



# **Unique Worldwide!**

## International University Master in Preventive, Anti-Aging & Regenerative Medicine

According to the Bologna Process (European Higher Education Area)





PROF. DR. ALFRED S. WOLF

GYNECOLOGY AND OBSTETRICS, ENDOCRINOLOGY AND REPRODUCTIVE MEDICINE AND LABORATORY MEDICINE

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1<sup>ST</sup> SEMINAR: BARCELONA, SPAIN JANUARY 14-15-16-17-18, 2013 TRYP APOLO HOTEL



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Seminars are OPEN to DEGREE/NON-DEGREE seeking participants



2-YEAR INTERNATIONAL PROGRAM **MASTER OF SCIENCE** 

IN PREVENTIVE, ANTI-AGING & REGENERATIVE MEDICINE

PROGRAM CURRICULUM STRUCTURED ACCORDING TO THE BOLOGNA PROCESS (EUROPEAN HIGHER EDUCATION AREA)

The Dresden International University (DIU) and EuroMediCom have joined to establish the first World international "2-year Master program in Preventive, Anti-Aging & Regenerative Medicine".

## REGISTRATION TO THE FULL MASTER PROGRAM FOR THE ACADEMIC YEAR 2013/2014 **IS NOW OPEN.**

THREE MAIN REASONS TO ENROLL IN THIS PROGRAM

Update and Learn new Preventive and Anti-aging Treatment Strategies based on Research and Scientific evidence. This 2-year Master program offers essential core specialties of more than 20 subject areas that encompass both essential basis and advanced knowledge. Learn about preventive strategies in a wide variety of medical fields that helps you to establish and/or improve preventive treatment strategies with respect to interdisciplinary concepts.

The eminent and highly motivated lecturers from both academic and private practice environments are carefully selected and invited to take part in this program based on their research, scientific and extensive clinical experience background. Each subject will be regularly evaluated both in terms of the corresponding lecturer's performance and the lecture content.

After each 5-day seminar, you will return to your clinical practice/country energized and armed with new treatment strategies beneficial to your medical practice and patients.

Program curriculum structured according to the Bologna process (European higher edu-2 cation area). The degree «Master of Science», delivered by the Dresden International University (DIU), is an International Master of Science with official recognition granted throughout Europe. The program is subject to regular quality assurance evaluation for accreditation.

Join the Profession, Strengthen Your Network and Advance Your Career.

3 By registering to the program, all new comers, you're not alone. You will be exposed to the world leading lecturers and surrounded by colleagues of different countries coming from all over the world. You'll start off the program with an instant group of friends who will become a valuable network as you continue on in your career. The DIU Preventive Master Program Student Alumni constituting a professional circle helps you meet other colleagues of different academic promotion.

## WHO SHOULD ATTEND?\*

- Medical professionals who have completed their university studies with at least one year of medical practice experience and want to deepen their knowledge or develop a career in preventive and anti-aging field.
- Medical professionals who are immersed in the professional world with business experience and want to move forward improving their skills and professionalism.

\* For your enrollment eligibility and more program information: master@euromedicom.com

## PARTCIPATION AND REGISTRATION

#### Seminars are OPEN to both DEGREE and NON-DEGREE seeking participants.

Each participant can subscribe separately to each seminar. It is mandatory to PRE-REGISTER and PAY 2 weeks prior to each Seminar.

DEGREE-seeking participants are requested to enroll to the whole 2-year program with submission of necessary documents for registration to the Dresden International University (contact: master@euromedicom.com). More detail can be consulted on Page 6.

The Seminars are also OPEN for NON-DEGREE-seeking participants. They can register to single seminars and will obtain a "Certificate of Participation" issued by the Dresden international University (DIU).



