

THE INAUGURAL
INTERNATIONAL CONFERENCE ON
LONGEVITY [MARCH
5,6,7 2004]
TO BE HELD IN SYDNEY AUSTRALIA

WORLD CLASS SPEAKERS

- Prof. S. Jay Olshansky
- Dr. George Roth
- Prof. Leonard Hayflick
- Prof. Rudolph E. Tanzi
- Dr. Donald K. Ingram
- Dr. Patch Adams
- Dr. Michael Fossel
- Prof. Suresh I. S. Rattan
- Prof. Mohsen Meydani
- Dr. Leonid A. Gavrilov
- Dr. David Suzuki
- Prof. Thomas Perls
- Prof. Bruce Carnes
- Dr. James Joseph
- Dr. Alexandre Kalache

Plus many more internationally respected speakers...



“ Ageing is a privilege, and a societal achievement. It is also a challenge, which will impact on all aspects of 21st Century society. It is a challenge that cannot be addressed by the public or private sectors in isolation: it requires joint approaches and strategies.

- World Health Organisation ”



INTERNATIONAL CONFERENCE ON
LONGEVITY
Sydney Convention & Exhibition Centre | March 5th 6th 7th
Australia 2004

IN THE YEAR 2000 THERE WERE 600 MILLION PEOPLE ON THE PLANET AGED 60 AND OVER. THIS FIGURE WILL RISE TO 1.2 BILLION BY 2025 AND 2 BILLION BY 2050 [WORLD HEALTH ORGANISATION]. THE PREVENTION, EARLY DETECTION, AND TREATMENT OF AGEING-RELATED DISEASES IS NEEDED TO ALLEVIATE THE LOAD OF OUR RAPIDLY INCREASING AGEING POPULATION. IT IS ESSENTIAL THIS PHENOMENON IS ADDRESSED NOW.

PROGRAM OVERVIEW

As we stand in the early years of a new millennium, enormous changes in the practice of medicine and health care are occurring, particularly in the global direction of health management for the ageing.

Therefore, international conferences such as the Inaugural International Conference on Longevity, Sydney, Australia 2004 assume great importance in their ability to promote interdisciplinary collaboration and exchange of knowledge between clinicians and scientists from all parts of the world.

This Conference will present comprehensive and current information on a wide range of topics, which will update the knowledge base and expertise of researchers and clinicians regarding current approaches to promoting longevity and healthy ageing for the human race.

The afternoon sessions will be dedicated to the themes of the conference and consist of workshops, symposia, oral communications and poster presentations.

THE CONFERENCE EXAMINES ISSUES CONFRONTING HEALTH AND LONGEVITY

Increasing Quality and Length of Life

Integrating Healthy Ageing Strategies into Clinical Practice

Theories of Ageing and Recent Developments in Life-Span Research

Prevention, Early Detection, and Treatment of Age-Related Diseases and Dysfunctions

EDUCATION RECOGNITION

CPD : CPE : CME Points available.

See our conference website for details.

CALL FOR ABSTRACTS

Participants wishing to present are required to submit an abstract on-line

no later than 3.12.2003 www.longevity-international.com

“Dear Colleagues

Welcome to the First International Conference on Longevity. As President of the Federal AMA I was pleased to be asked to participate in what I believe will become an essential event for all those interested in how to age with grace and those having to foot the bill for the ever growing aged population.

Unfortunately this event coincides with our Board meeting, something I am unable to miss, however I would like to take this opportunity to express the AMA's support for all work that will improve the quality of care the medical and allied professions can provide to their older patients. We need to embrace and work with a wide range of evidence based methodologies, only together can we successfully meet this challenge.

Have a great conference.

I look forward to receiving feedback from AMA members to feed issues and priorities identified by the conference into our work programme.

Yours sincerely

Bill Glasson



Dr William Glasson

Federal President

We are grateful for the support and assistance of the following in the development of the conference program.



WE ARE GRATEFUL FOR THE SUPPORT AND ASSISTANCE OF THE FOLLOWING IN THE DEVELOPMENT OF THE CONFERENCE PROGRAM.

Dr. Alexandre Kalache, MD, PhD. Coordinator, Ageing and Life Course Program, Department of Health Promotion, Non-Communicable Disease Prevention and Surveillance, **World Health Organisation (WHO)**, Geneva, Switzerland.

Prof. Rudolph E. Tanzi, PhD. Professor of Neurology (Neuroscience), Director, Genetics and Aging Research Unit Massachusetts General Hospital, and **Harvard Medical School**, Charlestown, MA, USA.

