



## Medical Conference to Address Inner and Outer Health

A5M Conference will provide evidence-based learning to support preventative and integrative medicine for better patient outcomes

In August 2018, the AustralAsian Academy of Anti-Ageing Medicine (A5M) will host their 12th Annual Conference and Expo in Melbourne, presenting an unrivalled line up of Australian and international aesthetic, integrative and anti-ageing experts to build the bridge between inner and outer health. With the continued integration of evidence-based conventional medicine with the complementary and aesthetics industry and a rise in a multidisciplinary and holistic approach to patient care – the A5M Conference will provide a truly encompassing view for medical professionals to learn, discuss and drive the future of integrative medicine across Australasia. Delegates will hear from over 20 speakers discussing interventions for both internal and external causes of chronic conditions, while focusing on examining the impact that exercise and lifestyle, diet and nutrition, supplementation, hormonal/metabolic imbalance and genetic factors, have on the ageing process. **EVENT DETAILS: WHAT:** AustralAsian Academy of Anti-Ageing Medicine Annual Conference **WHEN:** Saturday 4th and Sunday 5th August 2018 **TIME:** 8:00am – 5:30pm **WHERE:** Sofitel Melbourne on Collins **PRICE:** Members: \$1050; Non-members: \$1250 **WEBSITE:**

<https://www.a5m.net/conference-information/2018-annual-conference> The Conference covers a range of topics including: Connecting Inner and Outer Health Mitochondrial Dysfunction and Chronic Disease Telomeres, Cancer and Ageing Metabolic and Hormonal Health Issues Reversing Mild Cognitive Decline Brain Health Healthy ageing and wellbeing New Frontiers in Medicine: Medical Cannabis And much more! To register, visit: <https://www.a5m.net/conference-information/a5m-annual-conference/2018-a5m-conference> Hashtag: #A5MConf18 - ENDS - For further information, images, interviews or industry commentary, please contact: Debbie Bradley, Account Director | +612 9212 7867 | [debbie@zadroagency.com.au](mailto:debbie@zadroagency.com.au) Julie Donovan, Senior Account Manager | +612 9212 7867 | [julie@zadroagency.com.au](mailto:julie@zadroagency.com.au) **Notes to editor:** The AustralAsian Academy of Anti-Ageing Medicine (A5M) is committed to providing medical practitioners, pharmacists and allied health professionals with support and education about the latest evidence-based methods to improve patient outcomes as they age - both internal and external. A5M is currently about to celebrate its 12th Annual Conference, one of the longest running conferences of its kind, which will take place on Saturday 4th and Sunday 5th August at Sofitel Melbourne on Collins For more information on A5M visit: [www.A5M.net](http://www.A5M.net) Connect through social media channels: Facebook: /A5Meducation Twitter: /A5Meducation LinkedIn: /A5M The role of A5M is to develop and promote all aspects of preventative, anti-ageing and integrative medicine among practitioners and the community A5M is dedicated to educating medical practitioners, allied healthcare professionals, scientist and researchers by providing training, certification and continuing education in preventative, integrative and anti-ageing medicine As the leading academic body of Anti-Ageing Medicine in AustralAsia, A5M offers Certification and access to a world-class Fellowship Program in Anti-Ageing, Regenerative and Functional Medicine with Metabolic Medicine Institute (MMI) and the American Academy of Anti-Ageing Medicine (A4M) The principles of A5M education and programs are based on scientific evidence based medicine, which involves the integration of the five pillars of ageing: diet and nutrition, supplementation, hormones, genetics and exercise and lifestyle

### Contacts

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