## SEMINAR 1 / BARCELONA - JANUARY 14-15-16-17-18, 2013

MONDAY JANUARY 14	<ul> <li>INTRODUCTION INTO THE MASTER PROGRAM - PROF. DR. ALFRED WOLF Actual Situation in Preventive Medicine</li> <li>PHYSIOLOGY OF AGING AND ANTI-AGING MEDICINE - PROF. DR. CHRISTOPHE DE JAEGER</li> <li>General introduction: the aging societies</li> <li>Biology of aging</li> <li>Theories of aging and its evidence</li> <li>Gerontology and geriatry</li> <li>The basics of anti-aging</li> <li>Anti-aging and preventive medicine in evidence-based medicine</li> <li>Different strategies of anti-aging medicine</li> </ul>
TUESDAY JANUARY 15	<ul> <li>STRESS AND ASSOCIATED DISEASES I - PROF. DR. ALFRED WOLF</li> <li>Neurobiology of stress</li> <li>Diagnostic methods for the assessment of stress</li> <li>Differentiated approaches according to stress examination data</li> <li>Neurostress and mental disorders: Burnout, depression and fatigue</li> <li>Neuropsychologic testing, neurotransmitters, hormones and HRV as tools for diagnosis and treatment</li> <li>Stress, mitochondria and inflammation</li> </ul>
WEDNESDAY JANUARY 16	<ul> <li>STRESS AND ASSOCIATED DISEASES II - PROF. DR. ALFRED WOLF</li> <li>CFS (Fatigue) and Multi-systemic diseases as consequences of chronic stress</li> <li>Anamnestic necessities, diagnostic exams and treatment options</li> <li>Clinical practice of stress-medicine: Different case reports, examination data, differential diagnosis, differentiated treatments</li> <li>PREVENTIVE CARDIOLOGY I - PROF. DR. UWE NIXDORFF</li> <li>Pathophysiology and -biochemistry of atherosclerosis</li> <li>Cardiovascular risk factors, markers</li> <li>Cardiovascular risk scores</li> <li>Anthropometry</li> <li>Pulse wave measurements</li> <li>Fundoscopy (TalkingEyes)</li> <li>Intima-media-thickness</li> </ul>
THURSDAY JANUARY 17	<ul> <li>PREVENTIVE CARDIOLOGY II - PROF. DR. UWE NIXDORFF</li> <li>Echocardiography</li> <li>Stress echocardiography</li> <li>Coronary calcium scoring and angiography</li> <li>ECG and heart rate variability</li> <li>Ergometry and Ergospirometry</li> <li>Lifestyle modification / behavorism</li> <li>Physical activit</li> <li>Nutrition, supplementation</li> <li>Psychomental relaxation and worklife balance</li> <li>Pharmacotherapy (primary prevention and cardiovascular risk factors )</li> </ul>
FRIDAY JANUARY 18	<ul> <li>MEN'S HEALTH - PROF. DR. AKSAM A. YASSIN</li> <li>What are the main aspects on Men's health worldwide</li> <li>Men's health and integral health care: Is a symbiosis possible?</li> <li>What are the main health care questions for men with respect to the different age groups?</li> <li>Sexual Health and Testosterone: the central points of prevention in men's health</li> <li>Prostate cancer and other tumors of the urine system: update of prevention and treatment</li> <li>What are the core elements of diagnostics and therapy to offer individual preventive concepts for your patients?</li> </ul>

### LECTURERS





R PROF. DR. UWE NIXDORFF

ORFF PROF. DR. ALFRED WOLF



## VENUE

#### **TRYP APOLO HOTEL**

AVDA. PARALELO, 57-59 08004 BARCELONA • SPAIN PH. (34) 93 343 3000 - Fax (34) 93 443 0059 E-MAIL: **TRYP.APOLO@MELIA.COM** WWW.TRYPHOTELS.COM/BARCELONAAPOLO

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FRED WOLF PR

PROF. DR. AKSAM A. YASSIN



## SEMINAR 2 / NICE - March 29-30-31, April 1-2, 2013

#### PRIMARY DIAGNOSTICS IN PREVENTIVE AND ANTI-AGING MEDICINE

PROF. DR. ALFRED WOLF

- Installation of a Specialized Practice for Preventive and Anti-Aging Medicine
- Biological age markers: its sense, possibilities, methods, science, practicability
- Laboratory analysis: Which tests are valuable? General overview
- Diagnostics of metabolism and metabolic diseases
- Values and interpretation
- Example for a special practice: Practice for Men's Health

#### **GENETICS AND EPIGENETICS IN PREVENTIVE MEDICINE - PROF. DR. JOHANNES HUBER**

- Breast cancer hormones genetic variation
- Chemoprevention
- Epigenetics in aging and prevention
- Single nucleotide polymorphism
- Psycho and neuro-regeneration, genetic variation
- Preventive strategies for the skin
- Preventive metabolism and body weight