Dr. Don Ingram, PhD. Acting Chief, Laboratory of Experimental Gerontology, Gerontology Research Centre, **National Institute of Aging, National Institute of Health**, USA.

Dr. George Roth, PhD. Co-Executive Director, American Aging Association. CEO Gerotech Inc. **National Institute of Aging, National Institute of Health**, USA.

Prof. Thomas Perls, MD, MPH. Assistant Professor of Medicine, Harvard Medical School, **Harvard University**, MA, USA.

Prof. S. Jay Olshansky, PhD. Professor, School of Public Health: **University of Illinois**, Chicago, USA.

Dr. Richard Faragher, PhD. Treasurer, **British Society for Research on Ageing**. Principal School Fellow, School of Pharmacy and Biomolecular Science, **University of Brighton**, United Kingdom.

Prof. Suresh Rattan, DSc, PhD. Editor in Chief, Biogerontology. Research Professor (Forskning/professor), **Danish Centre for Molecular Gerontology**; Department of Molecular Biology; **University of Aarhus**, Denmark.

Dr. Michael Fossel, MD, PhD. Clinical Professor of Medicine, **Michigan State University**, USA. Editor in chief, **Journal of Anti-Aging Medicine**.

Prof. Graham D. Burrows, AO, KCSJ, MD ChB, BSc, DPM, FRANZCP, FRCPsych, MRACMA, Dip.M.Hlth.Sc(Clinical Hypnosis), FACHAM. Professor/Director of Psychiatry, **University of Melbourne**, Austin Health, **Austin Hospital**, VIC, Australia. Chairman, **Mental Health Foundation of Australia** (MHFA). President, **Mental Health Foundation of Victoria**, (MHFV). President, **Alzheimer's Association of Victoria** (AAV).

Dr. Richard Mollard, PhD, BSc(Hons). Senior Research Fellow. Head, Stem Cells/Tissue Engineering, Monash Institute of Reproduction and Development, **Monash University**, VIC, Australia.

Prof. John McCallum, BEcon Hons Psych(Qld), MPhil, DPhil(Oxon). Dean, College of Social and Health Sciences, **University of Western Sydney**, NSW, Australia.

Prof. Helen Bartlett, PhD, MSc, BA. Foundation Director, Australasian Centre on Ageing, **The University of Queensland**, QLD, Australia.

Dr. Leonid A. Gavrilov, PhD, and Dr Natalia S. Gavrilova, PhD. Research Associates, Centre on Aging, National Opinion Research Centre (NORC), **University of Chicago**, Illinois, USA.

Prof. Bruce A. Carnes, PhD. Reynolds Department of Geriatric Medicine, **University of Oklahoma College of Medicine**, Oklahoma, USA.

Prof. Leonard Hayflick, PhD. Professor of Anatomy, School of Medicine, **University of California**, San Francisco, USA.

Prof. Mohsen Meydani, DVM, PhD. Professor of Nutrition and Director, Vascular Biology Laboratory, Jean-Mayer USDA Human Nutrition Research Center on Aging, **Tufts University**, Boston, MA, USA.

Dr. James Joseph, PhD. Lead Scientist, Laboratory Chief: Laboratory of Neuroscience, Jean-Mayer USDA Human Nutrition Research Center on Aging, **Tufts University**, Boston, MA, USA.

Mr. Barry Flanary, MS. Department of Neuroscience, McKnight Brain Institute, **University of Florida College of Medicine**, Gainesville, Florida, USA.

Prof. Robin Holliday, PhD. Fellow of the Royal Society. Internationally respected scientist (biology of ageing), Sydney, NSW, Australia. Author: 'Understanding Ageing' (1995).

Prof. Anthony W. Linnane, AM, PhD, DSc, FRS, FAA, FTSE. Founder and Managing Director, Centre for Molecular Biology, **Epworth Medical Centre**, Richmond, VIC, Australia. Professorial Fellow, Department of Medicine, **University of Melbourne**, and St. Vincent's Hospital. Foundation President, **Australian Society for Cellular and Molecular Gerontology**.

Prof. Gary Andrews. Professor of Ageing, University of South Australia and Professor and **Director of the Centre for Ageing Studies**, a WHO Collaborating Centre on Population Ageing and an affiliated Research Centre of **Flinders University** and the **University of South Australia**. Academic Director of the **Australian Centre for Community Ageing**. Immediate-Past President of the **International Association of Gerontology**, SA, Australia.

