

HARBIYE MILITARY MUSEUM

29-31 May 2012



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ECOPRAM

2012 • ISTANBUL - TURKEY

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

Supported by

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International Confederation
for Plastic, Reconstructive and
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ANTI-AGING
& AESTHETIC
MEDICINE SOCIETY
A3MST TURKEY



EUROPEAN SOCIETY OF PREVENTIVE,
REGENERATIVE AND ANTI-AGING MEDICINE

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Organizational Support: ZITA CONGRESS S.A.



INVITATION

Dear colleagues,

The **European Society of Preventive Regenerative and Anti-Aging Medicine (ESAAM)** welcomes you to the **3rd European Congress on Preventative Regenerative and Anti-aging Medicine (ECOPRAM)** in Istanbul, **29-31st May 2012**.

ECOPRAM is the benchmark of the ESAAM regular congresses and is supported by ZITA Congress as contracted professional congress organizer. ESAAM is a medical and scientific interdisciplinary umbrella organization. Its main objective is the dissemination of knowledge about preventive and regenerative medicine throughout Europe.

The congress will be attended by a wide range of physicians and medical professionals all keen to learn the latest researches, share ideas and discover the latest technologies in this field from medical experts. A number of scientific and clinical organizations, among them the **International Confederation for Plastic, Reconstructive and Aesthetic Surgery (IPRAS)** and the **International Society of Plastic, Regenerative Surgery (ISPRES)** support this event.

The scientific programme of the 3rd ECOPRAM is very attractive for all of you and scientifically superb. This comprehensive conference programme will

ensure the coverage of all components of **preventive medicine, regenerative medicine and anti-aging medicine** and will include lectures on **genetics, hormone replacement therapies, stem cell solutions, aesthetic medicine and nutrition** complemented by information presented in the exhibition hall. The 3rd ECOPRAM is a significant milestone for the European medical and healthcare community. Since its inauguration in 2004, ESAAM has encouraged the new clinical specialties of preventive and regenerative medicine and anti-aging science and the continuous education of physicians on these medical disciplines.

We look forward to add you to our Society or Individual membership. In addition to being a member of an active society in the field you can get advance of the special ESAAM membership rates of our official journal "Rejuvenation Research". We are very happy to welcoming you as participant, exhibitor or visitor to our Istanbul 3rd ECOPRAM, May 29-31, 2012.

Yours sincerely,

Prof. Dr. C. Christos Zouboulis, Germany
President of ESAAM and
President of the 3rd ECOPRAM Congress

Dear colleagues,

On behalf of the Local Organizing Committee, we take pleasure in inviting you to the **3rd ECOPRAM Congress**, which will be held in Istanbul, Turkey, **29-31 May 2012**.

Together with the **European Society of Preventive Regenerative and Anti-Aging Medicine (ESAAM)** and other international co-operations, the **Turkish Society for Anti-aging and Aesthetic Medicine (A3MS-T)** are organizing the most important event reflecting the world wide state of the art in preventive, regenerative and anti-aging medicine, and longevity sciences. The 4th Local Congress of **A3MS-T, TUCOPRAM**, is organized jointly by 3rd ECOPRAM 2012, in Istanbul in the umbrella of the ESAAM.

The 3rd ECOPRAM congress aims to promote our understanding of Aging Mechanisms as a multidimensional phenomenon leading to disorders of the lifespan with a complex etiology. The topics of the congress include all the aspects of **Human Aging and age dependent co-morbidities**. By bringing together clinical endocrinologist, dermatologist, cardiologists, neuroscientists, anti-aging physicians and allied health care professionals, the congress promotes exchange of basic and clinical science ideas in an effort to improve outcomes for human aging. We intend to provide scientific excellence and exchange of knowledge on cutting edge developments in all fields relevant.

The comprehensive conference program ensures the coverage of all components of preventive, regenerative, anti-aging medicine and longevity sciences and includes lectures on **age management**

philosophy and approaches related with topics such as **nutrition-nutraceuticals, nutrigenomics, pharmaco-proteomics, hormone optimization, regulation of energy metabolism, cellular detoxification, integrative wellness methods, herbal medicine and the latest regenerative biomedical innovations for longer health span**. Through this congress our aim is also to promote a scientific exchange among professionals interested in the fields of aesthetic dermatology, cosmeceuticals and cosmetology.

The congress will offer delegates a variety of high quality scientific sessions and satellite symposia. Attendees will also have the opportunity to visit the exhibition area and meet with industry, to discover the most recent state of the art technology and devices to promote health-span.

