PHYSICIAN EDUCATION IN

AGE MANAGEMENT MEDICINE

Study AGE MANAGEMENT MEDICINE and enhance your practice to include evidence-based competencies in the management of the aging patient.
These preeminent AGE MANAGEMENT MEDICINE organizations joined forces to develop this evidence-based educational program:

• Cenegenics Education and Research Foundation (CERF) is a 501 (c)(3) dedicated to providing science-based educational programs and research advancing the field of age management medicine.

• Age Management Medicine Education Foundation (AMMEF), the educational division of the Cenegenics Education & Research Foundation (CERF)

This comprehensive age management medicine education is widely considered an industry best practice. Through the use of extensive discussion of the literature, as well as case studies, physicians gain a depth of knowledge and competency not available in other programs. Participants learn how to move from managing disease to managing health through evidence-based preventive medicine protocols.

Call (866) 350-9031 to register today!

WELCOME

Dear Colleague,

The Cenegenics Education and Research Foundation (CERF) thanks you for your interest in our course, widely considered to be the premier education and certification program in age management medicine.

Cenegenics Education & Research Foundation (CERF) is a not for profit 501(c)(3) dedicated to providing cutting edge, science-based educational programs. Our educational arm, The Age Management Medicine Education Foundation (AMMEF) offers a multidisciplinary course covering the principles and tools that are the foundation for making the practice of medicine rewarding again.

Through the contribution of experts in the fields of medicine, nutrition, and exercise physiology, our evidence-based approach is constantly evolving to stay current with the literature and ensure that you have the knowledge and scientific support to enhance your patients’ quality of life.

The world of medicine is changing before our eyes. One key positive development is that more men and women want to proactively work with their physicians to stay active and engaged in healthy living. A highly motivated patient makes for a fulfilled physician. That’s what age management medicine is all about. Not only does it give patients a new model for working with their physicians, but it also allows physicians a new and highly satisfying opportunity to practice medicine in a way they may have only envisioned.

Completing this education is an important first step toward pursuing a career in age management medicine. We look forward to working with you in moving forward with this opportunity to advance medicine.

Best Regards,

Beth Traylor, M.D.
President of the Board
Cenegenics Education & Research Foundation

Jeffrey P. Leake, M.D.
Director of Education
Age Management Medicine Education Foundation

Viewed by attendees as “one of the most valuable learning experiences since medical school.”
We’re the PHYSICIAN EDUCATION EXPERTS

THE CENEGENICS EDUCATION & RESEARCH FOUNDATION
The Cenegenics Education & Research Foundation (CERF) is a not-for-profit 501 (c) (3) dedicated to research and education in age management and preventive medicine. Founded in 1997 alongside our clinical organization, Cenegenics Elite Health, the Cenegenics Education and Research Foundation is governed by an independent board of physicians and researchers. CERF is focused on providing premier education and funding research that promotes our proactive approach to health and wellness.

AGE MANAGEMENT MEDICINE EDUCATION FOUNDATION
The Age Management Medicine Education Foundation (AMMEF) is the not-for-profit educational division of the Cenegenics Education and Research Foundation (CERF). Guided by eminent physician educators and researchers, AMMEF’s mission is to provide evidence-based education in Age Management Medicine, develop best-practice standards in the prevention of disease and engage in ongoing research and affiliation expansion, aimed at improving science and medicine. For more information, go to www.ammeducation.org.

COURSE INCLUDES
Web-Based Home Study Modules and On-Site Format

You’ll hear from educators and researchers who are recognized in this specialty and learn sound science to better achieve long-range success.

• Online home study begins immediately

• Five-day classroom study

• Actual case studies/situations reviewed in problem-solving discussions

• Extensive literature-based support

• Online assessment to demonstrate mastery of material and competency
AGE MANAGEMENT MEDICINE Defined: Moving Focus from Disease to Health

The growing aging population (triggered by 79 million baby boomers in the U.S. alone, with Generation X following on their heels) has changed the definition on “the golden years.” Traditional retirement mentality is now passé.

MEDICINE HAS TO KEEP UP: THAT’S WHERE AGE MANAGEMENT MEDICINE STEPS IN.