Prof. David Le Couteur, PhD FRACP. Professor of Geriatric Medicine, Centre for Education and Research on Ageing (CERA), **University of Sydney**, NSW, Australia.

Dr. Paul Beaumont, MB BS, FRACS, FRACO. Ophthalmic Surgeon, Sydney, NSW, Australia. Secretary/Treasurer, **Australian Society of Ophthalmologists**. Chairman, **Macular Degeneration Foundation, Australia**.

Prof. Julie Byles, PhD, BMed. Assistant Dean, Research & Research Training, Faculty of Health. Director, Centre for Research and Education in Ageing (CREA), **University of Newcastle**, NSW, Australia.

Prof. Marc Cohen, PhD, MB BS(Hons), MB BS(Hons), BMedSc(Hons), FAMAC. President, **Australasian Integrative Medicine Association** (AIMA). Head of Department, Department of Complementary Medicine, **RMIT University**, Bundoora, VIC, Australia.

Assoc. Prof. James Curran, MB ChB, MSc, MD, DRCOG, FAFPHM. Director, Aged Services Learning and Research Collaboration (ASLaRC), **Southern Cross University / University of NSW** School of Rural Health, Coffs Harbour, NSW, Australia.

Dr. Andrew Francis, PhD, BSc(Hon). Senior Lecturer, Psychologist, Dept. Psychology and Disability Studies, Faculty of Applied Science, **RMIT University**, Bundoora, VIC, Australia.

Assoc. Prof. Charlie Changli Xue, BMed, PhD. Head, the Chinese Medicine Unit, **RMIT University**, Bundoora, VIC, Australia.

Prof. John A. Eden, PhD. Associate Professor of Reproductive Endocrinology, **University of New South Wales**, Sydney, Australia. Director, Sydney Menopause Centre, the Natural Therapies Unit and the Barbara Gross Research Unit, at the **Royal Hospital for Women in Sydney**, NSW, Australia.

Dr. Rodney Sinclair, MB BS, FACD. President of the **Skin and Cancer Foundation of Victoria** and principle dermatologist to the hair clinic and the nail clinic. Senior Lecturer in Dermatology, **University of Melbourne** and **Monash University**, VIC, Australia.

Prof. Avni Sali, MB BS, PhD, FRACS, FACS, FACNEM. Foundation Head of School, Graduate School of Integrative Medicine, **Swinburne University of Technology**, Hawthorn, VIC, Australia.

Prof. Con Stough, PhD, BSc(Hons). Professor in Cognitive Neuroscience, Director, Swinburne Centre for Neuropsychology, **Swinburne University of Technology**, Hawthorn, VIC, Australia.

Prof. Ian Brichthope, MB BS, DAgrSci, FACNEM. President and a Founding Director, **Australasian College of Nutritional & Environmental Medicine** (ACNEM). Past President, **Complementary Healthcare Council**, VIC, Australia.

Dr. Zorba Paster, MD. Best-selling author and national radio host. Clinical Professor, Department of Family Medicine, **University of Wisconsin**, Madison, USA.

Dr. Patch Adams, MD. Founder/Director, **Gesundheit! Institute**, CA, USA.

Dr. David Suzuki, PhD. Canada. Internationally renowned scientist, environmentalist and broadcaster.



FRIDAY 5TH MARCH 2004

PLENARY SESSIONS

LIVING LONGER

Healthy Ageing - An International Imperative: Current W.H.O. Statistics

Dr. Alexandre Kalache, MD, PhD. Coordinator, Ageing and Life Course Program, Department of Health Promotion, Non-Communicable Disease Prevention and Surveillance, World Health Organisation (WHO), Geneva, Switzerland.

Biodemography of Human Longevity

Dr. Leonid A. Gavrilov, PhD. Research Associate, Centre on Aging, NORC, University of Chicago, Illinois, USA.

CELLULAR AGEING AND CLINICAL INTERVENTIONS

The Near-Term Prospects for Intervention in Human Ageing and Age-Related Disease

Dr. Michael Fossel, MD, PhD (Session Chair). Editor in chief, Journal of Anti-Aging Medicine. Clinical Professor of Medicine, Michigan State University, USA.

Gerontomodulation Through Hormesis: Molecular Basis of Slowing Down Cellular Ageing.

