

# The American Academy of Anti-Aging Medicine Looks Ahead Towards the 28th Annual World Congress

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## Abstract

This editorial report the 28th Annual World Congress organized by The American Academy of Anti-Aging Medicine. The congress will be taking place entirely online from December 12-13, 2020. The rest of this editorial describes the details and contents of the congress.

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The American Academy of Anti-Aging Medicine (A4M) is gearing up for the highly anticipated **28th Annual World Congress | The Science of Longevity: Exploring the Limits of the Human Lifespan** taking place entirely online from December 12-13, 2020. Led by the field's foremost clinical educators and centered around the most valuable scientific research and clinical strategies to improve healthspan and increase lifespan, this transformative event will deliver actionable tools clinicians can utilize in practices across the globe. Featuring a clinically renowned faculty line-up and cutting-edge clinical topics, this year's World Congress will deliver two full days of advanced educational offerings: including 5 in-depth clinical tracks, 28 sessions, and one pre-conference workshop taking place on December 11th.

The conference will begin with a one-day pre-conference workshop titled: Pain and Cannabinoid Update. Led by renowned clinicians Drs. Wade Cooper, DO, Joseph Maroon, MD, FACS, Sahar Swidan, PharmD, BCPS, and Jeff Bost, PA-C, practitioners will learn the latest strategies to effectively treat and manage chronic pain. Through in-depth sessions, participants will review the fundamental diagnostic and therapeutic approaches to pain management in a functional medicine treatment paradigm. Further, participants will examine the use of cannabinoids in the treatment of pain syndromes alongside the regulatory status of appropriate use.

On day one of the conference, participants will review the science of aging, potential hormones to improve immunocompetence, and gene therapy during general sessions, and then break off into three separate track options. Track one will center around regenerative therapies, with topics including peptide, stem cells, longevity medicine patient cases and more. Track two will provide an in-depth review of the aging brain, with topics such as the recode protocol, deprenyl and GLP1 for cognitive enhancement and more. The topics of the third track will consist of non-CME sessions--with the topic to be announced soon.

On the second and final day of the conference general sessions will provide a multitude of perspectives and strategies on longevity: from psychosurgery, biohacking tools, and the role of gender in longevity. The two subsequent tracks will likewise provide a dynamic collection of perspectives and tools. Track one will highlight the fundamentals of the "Longevity Toolbox", with sessions of biohacking, glycomics, heart & brain coherence, and photobiomodulation. Track 2 will center around immunocompetency and aging, with in-depth patient case reviews and more.

Led by the industry foremost clinicians, scientists, industry leaders, and educators and centered around the most cutting edge knowledge in integrative healthcare, this year's World Congress is gearing up to go all in on the advanced science and practice of longevity medicine.

Wherever you are in the world, the 28th Annual World Congress will deliver the highest levels of dynamic and advanced continuing medical education, industry insights, valuable networking opportunities, and more to fuel your professional goals and push the boundaries of your practice's capabilities.

## **1. Conflict of interest statement**

We certify that there is no conflict of interest with any financial organization in the subject matter or materials discussed in this manuscript.

## **2. Authors' biography**

No biography

## **3. References**

No references