Age management medicine is rooted in comprehensive evaluation, well-established therapeutic methods and solid science. It’s not part of the anti-aging movement, nor does it claim to increase longevity. Educated age management medicine physicians recognize aging as a natural process, not a disease, that can be managed. They seek to prevent premature disability and death, while helping patients achieve optimal health and vitality using various disease risk markers in a proactive approach to patient care.

Physicians receive rewarding benefits of practicing age management medicine.

DELIVER PREVENTIVE MEDICINE
With proactive, preventive healthcare, you help patients live healthier, more productive lives.

IMPROVE RELATIONSHIPS WITH PATIENTS
This health-centered, patient-focused medical treatment restores a vital doctor-patient relationship.

STAY ON TOP OF RESEARCH AND TREATMENTS
You access solid science with evidence-based protocols that are receiving global acceptance and acknowledgement and can engage in ongoing educational opportunities.

GET MORE SATISFACTION FROM PRACTICING MEDICINE
Enhance your practice with highly motivated patients and receive personal satisfaction from guiding them to a new dimension of health.

Program Protocols for AGE MANAGEMENT MEDICINE
Focus on Four Key Building Blocks

Age management medicine uses the synergy of exercise, low-glycemic nutrition, nutrient correction and hormone therapy, if clinically indicated. Every aspect of the program is a viral building block to support the prime objective-target and handle the patient’s specific health challenges, stave off age-related disease and manage the aging process for healthier, more robust living and a better-conditioned body.

EXERCISE: Crucial for preventing or delaying age-related disease. Resistance training, cardio and flexibility exercises are incorporated into a customized, results-oriented program.

LOW-GLYCEMIC/ANTI-INFLAMMATORY NUTRITION: Metabolic balance, centered on food combinations and smaller, frequent meals to stave off hunger, stimulates metabolism and evens out blood sugar levels. Based on a patient’s medical needs and health goals. Progress can be tracked online.

HORMONE OPTIMIZATION: Endocrine balance is the goal. If clinically indicated, hormone therapy is initiated and laboratory markers, including blood hormone levels, are monitored at regularly scheduled intervals to ensure safety and appropriate normal ranges.

Patients receive remarkable benefits from age management medicine.

YOUTHFUL AGING, OPTIMIZED HEALTH
Patients report increased energy, lower body fat, elevated mood, improved libido and sharper thinking. Physicians will see objective results in biometric parameters.

INDIVIDUALIZED, PROACTIVE PROGRAMS

INDIVIDUALIZED VITAMIN/NUTRIENT ANALYSIS AND CORRECTION: Often necessary for even the healthiest diets. High quality vitamins and nutrients are recommended for their potency, consistency and bioavailability.

HORMONE OPTIMIZATION: Endocrine balance is the goal. If clinically indicated, hormone therapy is initiated and laboratory markers, including blood hormone levels, are monitored at regularly scheduled intervals to ensure safety and appropriate normal ranges.
Education Curriculum OVERVIEW

PART ONE: Age Management Medicine Home Study
Part one is divided into nine self-study, web-based modules and pre and post-test evaluation. These modules take approximately 15 hours to complete and provide the foundation for the on-site training. These must be completed in advance.

The nine modules are:
- Introduction to Age Management Medicine
- Nutrition in Age Management Medicine
- The Role of DHEA Supplementation in Age Management Medicine
- Hormone Modulation for Women
- Subclinical Hypothyroidism
- Osteoporosis
- Testosterone Modulation for Men and Women
- The Evidence-Based Exercise Prescription
- Growth Hormone Evaluation of the Aging Adult

PART TWO: Age Management Classroom Education
Part two is a live, five-day session. It is a dynamic, interactive, workshop in which the physician engages to discover the evidence-based theoretic basis for age management medicine and then solves problems utilizing actual patient case studies. Following these sessions, the physician takes a comprehensive competency test online.