#### PREVENTION OF NEURODEGENERATIVE DISEASES AND DEMENTIA

#### PROF. DR. PASQUALE CALABRESE

- How the brain works?
- Neuropsychiatric syndromes
- Elements of cognition
- Functional behavioural neurology
- Actual therapeutic strategies
  Plasticity and the nervous system
- I lasticity and the nervous .
- Nature versus nurture
  Primary preventive strategies
- Flucidation of source life store
- Elucidation of causal factors

#### **PREVENTIVE ONCOLOGY - ASSOC. PROF. DR. CLEMENS TEMPFER**

- Factors of malignant initiation: tobacco, sun exposition, environmental toxins, alcohol, chronic inflammation and bacterial/viral infections, hormones and growth-factors
- Preventive and interventive data from prevention of different cancers (Nutrition, Exercise, Alcohol restriction, Restriction of tobacco, Cessation of Hormone Replacement Therapy and breast cancer, the role of transdermal Estradiol supplementation, Pharmacological prevention (breast, prostate, colon cancer, Vaccination and cervical cancer, role of sexuality, Restriction of Calories)

#### METABOLIC AND ONCOLOGIC PREVENTION - DR. JOHANNES COY / PROF. DR. ALFRED WOLF

- Initiation and progression of malignant tumours
- Cancer genes, susceptibility genes (SNPs), Cancer stem-cells,
- Factors of malignant initiation (tobacco, sun exposition, environmental toxins, alcohol, chronic inflammation and bacterial/viral infections, hormones and growth-factors)
- The special role of nutrition esp. glucose-metabolism and Vit D, biochronology, virus
- New immunological and metabolic detective methods (The "EDIM-project" with TKTL1 and APO 10)
- The role of the "Warburg phenomenon" for cancer cells
- New challenging treatment options with diet (poor carbohydrate) and natural antitumoral herbs
- · Significance of screening and tumour-markers and early detecting procedures
- The "tumour-fatigue" as a distinct entity?

#### LECTURERS

**MARCH 29-30-31 & APRIL 1-2** 



PROF. DR. PASQUALE CALABRESE





PROF. DR. JOHANNES HUBER



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ASSOC, PROF. DR. CLEMENS TEMPFER PROF. DR. ALFRED WOLF



VENUE

TO BE ANNOUNCED



## SEMINAR 3 / DRESDEN - JUNE 17-18-19-20-21, 2013

#### **METABOLIC DISORDER, OBESITY, DIABETES** - PROF. DR. PETER SCHWARZ

- Diabetes and metabolic syndromes as an epidemy
- Pathophysiology of diabetes, hypertension and metabolic disorders: the role of nutrition, behavior and stress
- Problems of preventive strategies: Concordance and compliance. How to improve them?
- Short and long term strategies from early childhood on: How to avoid sedentary lifestyle, television, junk-food, sweets (Cola, chocolade etc)
- How to improve lifestyle ?
- Actual projects and results from studies
- Natural and pharmacological prevention (low glycemic food, other diets, metformin, gliptines etc.)

#### NUTRITIONAL MEDICINE - PROF. DR. FRANCESCO MAROTTA

- All goes through the gut: Probiotics and gut ecosystem modifyers in practice
- Food/nutraceutical-Drug & hormonal interactions: does it matter in clinical practice?
- Nutrigenomics: where we are now between applicable facts and myths
- Affecting crucial metabolic pathways: Novel EB Nutraceuticals in clinical practice

#### SPORTS MEDICINE (THEORETICAL COURSE AND WORKSHOP)

- DR. RALPH SCHOMAKER / DR. ANDREAS GREIWING
- Training and health (Definition, Relevance, Risk factors, Diseases)
- CRP exercise testing
- Cycle test spiroergometry lactate
- Cycle ergometry (ramp protocol)
- From lab to field
- Defining training zones
- Polarized training model
- Training schemes (Marathon runners, Triathletes, Patients with metabolic syndrome)
- Strength training (goals, program variables, program designs)
- Ramp protocol test (protocols, testing conditions, laboratory test, field test, different ergometers, different test protocols for specific populations)
- Strength training as a preventive tool
- Strength training for children, the elderly, arthrosis, low back pain, etc.

