

**800 participants expected!!!
More than 12 specialties involved!!!**



ECOPRAM
2012 • ISTANBUL - TURKEY

**3rd European Congress on
Preventive, Regenerative
and Anti Aging Medicine**

29-31/5/2012

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International Confederation
for Plastic, Reconstructive and
Aesthetic Surgery



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EUROPEAN SOCIETY OF PREVENTIVE,
GENERATIVE AND ANTI-AGING MEDICINE

Organizational Support



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ECOPRAM 2012 TOPICS

Preventive, longevity and regenerative medicine - Practical antiaging & well-aging sessions

AESTHETIC PROCEDURES IN AGING

Rejuvenation of neck and neckline

- ✓ Procedure of neck and neckline aging
- ✓ Cosmeceuticals and bioceutici:
Dermocosmetic and dermoplastic
approach of the aging of neck and neckline
- ✓ Chemical Peeling: Indications and Protocols
- ✓ Radiofrequency and aging of the neck
and neck line
- ✓ Laser Photo – rejuvenation
- ✓ Technics of micro - liposuction
- ✓ Neuro – conditioning muscle tissue

Rejuvenation of arms and hands

- ✓ Cosmetics and natural products:
dermocosmetic and dermoplastic
approach of the aging of arms and hands
- ✓ Infiltration and biostimulation: technics
of bio revitalization, use of growth factors,
stem cells, inductive factors of neo
collagenesis process
- ✓ Radiofrequencies and aging of neck and neckline
- ✓ Laser photo - rejuvenation

Biostimulation techniques and filling

- ✓ Fillers in the upper face: update
- ✓ Fillers in the lower face: update
- ✓ Filler for lips in male: update
- ✓ Filler for lips in female: update
- ✓ Fillers vs Fat & Fillers vs Botox
- ✓ Interactivity of natural products : fillers,
dermocosmetics, electroporation,
radiofrequencies, growth
factors for the treatment of the wrinkles of the
face .
- ✓ New Biomedical technologies for the increasing
volume of the lips, of the face and of the filling
of the wrinkles
- ✓ Methodology and technology quantum of the
bio revitalization and new collagenesis of the
tissue
- ✓ Laser photo - rejuvenation
- ✓ When to choose a laser
- ✓ Which laser
- ✓ Combined treatment
- ✓ How to use a laser at disposal
- ✓ Laser vs radiofrequencies & laser vs technics non
ablative

PREVENTIVE – LONGEVITY – REGENERATIVE MEDICINE

Can aging be delayed? Biomarkers of Aging Processes

- ✓ Immunology of aging: update
- ✓ Inflammaging and aging: update
- ✓ Glycation and aging: update
- ✓ Oxidation and aging: update
- ✓ Redox & Proteomics: molecular medicine
- ✓ Detoxification and aging: update
- ✓ The biological clock management: circadian
biological human rhythm

Can aging be delayed? Regenerative and Restorative Therapies

- ✓ Hormone replacement therapy in male
- ✓ Hormone replacement therapy in female
- ✓ Management of aging male
- ✓ Management of aging female
- ✓ Stem cells therapies
- ✓ Stem cells researches
- ✓ Chronic stress and chronic fatigue: new well-
aging strategies
- ✓ Hormesis and cellular stress response activators
- ✓ The new nano-technologies

Can aging be delayed? The new preventive medicine and the new genetic approach

- ✓ Lab tests and optimal values in function of the
age and of the aging processes
- ✓ Nutrigenomic & epigenetic
- ✓ Gene tests for a longevity picture of ourselves
- ✓ Gene test & preventive medicine
- ✓ Gene test, skin aging and personalized
aesthetical treatments
- ✓ Gene test & brain aging
- ✓ Gene test & hormone aging (menopause &
andropause: a personalized approach)
- ✓ Gene test & cardiovascular diseases
- ✓ Gene test & oncology
- ✓ Gene test & pharmacogenomic approach



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PREVENTIVE – LONGEVITY – REGENERATIVE MEDICINE

Can aging be delayed? Nutrition, nutraceuticals, diets

Nutraceuticals, supplements and aging

- ✓ Gene tests & personalized diet
- ✓ Diet and aging process: what kind of diet for a successful aging?
- ✓ Caloric restriction & sirtuins' genes control
- ✓ Chrono-biology and diet in aging
- ✓ Intestinal permeability and overweight
- ✓ Acidosis: physiopathology and clinical applications
- ✓ Leptin, adiponectin, ghrelin, fat hormones for a successful aging and weight management



Alkaline water: new approach against inflammation and against oxidative stress

- ✓ Orthomolecular approach in preventing and treating aging diseases
- ✓ Burn out syndrome & nutritional supplements (nootropic substances, NADH, etc)
- ✓ Diabetes in the elderly
- ✓ Metabolic syndrome: from aesthetic to diseases

Can aging be delayed? Physical activity

- ✓ Aerobic or anaerobic strategies?
- ✓ Gene test and sports
- ✓ Strength, flexibility, stiffness in aging male and female
- ✓ Physical activity and hormone improvement
- ✓ Sarcopeny
- ✓ Overtraining and oxidative stress
- ✓ Functional approaches to exercise and healthy aging

Can aging be delayed? Sexual disorders and treatments

- ✓ Testosterone replacement therapy in female
- ✓ Testosterone replacement therapy in male
- ✓ Pregnenolone & dhea: update
- ✓ Nitrox: update and combined strategies
- ✓ Stress treatments for a real wellbeing

Can aging be delayed? Concepts of diagnostics and treatment in preventive medicine

- ✓ Diagnosis of metal induced inflammation and hypersensibility
- ✓ Diagnosis of nitrosative stress
- ✓ Diagnosis of chronic and degenerative diseases: new approaches
- ✓ Biomarkers of histamine intolerance
- ✓ Concepts of treatment in nitrosative stress
- ✓ Concepts of treatment in chronic pain
- ✓ Concepts of treatment in diabetes and metabolic syndrome
- ✓ Concepts of treatment in chronic and degenerative diseases
- ✓ Stem cells in preventive medicine