Prof. Suresh Rattan, DSc, PhD. Research Professor (Forskningsprofessor), Danish Centre for Molecular Gerontology; Department of Molecular Biology; University of Aarhus, Denmark

Werner's Syndrome: Understanding and Intervening in an Accelerated Ageing Disease

Dr. Richard Faragher, PhD. Treasurer, British Society for Research on Ageing. Principal School Fellow, School of Pharmacy and Biomolecular Science, University of Brighton, United Kingdom.

The Role of Microglial Cell Senescence in Alzheimer's Disease

Mr. Barry Flanary, MS. Department of Neuroscience, McKnight Brain Institute, University of Florida College of Medicine, USA.

EVENING PRESENTATION

The Longevity Code: Your Personal Prescription to a Longer Sweeter Life

(Balancing the 5 spheres that influence our lives: physical; mental; family and social; spiritual; and material.)

Dr. Zorba Paster, MD. Clinical Professor, Department of Family Medicine, University of Wisconsin, Madison, USA. Best-selling author and national radio host.

Musical Performance

(Solo Native American Indian Flute)

Mr. R. Carlos Nakai. Of Navajo and Ute parentage, the prolific Nakai has been the catalyst for the renaissance of the native American flute, with 3 Grammy nominations. His rare live solo performances are infused with a spine-tingling musical purity, and wild wisdom.

The Environment, Human Health, and Longevity of the Planet

Dr. David Suzuki, PhD, Canada. Internationally renowned award-winning scientist, environmentalist and broadcaster.

CONCURRENT SESSIONS & WORKSHOPS

AGEING RESEARCH

The Age Associated Universality of Bioenergetic Disease: Its Impact on Human Health and its Amelioration

Prof. Anthony W. Linnane, AM, PhD, DSc, FRS, FAA, FTSE. Founder and Managing Director, Centre for Molecular Biology, Epworth Medical Centre, Richmond, VIC, Australia.

Genetics of Human Longevity: New Ideas & Findings

Dr. Natalia S. Gavrilova, PhD. Research Associate, Center on Aging, NORC, University of Chicago, Illinois, USA.

Evolution and Modulation of Longevity

Dr. Robin Holliday, PhD, F.R.S. NSW, Australia.

HERBAL MEDICINE

Herbal Medicine for Healthy Ageing

Mr. David McLeod. Director, Healthwise Clinic, Brisbane, QLD, Australia. Past president, National Herbalists Association of Australia.

Update: Pharmaceutical / Herbal Interactions

Ms. Lesley Braun, BPharm, DipAppSci(Nat), GradDipPhytotherapy.

MUSCULOSKELETAL HEALTH

Integrative Approaches to Managing Arthritis

Prof. Marc Cohen, PhD, MB BS(Hons), BMedSc(Hons), FAMAC. Founding Head, Department of Complementary Medicine, RMIT University, VIC, Australia. President, Australasian Integrative Medicine Association (AIMA).

Building & Maintaining Muscle in an Ageing Population – Strategies to Maintain Optimal Glutathione Levels in the Body

Mr. Paul Cribb, BHSci(HMS), BChemSci(Hons), CSCS. Director of Research, AST Sports Science. Australia/USA.

THE AGEING BRAIN

Diet and Successful Brain Ageing

Dr. James Joseph, PhD. Lead Scientist, Laboratory Chief, Laboratory of Neuroscience, Jean-Mayer USDA HNRCA, Tufts University, Boston, MA, USA.

Anti-Oxidants to Ameliorate Normal Cognitive Deterioration Due to Age

Prof. Con Stough, PhD, BSc(Hons). Professor in Cognitive Neuroscience, Director, Swinburne Centre for Neuropsychology, Swinburne University of Technology, Hawthorn, VIC, Australia.

CANCER

Cancer: Prevention & Treatment

Speaker being finalised

Theoretical Basis for Cancer: Beyond Gene Mutation

Mr. Henry Osiecki BSc(Hons) Post.Grad.Dip. Nutrition. Nutritional Biochemist/Dietician, Brisbane, QLD, Australia.

BREAKTHROUGHS IN ANTI-AGEING DERMATOLOGY

Prevention and Treatment of Hair Loss with Science

Dr. Rodney Sinclair, MB BS, FACD. President of the Skin and Cancer Foundation of Victoria and Principle Dermatologist to the hair clinic and the nail clinic. Senior Lecturer in Dermatology, University of Melbourne and Monash University, VIC, Australia.

