Graduating Class Award". During his years as an Internal Medicine Resident, the University of California at Davis and Veteran's Administration recognized Dr. Dotson as "Outstanding Intern". Later he would receive the "Outstanding Resident Award" from the University of California at Davis/Kaiser Permanente. Highly respected among his peers for his private practice specializing in Allergic Disease and Immunology, Dr. Dotson concurrently served as Chief of the Department of Allergy for University of San Francisco/Mount Zion Hospital and Director of the Mount Zion Allergy Clinic. As a Clinical Instructor at the University of San Francisco/Stanford School of Medicine, Dr. Dotson remained active in the academic community. He also served as a member of the Board of Directors for the Executive, Professional Education and Finance Committees for the Asthma Education and Resource Council. Dr. Dotson is an accomplished researcher and author of several published journal articles. This experience led to his appointment as Medical Editor of *Inspiring News*, National Asthma Newsletter. After moving back to Nevada to continue in private practice, Dr. Dotson received the "Las Vegas Top Doctor" Award by *Las Vegas Life Magazine*.



Flor A. Mayoral, MD

Dr. Mayoral has completed Physician Training in Age Management Medicine jointly sponsored by the Cenegenics Medical Institute and The Foundation for Care Management. Dr. Mayoral has over 18 years of experience practicing exclusively dermatology and cutaneous surgery in the South Florida area. She is Board Certified by the American Academy of Dermatology (AAD) and the National Board of Medical Examiners. She is a

member of the clinical faculty at the University of Miami, Department of Dermatology and Cutaneous Surgery and teaches cosmetic procedures to dermatology residents on a monthly basis. Dr. Mayoral currently serves as part of the National Training Center for BOTOX as well as a consultant for Collagenex. Fluent in both English and Spanish, Dr. Mayoral appears regularly on television and radio, as well as in magazine, trade and news articles in the United States. She is sought after as one of leading dermatologists by Latin American press as well. Dr. Mayoral graduated with honors with a Bachelor of Science in Pharmacology from the University of Florida and went on to receive her medical degree. She completed a Post-Doctoral internship in the Department of Internal Medicine at the University of Miami (UM) and performed her residency at UM's Department of Dermatology and Cutaneous Surgery. Dr. Mayoral is a Past Program Director for the Clinical Dermatology Training Program for the College of Osteopathic Medicine. She is a member of the AAD, American Medical Association, Dade County Medical Association, Florida Medical Association and the Miami Dermatological Society. In Latin America, Dr. Mayoral lectured as a professor for the First and Third International Congress of Clinical Aesthetics, sponsored by the Argentine Medical Association and the Argentine Association for Clinical Aesthetics. Dr. Mayoral lectured at the International Congress of Cosmetic Dermatology held in Mexico in June 2004. In an effort to give back to her community, Dr. Mayoral participates in skin cancer screenings organized by AAD to detect melanomas and other cutaneous malignancies in the general population as well as the "Melanoma Monday" educational awareness and media campaign in South Florida.

Faculty



Julie A. McCallen, MD

Dr. McCallen is a Board Certified Family Physician, a Diplomate of the American Board of Family Practice, and a member of the American Academy of Family Physicians. She has completed Physician Training in Age Management Medicine, jointly sponsored by the Cenegenics Medical Institute and The Foundation for

Care Management. Dr. McCallen is certified in Clinical Densitometry by the International Society of Clinical Densitometry, and in Aviation Medicine by the Federal Aviation Administration. Originally from central Wyoming, Dr. McCallen earned a Bachelor of Arts in Biochemistry from Cornell University in Ithaca, NY, and her medical degree from the University of Pittsburgh School of Medicine. She completed her residency in rural family medicine in Casper, Wyoming in 1993, and practiced emergency medicine as a civilian contractor for the US Air Force for 3 years. Returning to her frontier roots in 1996, she entered rural family practice in southwestern Colorado. Her practice is very broad in scope, in this small community of pioneer ranchers and recreation enthusiasts, and she serves a large, rather isolated geographic area. Dr. McCallen has, throughout her career, focused on prevention in the form of proper nutrition, exercise, and hormone modulation. Her increasing use of bioidentical hormone replacement led her to Cenegenics, and she became an affiliate physician for the institute in 2005. Through her new Age Management Medicine practice in addition to her full-time family practice, she continues to motivate people to live healthier lives.