On-site course curriculum includes:
Introduction to Age Management Medicine
Fitness Programs in Clinical Practice

- Principles of Exercise Training
- Aerobic Exercise and VO2 Max Assessment
- Principles of Resistance Training
- Interval Training Programs

Nutrition Management – Hormonal and Non-Hormonal Strategies for Optimal Body Composition

- Controlling Systemic Inflammation
- Central Control of Body Weight and Appetite
- Metabolic Consequences of the Transition from the Ancestral Diet to Modern Day Diet
- Novel Strategies for Improving Weight Loss

Clinical Management of Hormone Therapy and Case Studies

- General Principles
- Testosterone – Male
- Thyroid
- DHEA
- Menopause/Perimenopause

- Estrogen, Progesterone and Testosterone Therapies for Females
- Melatonin
Upon completion of this comprehensive evidence-based course, the physician will be able to:

- Evaluate various theories of aging including genetics, oxidative stress, glycation, and telomere shortening.
- Obtain a comprehensive health history that is pertinent to age management medicine.
- Interpret laboratory studies differentiating between optimal and normal values.
- Formulate an individual treatment plan, integrating age management medicine concepts and utilizing evidence-based principles.
- Identify the fundamentals of nutrition and nutrient deficiencies, and formulate a plan to correct.
- Describe the components of low glycemic/anti-inflammatory nutrition, formulate a nutrition plan and teach patients how to incorporate and maintain these nutritional plans.
- Describe the role inflammation plays in disease development, implement appropriate care to prevent or mitigate it.
- Educate patients in the importance of exercise/fitness and develop an exercise prescription, including high intensity interval training to help them apply these concepts into their lifestyle and health management routines.
- Describe the fundamentals of DEXA scanning and bone density, correlating lab results and VO2 testing.
- Educate patients on the basics of endocrine physiology relating to health and wellness.
- Implement the age management approach to hormone replacement therapy (HRT), if indicated, in the care of the aging female.
- Identify estrogen dominance, hypogonadism and other hormone imbalances in men and treat appropriately, if indicated.
- Develop and implement a plan to resolve any presenting side effects and promote adherence to the treatment regimen.
- Evaluate the effectiveness of individualized treatment plans with your patients through careful and consistent follow up and monitoring.

AGE MANAGEMENT MEDICINE

Education Outcome Objectives
AGE MANAGEMENT MEDICINE
Faculty

JEFFREY P. LEAKE, M.D.
Course Director, AMMEF

An expert in nutrition and physiology, Dr. Jeffrey Park Leake has long been known for guiding patients in a preventive health approach. At AMMEF, he demonstrates the established age management medicine model for achieving optimal health and youthful aging. Dr. Leake, a board-certified anesthesiologist educated at Ohio State University, held a 23-year tenure at Washington’s Harrison Medical Center Bremerton as Chief of Anesthesiology and Medical Director of Surgical Services.

He is a certified personal trainer and avidly pursues backcountry/extreme skiing, equestrian sports, weight, plyometric and yoga training. He is a member of the Endocrine Society, North American Menopause Society, International Menopause Society, American College of Sports Medicine, American Society for Nutrition and the National Strength and Conditioning Association.

He is the author of the “Textbook of Age Management Medicine” and was the recipient of the Alan P. Mintz Award for Excellence in Age Management Medicine in 2015.

CENEGENICS EDUCATION & RESEARCH FOUNDATION (CERF) BOARD

The CERF Board is a strategic alliance between clinical physicians, world-renowned researchers and other independent professionals in age management medicine. Board members create world-class, evidence-based educational programs for physicians interested in expanding their knowledge base in age management medicine.

We are the leaders in age management medicine.
Frequently Asked QUESTIONS

When is the Physician Education in Age Management Medicine offered?

Education is offered throughout the year. With smaller classes, individual attention is always our goal.

How long is the Physician Education in Age Management Medicine?

The course begins immediately with Part One, consisting of online home study and testing. Part Two is five days of classroom education. Upon completion of Parts One and Two, Part Three is an online examination taken from the comfort of your office or home, when you are ready to demonstrate your proficiency of the material.

What does the education fee cover?

• Entire education, from online home-study material to the five-day, classroom curriculum and online competency exam
• Access to Clinical Leadership and AMMEF staff
• Access to ongoing educational opportunities
GET ON THE RIGHT PATH

YOUR PATH STARTS WITH REGISTERING FOR PHYSICIAN EDUCATION IN AGE MANAGEMENT MEDICINE

Looking for world-class medical education in the highly rewarding and growing field of Age Management Medicine? Look no further because that’s what we deliver.

Our Physician Education coursework covers evidence-based clinical therapies in Age Management Medicine, promoting a proactive approach to aging in a healthy way. The education requires physicians to participate in web-based modules from home or office plus in-person, live educational components.

Call (866) 350-9031 to register for training today!

www.ammeducation.org