#### HANDS-ON (ACTIVITIES AND DISCUSSION IN SMALL GROUPS)

PROF. DR. ALFRED WOLF / PROF. DR. UWE NIXDORFF

- Cardiology
- Stress medicine
- Oncology

#### **BIOCHRONOLOGY - DR. JAN-DIRK FAUTECK**

- Clock genes, the biological rhythms in different organs
- Enhancers and inhibitors of biorhythms
- Endocrine de-synchronization: impact on cognition, wake-sleep-rhythm, autonomous nerve system, strength, endurance, behavior
- Clinical consequences on development of malignancies, reproductive disturbances, affective disorders, sleeping disorders
- Diagnostics: means of endocrine rhythms, age-relevant changes, stress-relevant changes
- Remedy and restoration: biorhythmic substrates

#### LECTURERS

JUNE 17-18-19-20-21



DR JAN-DIRK FAUTFCK









VENUE

### DRESDEN INTERNATIONAL UNIVERSITY

FREIBERGER STR., 37 01067 DRESDEN GERMANY

DR. ANDREAS GREIWING

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- DIU -

PROF. DR. FRANCESCO MAROTTA PROF. DR. UWE NIXDORFF

PROF. DR. PETER SCHWARZ

DR. RALPH SCHOMAKER

## PROGRAM ORGANIZATION

The full program consists of the following parts:

#### 1 - On-site seminars:

Seven 5-day seminars are organized in 2 years. The Degree-seeking students are advised to attend all 7 seminars. Missing one or more seminars must be justified with written documents. A minimum of physical presence to 4 on-site seminars are mandatory. A validation of knowledge acquisition of each seminar will be made in the form of Q&A examination organized during the following seminar.

For the missed seminar(s), the students will learn through the recorded DVD(s) and be subject to a validation of knowledge acquisition.

Most seminars will take place in different locations in European countries. Certain seminars will be organized prior to the AMWC (Anti-Aging Medicine World Congress) in Monaco and at the Dresden International University in Germany. Different cities can be selected as locations of the Master seminars such as Paris, Nice, Rome, Barcelona, Bangkok...

#### 2 - E-learning Lectures:

Certain selected lecture topics will be in the form of DVDs. The students must register to these lectures and will be subject to knowledge acquisition validation organized at the end of certain on-site seminars. The content of these lectures may be modified according to the overall content organization.

#### 3 - Self Study and Homework:

Each student will have to do their own research and homework on one or more specific topics in preventive medicine.

#### 4 - Master Thesis:

The final and part of the Master Program is the Master thesis, where the students should intensively study and research in one self-selected field of preventive medicine. The Master thesis is accomplished under supervision of an academic teacher and finally presented in front of an Academic Jury.

### **REGISTRATION FEES**

Two registration options are available:

#### 1. Registration to each item separately

- a. Single On site Seminar: Each 5-day seminar costs 2850€
- b. E-learning Modules of 10 units (350€/unit) 10% discount cost 3150€
- c. Master Thesis (including Thesis supervision fees) costs 2000€

## 2. Registration to the whole 2-year program (with discount) costs 21.930€ (instead of 25.450€ if registered to each item separately)

For more details: master@euromedicom.com

### ADMISSION REQUIREMENTS / ELIGIBILITY FOR DEGREE-SEEKING PARTICIPANTS

The following document must be provided upon registration:

- 1. Official DIU Application form for postgraduate education (www.euromedicom.com/diu/diu-master-application-form.pdf)
- 2. EuroMediCom Registration Form (www.euromedicom.com/seminar/1-reg-en-master-diu.pdf)
- Copy of University Study Certificate (Minimum of 4-year study, equivalent to 240 European Credit Transfer and Accumulation System or ECTS credits)
- 4. Curriculum Vitae (Summary of academic and professional experiences)
- 5. Copy of passport (Minimum validity of 6 months)

#### **ADDITIONAL (NOT MANDATORY)**

6. Copy of Professional License (if applicable, only for MDs)

7. High school/junior college diploma (corresponding to your degree after High school/Secondary school, attesting the ability to follow studies at the university level)

Note: Only Medical professionals (but not only MDs) can register to the Full Master program in Preventive, Anti-Aging and Regenerative Medicine, justifying a minimum of 4-year university level study.