Neal R. Reisman, MD, JD, FACS

Dr. Reisman is Board Certified in General Surgery and Plastic Surgery, with added Qualifications in Surgery of the Hand, and Quality Assurance-Utilization Review. As a practicing plastic surgeon in Houston, Dr. Reisman has a broad practice in Aesthetic Surgery with an active Aesthetician and Skin Care Center. In addition to general surgery and plastic surgery training, he has completed fellowships in hand, microsurgery and plastic surgery while acquiring his law degree. He has lectured throughout the United States and Europe and written extensively on areas of cosmetic surgery, risk management, the practice of plastic surgery, and physician organization and network development with countless presentations and publications. Dr. Reisman also holds several academic positions: Clinical

Associate Professor for Plastic Surgery - Baylor College of Medicine; Associate Chief Plastic Surgery - St. Luke's Episcopal Hospital; President and Founder of "Plastic Surgery Specialists" and "Specialists in Plastic Surgery, LLP." As one of Houston's "Top Docs in Plastic Surgery", Dr. Reisman held multiple leadership positions in hospitals, including Chief of Surgery, Chief of Medical Staff, and Chairman of the Board. He serves on numerous national and local committees. He is a Fellow of the American College of Surgeons, and a member of The American Society of Aesthetic Plastic Surgery, The American Society of Plastic Surgeons, The Lipoplasty Society of North America, and The American Association of Plastic Surgeons.



Robert D. Willix, Jr., MD, FACSM

Dr. Willix has completed Physician Training in Age Management Medicine jointly sponsored by the Cenegenics Medical Institute and The Foundation for Care Management. Dr. Willix is a 1969 graduate of the University of Missouri Medical School. Dr. Willix has completed training and residencies in Surgery, General Surgery, and Thoracic and Cardiovascular Surgery. He is an avid athlete having completed 14 Marathons and in 1984 completed the Ironman Triathlon in Kona, Hawaii. In November of 1993, Dr. Willix received *Prevention Magazine's* Achievement Award for "Best Doctor" and in 1995 the Kaul Foundation Award for Excellence for outstanding

achievements as a medical doctor, scientist, author and editor in the field of self-serving health. As a private-practice physician in Boca Raton, FL, Dr. Willix has begun to incorporate many alternative forms of health, including natural medicine from India, Shamanic Energy and Healing from Peru, and acupuncture. Dr. Willix has also served as Team Leader for the U.S. Olympic Committee Physician Drug Testing Team, Medical Director for several triathlons, Medical Advisor for the Broward County School System Use of Androgenic Steroids, and is a Lecturer at the University of Miami School of Medicine, Department of Integrative Medicine.

Cenegenic Education and Research Foundation Alumni Comments



"I had carefully chosen Cenegenics to teach me age management medicine after being recommended to them by other physicians, reading favorable evaluations about them and personally meeting them at a seminar in Las Vegas. Their course was everything they promised and more. I was treated as a member of the clinical staff, in other words I was learning by doing. Last but not least I became a patient of Cenegenics which is the best experience a physician could have."

Eva-Maria Heurich, D.O., FAAFP
Clinical Associate Professor, NOVA
Southeastern Osteopathic College of Medicine
Ft. Lauderdale, Florida



"The combination of book learning from the lectures and voluminous manuals coupled with the real world aspects of seeing these concepts applied was exceptionally educational and allowed me to integrate these concepts more rapidly than I would have with other programs. I was impressed with the openness and candor of the faculty."

Louis B. Cady, M.D.
Evansville, Indiana



"I look forward to Cenegenics monthly Web Seminars as one of the best means to keep up on what's new in Age Management Medicine. Just as important as the timely presentations is the Q & A at the session end. It is good to hear questions and comments from fellow physicians practicing Age Management Medicine. To my knowledge, this is the only seminar of its kind in the field of medicine, and the CME credits received are an added benefit."

Hugo Pribor, M.D., Ph.D., FCAP
Clinical Professor of Pathology Emeritus,
Vanderbilt University
Medical Director & President, Pribor & Associates
Medical Director, Quest Diagnostics, Nashville,
Tennessee

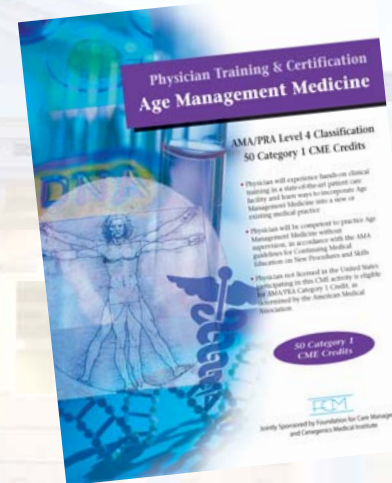


"I found it to be one of the most valuable learning experiences since medical school. The faculty is well prepared, answers our questions completely and is clear in their knowledge. This course is greatly needed!"