We believe that Istanbul is the perfect location for the theme of ECOPRAM 2012. As one of the oldest cities in the world, Istanbul, having ideal markers of their increasing age, is not aging as a home of various civilizations and cultures in the enchanting atmosphere of the Bosphorus. It is the only city in the world which spreads over two continents.

We look forward very much to welcoming you to the ECOPRAM 2012 in the very fascinating and exotic city of Istanbul.

Yours sincerely,

Prof. Çimen Karasu, Turkey
Vice-Chairperson and Local Host
of the 3rd ECOPRAM Congress

COMMITTEES

President of the 3rd ECOPRAM Congress

Prof. Dr. Christos C. Zouboulis, President of ESAAM, Germany

Chairwoman of the Local Organizing Committee

Prof. Çimen Karasu, President of AAAMS, Turkey

Vice-Chairman of the 3rd ECOPRAM Congress

Prof. Damiano Galimberti, General Secretary of ESAAM, Italy

Local Organizing Committee:

Çimen Karasu
İhsan Kara
Ali Sazcı
Ahmet Başaran
Nuray Ari
Merih Bayram
Murat Kartal
Irma Manjavidze

Scientific Committee:

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Prof. Dr. Christos C. Zouboulis, Germany

Vice-Chairmen

Prof. Dr. Damiano Galimberti,
General Secretary of ESAAM, Italy

Prof. Dr. Johannes Huber, Germany

Vice-Chairwoman

Prof. Dr. Çimen Karasu, Turkey

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Prof. Adolf Schindler, Germany
Dr Ahmet Başaran, Turkey
Dr. Alev Eken, Turkey
Prof. Dr. Alberto Massirone, Italy
Dr. Ali Kerim Diler, Turkey
Dr. Ali Sazcı, Turkey
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Prof. Andreas Simm, Germany
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Prof. Dr. Arzu Erel, Turkey
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Dr. Aubrey De Gray, UK
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Prof. Dr. Banu Çaycı, Turkey
Prof. Dr. Bilge Şener, Turkey
Dr. Bill Anton, Australia
Dr. Bogdan Dimitrie Niculae, Romania
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Prof. Dr. Carlo Alberto Bartoletti, Italy
Prof. Dr. Cemal Çevik, Turkey
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Dr. Christophe de Jaeger, France
Prof. Claudio Franceschi, Italy
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Prof. Dr. Ender Terzioğlu, Turkey
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Prof. Erdem Yeşilada, Turkey
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Prof. Dr. Fehmi Akçipek, Turkey
Prof. Dr. Ferda Perçin, Turkey
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Prof. Georg Birkmayer, Austria
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Dr. Gürsel Veliöğlu, Turkey
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Dr. Hanifi Özbek, Turkey
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Prof. Dr. Metin Arslan, Turkey
Prof. Dr. Michael Klentze, Thailand
Dr. Michael Papacharalampous, Greece

SCIENTIFIC COMMITTEE

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Prof. Nihat Dilsiz Turkey
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Prof. Rümeyza Demirdamar, Turkey
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Prof. Dr. Sönmez Doğan, Turkey
Prof. Dr. Sühan Ayhan, Turkey
Prof. Dr. Taner Demirer, Turkey
Prof. Dr. Tanju Besler, Turkey
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Prof. Dr. Temel Yılmaz, Turkey
Prof. Dr. Teslime Atlı, Turkey
Prof. Thomas Endler, Austria
Prof. Tilman Grune, Germany
Prof. Tülin Söylemezoğlu, Turkey
Prof Dr Viktor Bauer, Slovakia
Prof. Vittorio Calabrese, Italy
Prof. Vladimir N. Asinimov, Russia
Prof. Dr. Volkan Baltacı, Turkey
Dr. Yasemin Amoto, Turkey
Prof. Yüksel Kan, Turkey
Mrs. Yulia P. Trifonova, Ukraine
Prof. Yusuf Öztürk, Turkey
Prof. Dr. Zafer Kurumlu, Turkey
MU Dr. Zdenka Badal, Germany
Prof. Dr. Zeki Karagülle, Turkey
Dr. Zora Dajic-Stevanovic, Serbia

TOPICS

AESTHETIC PROCEDURES IN AGING

Rejuvenation of neck and neckline

- Procedure of neck and neckline aging
- Cosmeceuticals and bioceuticals:
Dermocosmetic and dermoplastic approach of the aging of neck and neckline
- Chemical Peelings : Indications and Protocols
- Radiofrequency and aging of the neck and neckline
- Laser Photo rejuvenation
- Technics of micro - liposuction
- Neuro conditioning muscle tissue

