CLINICAL
STRATEGIES FOR
HEALTHY AGING

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

- 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.

- AMM Education Foundation, the educational division of the Cenegenics Education & Research Foundation (CERF) offering educational programs for physicians and allied health professionals.

This comprehensive educational program 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!
This physician education teaches engaging, preventive-focused medicine that’s powered by peer-reviewed medical literature.
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
Curriculum OVERVIEW

PART ONE: Clinical Strategies for Healthy Aging Home Study
Part one is divided into nine self-study, web-based modules and post-module 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
- 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

PART TWO: Clinical Classroom Course
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:

- 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
- General Principles
- Testosterone – Male
- Thyroid
- DHEA
- Menopause/Perimenopause
- Estrogen, Progesterone and Testosterone Therapies for Females
- Melatonin

Medicine has to keep up with new ways of living “the golden years.”
Clinical Strategies for Healthy Aging

Course Outcome Objectives

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.

PART THREE: Final Competency Examination

Part three consists of 50 general medical multiple choice questions followed by 15 case studies.

Each web-based assessment and case study will require a post-test evaluation. These modules take approximately 5 hours to complete and test the physicians proficiency.

Part Three Final Competency Examination includes:

Clinical Management of Hormone Therapy and Case Studies
- General Principles
- Testosterone – Male
- Thyroid
- DHEA
- Menopause/Perimenopause
- Estrogen, Progesterone and Testosterone Therapies for Females
- Melatonin

CERTIFICATE OF COMPLETION

Following the completion of the course requirements the physician will receive an elegant 8.5in x 11in certificate suitable for framing.
JEFFREY P. LEAKE, M.D. Course Director, AMM Education Foundation

An expert in nutrition and physiology, Dr. Jeffrey Park Leake has long been known for guiding patients in a preventive health approach. At AMM Education Foundation, he demonstrates the established 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.

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.
Frequently Asked QUESTIONS

When is the Clinical Strategies for Healthy Aging course offered?

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

How long is the Clinical Strategies for Healthy Aging course?

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 educational tuition fee cover?

- Entire educational course 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 such as webinars and Practice Development tools
GET ON THE RIGHT PATH

YOUR PATH STARTS WITH REGISTERING FOR CLINICAL STRATEGIES FOR HEALTHY AGING

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