Verification: To confirm their eligibility, potential registrants must submit their application files to master@euromedicom.com.

Once validated, the first payment shall be performed in order to officialize the registration to the Dresden International University.

#### **NON-DEGREE seeking participants**

Participants to only one or several seminars do not have to fulfill the above requirements and will obtain a "Certificate of Participation" issued by the Dresden International University (DIU) which will be delivered after each seminar.

#### INTERNATIONAL MASTER PROGRAM IN PREVENTIVE, ANTI-AGING & REGENERATIVE MEDICINE

#### Registration Form / Academic Year 2013 - 2014

#### Please fill one form per person and send to:

EuroMediCom - 2, rue de Lisbonne - 75008 Paris - France

#### TO BE SENT BY FAX TO +33 (0)1 56 837 805 (from America dial 011 33 1 56 837 805) | SECURED ON-LINE REGISTRATION: www.euromedicom.com

#### **COMPLETE ALL INFORMATION - PLEASE USE CAPITAL LETTERS**

Family Name		First Name
Date of birth	Place of birth	Nationality
Medical Specialty (obligatory field)		Address
Zip code	City	Country
Phone	Fax	Email
		Your confirmation will be sent by e-mail - Please write as CLEARLY as possible

#### Please consult Requirements/Eligibility on page 2 of the program brochure

#### APPLICATION & REGISTRATION MUST BE SENT → BEFORE DECEMBER 2012

**IMPORTANT NOTICE:** 

All students willing to register to the complete Master program in Preventive, Anti-Aging & Regenerative Medicine must register to all seminars, all E-Lectures and Self Study in order to obtain the Master of Science in Preventive Medicine. Apart from the full Masters program, the Preventive and Anti-Aging Masters seminars can be joined at any time, with the delivery of an independent certificate of participation from the Dresden International University (DIU), mentioning all topics presented during the concerned seminar. Different registration and payment options are available as follows:

#### **SELECT YOUR REGISTRATION CHOICE:**

- □ Single Seminar 2850 €
  - 1<sup>st</sup> seminar: Barcelona (Spain), January 14-18, 2013
  - 2<sup>nd</sup> seminar: Nice (France), March 29 April 2, 2013
  - □ 3<sup>rd</sup> seminar: Dresden (Germany), June 17-21, 2013
  - 4<sup>th</sup> seminar: October 2013 (dates and venue to be announced)
  - **5**<sup>th</sup> seminar: January 2014 (dates and venue to be announced)
  - G<sup>th</sup> seminar: Nice (France), March 2014 (dates to be announced)
  - **7**<sup>th</sup> seminar: June 2014 (dates and venue to be announced)

#### □ All E-learning Lectures

(10 units x 350€) - 10% discount -> 3.150 € (instead of 3.500 € if taken per unit)

□ Master Thesis (Self Study including + Thesis supervision fees) – 2000€ Mandatory to register to the Full Master Program

2-Year COMPLETE Master Study – All On-site Seminars + E-Learning Lectures + Self Study
 [(7 X 2850 €) + (E-Lectures10 units X 350 €)] –15% discount + Self Study 2000 € -> 21.930 € (instead of 25.450 €)

To be eligible, these special discounted rates must be fully paid before April 2013

PAYMENT		I hereby pay the total amount of€
Bank check in € (Euros) to EuroMediCor	n	
	ase add 15 € to the total fees (bank charges)  American Express Diners	Signature:
-		Key digits: 04 IBAN: FR 76-3006-6103-0100-0108-1190-104 BIC: CMCIFRPP T 10 DAYS PRIOR TO THE EVENT. Passed this date, the registrant may trative process may take up to 30 days to identify the transfer and

## STUDENT TESTIMONIALS



«I am very happy to be involved in this program. Learning fundamental knowledge of aging and how to prevent negative effects aging interest me. Having attended lectures in a University Academic level and of this quality gives me more confidence. Especially, international students involved in this program also help to learn many different things from all over the world.

I certainly recommend this program to those who are interested in anti-aging therapies (it must be emphasized here that anti-aging therapy does not mean correction of physical appearance). This master program is unique and, to my opinion, highly adapted for motivated physicians who are full-time practicing. Within 2 years, they will attend 7 concentrated structured seminars and later synthesize the relevant knowledge when working on their own on homework and thesis.»