Cosmetic Application of Molecular Water for Skin Repair

Mr. Haru Naito, Japan.



World class speakers : new technologies : age old wisdom
... coming together in a warm environment



SATURDAY 6TH MARCH 2004

PLENARY SESSIONS

ANTI-AGEING MEDICINE: THE HYPE AND THE REALITY

Prof. S. Jay Olshansky, PhD.

Professor, School of Public Health, University of Illinois, Chicago, USA. (Session chair)

Prof. Bruce A. Carnes, PhD.

Associate Professor, Reynolds Department of Geriatric Medicine, University of Oklahoma College of Medicine, Oklahoma, USA.

Prof. Leonard Hayflick, PhD.

Professor of Anatomy, School of Medicine, University of California, San Francisco, USA.

Prof. Thomas Perls, MD, MPH.

Assistant Professor of Medicine, Harvard Medical School, USA.

MENTAL HEALTH & LONGEVITY

Depression and Dementia Epidemics – Preparation and Management

Prof. Graham D. Burrows, AO, KCSJ, MD ChB, BSc, DPM, FRANZCP, FRCPsych, MRACMA,

Dip.M.Hlth.Sc(Clinical Hypnosis), FACHAM. Professor/Director of Psychiatry, University of Melbourne, Austin Health, Austin Hospital, VIC, Australia. Chairman, Mental Health Foundation of Australia (MHFA).

Stopping Alzheimer's Disease: What Can We Learn from Our Genes?

Prof. Rudolph E. Tanzi, PhD. Professor of Neurology (Neuroscience) Director, Genetics and Aging Research Unit Massachusetts General Hospital, and Harvard Medical School, Charlestown, MA, USA.

EVENING PRESENTATION

GALA FUNDRAISER:

'LAUGHTER IS THE BEST MEDICINE'

The Joy of Caring

Dr. Patch Adams, MD. Founder/Director, Gesundheit! Institute, California, USA.

(With the Australian Clown Doctors and Camp Quality Australia)



"Laughter is the best medicine"

CONCURRENT SESSIONS & WORKSHOPS

BIOMEDICAL AND BIOLOGICAL ADVANCES IN GERIATRIC MEDICINE

The Ageing Liver as a Risk Factor for Age-Related Vascular Disease

Prof. David Le Couteur, PhD FRACP. Professor of Geriatric Medicine, Centre for Education and Research on Ageing (CERA), University of Sydney, NSW, Australia.

Epidemiological Approaches to the Study of the Ageing Process

Prof. Robert G Cumming, MD PhD MPH. Professor of Epidemiology and Geriatric Medicine, Centre for Education and Research on Ageing, University of Sydney, NSW, Australia.

The Neuropathology of the Ageing Brain

Assoc. Prof. Jillian Kril, PhD. Associate Professor, Centre for Education and Research on Ageing, University of Sydney, NSW, Australia.

Ageing Biology, Evidence Based Medicine and the Older Person

Dr. Vasi Naganathan, PhD FRACP. Centre for Education and Research on Ageing, University of Sydney, NSW, Australia.

CARDIOVASCULAR DISEASE

Breakthroughs in the Treatment & Prevention of Cardiovascular Disease
Speaker being finalised

The Medical Management of Metabolic Obesity - Syndrome X and the Place of Liposuction

Dr. Warwick L. Greville, Cosmetic Physician, Ashbrooke Medical Institute, VIC, Australia.

Complementary Interventions for Prevention and Treatment of Cardiovascular Disease

Mr. Mike Curley, BSc(Biochem), Dip.Clinical Nutrition. Technical Director, HealthWorld Ltd. NSW, Australia.

MENTAL HEALTH AND LONGEVITY

Longevity: Does Your Mind Matter?

Prof. Avni Sali, MBBS, PhD. Foundation Head, Graduate School of Integrative Medicine, Swinburne University of Technology, VIC, Australia.

Biological Rhythms With Ageing, Associated Psychobehavioural Change, and Exercise / Herbal / Alternative Interventions

Dr. Andrew J.P. Francis, PhD, BSc(Hon). Senior Lecturer, Psychologist, Department of Psychology and Disability Studies, RMIT University, Bundoora, VIC, Australia.

Maintaining Sexual Satisfaction for Health, Happiness and Longevity

Dr. Ava Cadell, PhD, EdD. Board certified clinical sexologist and hypnotherapist, author and TV personality, Los Angeles, USA.