Enrique Ginzburg, M.D.
Associate Professor of Surgery,
University of Miami School of
Medicine, Miami, Florida

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 Cenegenics Medical Institute
 851 S. Rampart Blvd., Suite 220
 Las Vegas, NV 89145

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Signature _____

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Computer System Requirements

Medium to fast internet connection

Minimum System Requirements

- 800 MHz Intel Pentium III processor (or equivalent) and later
- 128 MB RAM
- 800 x 600 minimum screen resolution
- Computer soundcard and speakers or headphones

Supported Browsers

- Internet Explorer 6.0
- Netscape Navigator 8
- Mozilla Firefox

Macromedia Flash Player is required to view the Web Seminar presentations. Windows Media Player is required to listen to the recorded conference calls. Both are free downloads.

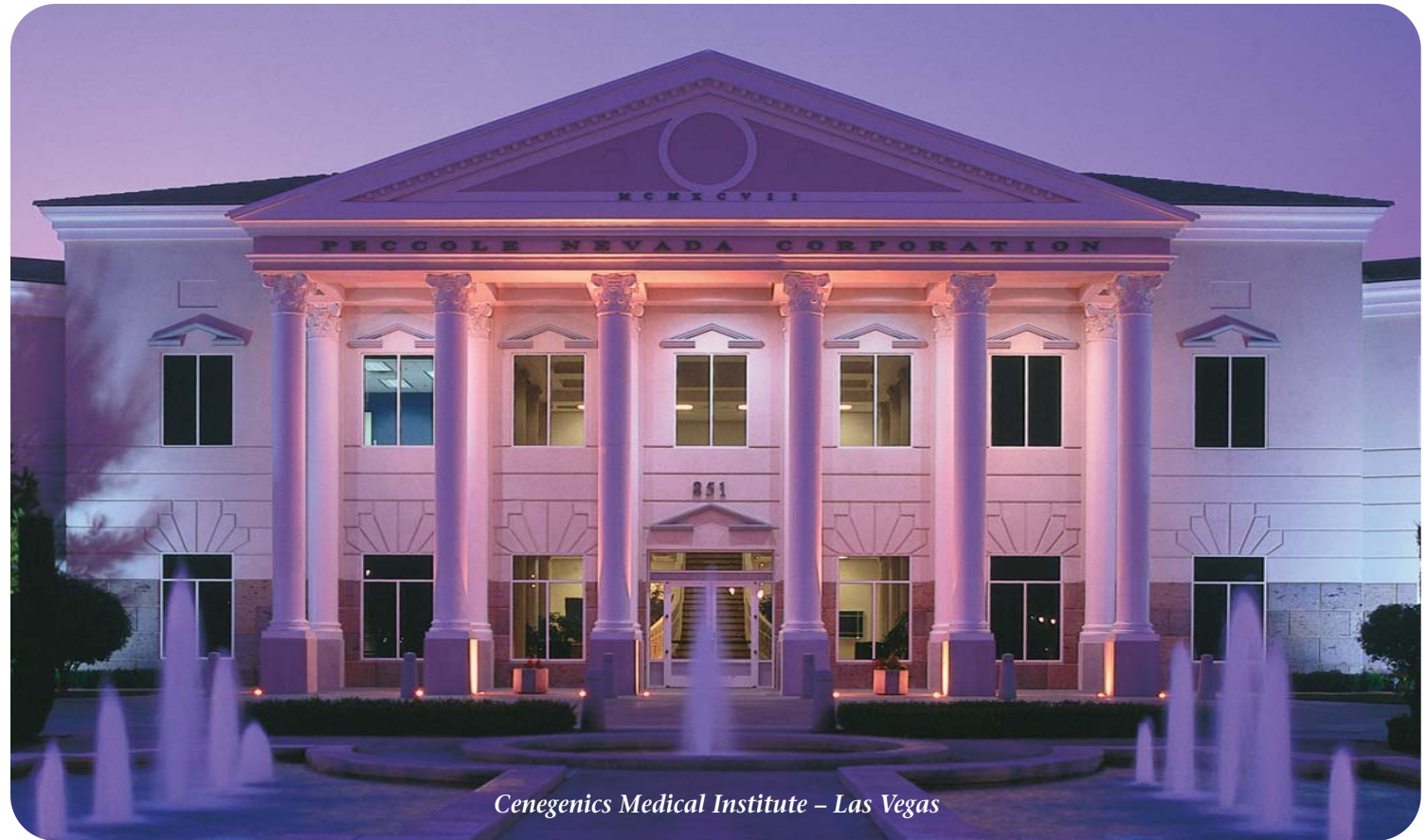
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*Journal of General Internal
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