#### Ruhi CAKIR, MD (Anti-aging practitioner), Turkey



«I want to express my deep gratitude to the DIU and Prof. Alfred WOLF (kind and thoughtful scientific director!) for accepting me into this program. After graduation, the knowledge learned during the 7 seminars over the 2-year program can be applied to my practice not only for local aesthetic medicine procedures and approaches but also for understanding and management of the systemic problems related to aging. As a longtime dermatologist, I know that the results of treatment for skin and body will surpass all expectations when accompanied by proper diet, hormonal balance and selection of vitamins and minerals. The combination of systemic and local approaches will make it easy to solve complex problems. Thank again all the team!»

#### Larisa COLOMEET, MD (Dermatologist), Moldova



«The DIU Masters course in Preventive Medicine has provided essential tools in my current anti-aging practice in the Philippines. I used to think that preventive medicine was just all about hormonal balancing until I took the course and was taught about a lot of new perspectives in improving quality of life and longevity. I am very satisfied to have received an up-to-date scientific information from qualified professors and to have closely interacted with a unique composition of international students who are also doctors in their respective countries. This program has indeed added a wealth of knowledge and experience to my medical career.»

#### Christopher-Rex GLORIA, MD (Anti-aging practitioner), Philippines



«Being in the Anti-aging business and Cosmetology for more than 25 years, I thought in the beginning that DIU master course would be similar to the others advertised. IT WAS NOT. It is far better because of overall scientific coverage of all factors of cell aging and the way to delay this process in clinical practice, covering themes from hormones replacement to aesthetic Medicine. I would therefore suggest anyone to follow this master course. He/she would learn much more about today's and future medicine.»

#### Angelos KANAKOPOULOS, Economist (Private company's CEO), Greece



«Knowledge has been, is and will be always part of my life and work as health care provider. With an increased proportion of aging population worldwide, today's medicine can be seen as a challenge for all health professionals. We must adapt and maximize our capacities to deal with this group of older people. In this Master program, I have been introduced and learned to understand the ageing process, oxidative stress mechanism and production of free radicals, until age management approaches, etc. The lecturers do not only provide us with the information of clinical aspects and approaches to ageing but also further insight into age-related research and technologies such as extracellular matrix changes and stem cells maintenance and much more.»

#### Ursula MANSSON, DMD (Dental surgeon), United Arab Emirates



«Many components distinguish this master course from other anti aging courses I've done in the past. It's not only an official university course run by a well known institution but also the first world international master program in preventive and anti-aging medicine making us academically unique. Composed of health professionals of different specialties coming from different parts of the world, the class was easily unified and filled with energy and new ideas generated from group discussion. It's a great opportunity to learn how other colleagues incorporate anti-aging medicine into their daily practices. I once heard a saying 'If you read from the textbooks, you're only learning what has been practiced in the past. But if you talk to someone, you will learn about what is being practiced now.' This course has enabled me to do that. I would highly recommend this program to my colleagues and also, like in my case, those who just start practicing anti-aging medicine.»

#### Pavinee MANEEPAIROJ, MD (Anti-aging practitioner), Thailand



«I do enjoy the DIU Master program in Preventive, Anti-aging and Regenerative Medicine and am happy to be one the first student group of this innovative program. The program content consists of related disciplines and topics covering the preventive and anti-aging strategies. The selected internationally reputed lecturers coming from both academic and clinical environments are highly experienced, knowledgeable, motivated and know how to encourage all students to different preventive approaches. What we learned is thus scientific-based and clinically applicable. The scientific director and the supporting team (DIU and Euromedicom) are also very helpful and understanding.

When I go back to my country after each seminar, I always have something new that can be applied to my practice. Although I have to spend long time to travel from Indonesia to attend each seminar and must be absent from my clinical practice, this learning experience is so valuable and really worth my attending and time investment. I feel refreshed and recharged with the knowledge and the take-home messages I received from the lecturers. For all medical doctors who are interested in this field and would like to provide their patients with global care based on patients' best interest, I would like to encourage them to join this Master program and become part of the new-age forefront in preventive and anti-aging medicine.»

Deby VINSKI, MD (Anti-Aging Practitioner), Indonesia