Rejuvenation of arms and hands

- Procedures 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 indreasing 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 techniques 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

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

10 JANUARY 2012	Abstracts submission deadline
31 JANUARY 2012	Early registration deadline
20 MAY 2012	Late registration deadline

WHO SHOULD ATTEND ECOPRAM 2012:

- nutritionists / dietology
- dermatologist
- plastic surgeon
- aesthetical physicians
- aesthetical parctioners
- endocrinologist gerontologist
- new medicine: omeopatioc,
- natural, and so on
- psicologist of stress management
- biologist
- lab test physicians
- genetist
- gastroenterologist
- laser physicians
- neurologist

REGISTRATION FEES:

	Early until 31/01/2012	Late from 01/02/2012
Members	295 €	445 €
Non-Members	395 €	545 €
Students	100 €	100 €
Accompanying Person	120 €	120 €

Registration fees for all PARTICIPANTS include :

- Entry to all scientific congress sessions
- Access to Exhibition & Poster Area
- Congress Bag (including all congress material and final program)
- Opening Ceremony & Opening Cocktail Participation
- Coffee Breaks
- Business Lunches

Registration fees STUDENTS include:

- Entry to all scientific congress sessions
- Access to the Exhibition & Poster Area
- Congress Envelope including Program at a glance
- Opening Ceremony & Opening Cocktail Participation
- Coffee Breaks

Registration fees for ACCOMPANYING PERSONS include :

- Access to Exhibition & Poster Area
- Opening Ceremony & Opening Cocktail Participation
- Half Day City Tour

ISTANBUL

Istanbul, a fascinating city built on two Continents, divided by the Bosphorus Strait. This is one of the greatest cities in the world where you can see a modern western city combined with a traditional eastern city, a melting pot of many civilizations and different people.

From the foundation of Byzantium in the 7th century BC until today, Istanbul always held an important role in the history of humanity in this part of the world, due to its strategic location;

Empires were born here on the ashes of previous ones.

Since the Republic in 1923, Istanbul continued to grow and today it boosted its population at around 13 million people living in this spread out city. This makes Istanbul the largest city of Turkey and one of the biggest cities in the world.



HARBIYE MILITARY MUSEUM



The Military Museum is located in Harbiye, Istanbul. During the last period of the Ottoman Empire, it is the site of the Ottoman Imperial Military Academy. It is composed of the historical buildings of Military Museum & Culture Center” and “The Chief of Staff Military History and Strategic Research Ministry (ATASE).” The adjacent buildings were added to the main structure later.

The Military Museum, which presents a history of military change and development from the past to the present and showcases a wide-ranging collection of some 55,000 objects, including medals, military uniforms, flags, emblems, armoured shirts, shields, paintings, and various types of guns. The only 5000 objects are displayed for the visitors. At the lower floor of the museum, there are the Corner of Mehmet II and Sultan Selim I, The Hall of Firearms, The Hall of Cannon models, Atatürk classroom, The Hall of Janissary Band instruments, The Hall of Cutting Guns, The Hall of Horse Riding, The Publicity Room, Somalia-Bosnia-Kosovo and The Internal Security Hall, The Flags-Emblems Hall, The Corner of Marine, The Martyrs' Gallery, The Tents' Gallery, The Military Uniforms' Hall. At the upper floor of the museum building there are The Hall of Ethnographic Works, The Hall of Atatürk, The Hall of Armenian Issue with Documents, The Hall of Handwritten Manuscripts and Imperial Edicts-Certificates, The Corner of Sultan Selim III, The Hall of General Kenan Evren, The Hall of Gallipoli War, The Hall of World War I., The Hall of Second Constitutional Monarchy Period, The Hall of Korean and Cyprus War, The Hall of Chiefs of General Staff of Turkey, The Hall of Turkish War of Independence.

HOTEL 4 STAR	SINGLE RATE/DAY	DOUBLE RATE/DAY
FERONYA	135€	160€
GRAND OZTANIK	135€	150€
GOLDEN AGE	115€	130€
THE MADISON	150€	170€
LARES PARK	170€	190€
POINT HOTEL	180€	200€
HOTEL 5 STAR	SINGLE RATE/DAY	DOUBLE RATE/DAY
RAMADA PLAZA 5 STAR	220€	245€

REMARKS

- * All hotels are located in the TAKSIM AREA
- * All rates are inclusive of bed & breakfast and VAT
- * The rates are fixed for the dates of 29-31 May 2012

CONGRESS ORGANIZATIONAL SUPPORT



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