Your Life Matters: Living from the Inside Out

Ms. Petrea King, ND, DRM, DBM,

Dip.Clinical.Hypnosis, IYTA. NSW, Australia.

EASTERN APPROACHES TO HEALTH & LONGEVITY

Putting More Life In Your Life

Prof. Marc Cohen, PhD, MB BS(Hons), BMedSc(Hons), FAMAC. Founding Head, Department of Complementary Medicine, RMIT University, Bundoora, VIC, Australia. President, Australasian Integrative Medicine Association (AIMA).

Qi and Longevity: Theory and Practice

Assoc. Prof. Charlie Changli Xue, BMed, PhD. Head, The Chinese Medicine Unit, RMIT University, Bundoora, VIC, Australia.

THE AGEING EYE

Treating and Preventing Macular Degeneration

Dr. Paul Beaumont. MB BS, FRACS, FRACO. Ophthalmic Surgeon, Sydney, NSW Australia. Secretary/Treasurer, Australian Society of Ophthalmologists. Chairman, Macular Degeneration Foundation of Australia.



SUNDAY 7TH MARCH 2004

PLENARY SESSIONS

LONGEVITY STRATEGIES

Stem Cells as Agents for Tissue Repair and Longevity

Dr. Richard Mollard, PhD, BSc(Hons). Senior Research Fellow, Head, Stem Cells/Tissue Engineering, Monash Institute of Reproduction and Development, Monash University, VIC, Australia.

Strategies for Assessing the Effectiveness of Anti-Ageing Interventions

Dr. Don Ingram, PhD. Acting Chief, Laboratory of Experimental Gerontology, Gerontology Research Center, National Institute of Aging, National Institute of Health, USA.

Caloric Restriction (CR) Mimetics and the Relevance of CR for Humans

Dr. George Roth, PhD. Senior Guest Scientist, National Institute of Aging, National Institute of Health, USA. CEO, Gerotech, Inc.

ACHIEVING OPTIMAL NUTRITION THROUGHOUT THE HUMAN LIFESPAN

Nutrition and Healthy Ageing

Prof. Mohsen Meydani, DVM, PhD. Professor of Nutrition, Director, Vascular Biology Laboratory, Jean-Mayer USDA Human Nutrition Research Centre on Ageing, Tufts University, Boston, MA, USA.

Multiple Mechanisms Involved in the Beneficial Effects of Fruits and Vegetables on Brain Ageing

Dr. James Joseph, PhD. Lead Scientist, Laboratory Chief, Laboratory of Neuroscience, Jean-Mayer USDA Human Nutrition Research Centre on Ageing, Tufts University, Boston, MA, USA.

EVENING PRESENTATION

LAUNCH OF THE INTERNATIONAL RESEARCH CENTRE FOR HEALTHY AGEING AND LONGEVITY

(Drinks and Canapés provided for all delegates)

Prof. Gary Andrews. Professor of Ageing, University of South Australia. Awarded in 2003 a Centenary Medal by the Governor General of Australia for his outstanding contribution to research on ageing.



“...healthy older people are a precious resource”

CONCURRENT SESSIONS & WORKSHOPS

ATTITUDE, LIFESTYLE & COMMUNITY SUPPORT

Factors Promoting Healthy Aging:

The Dubbo Study: 1988-2003

Prof. John McCallum, BEcon Hons Psych(Qld), MPhil, DPhil(Oxon). Dean, College of Social & Health Sciences, University of Western Sydney, NSW, Australia.

Older Women: A Picture of Healthy Ageing

Prof. Julie Byles, PhD, BMed. Director, Centre for Research and Education in Ageing. Assistant Dean Research & Research Training, Faculty of Health, University of Newcastle, NSW, Australia.

Model Lifestyles and Community Living for the Ageing in the 21st Century

Assoc. Prof. James Curran, MB ChB, MSc, MD, DRCOG, FAFPHM. Director, ASLaRC, Southern Cross University / University of NSW School of Rural Health, Coffs Harbour, NSW, Australia.

COMPLEMENTARY INTERVENTIONS IN DISEASE

Vitamin C and Degenerative Diseases

Prof. Ian Brighthope. President and a Founding Director, Australasian College of Nutritional & Environmental Medicine. Past President, Complementary Healthcare Council of Australia.

Preventing Metastasis, and Controlling it Nutritionally

Mr. Henry Osiecki BSc(Hons), PostGrad.Dip.Nutrition. Nutritional Biochemist/Dietician, QLD, Australia.

HEALTHY AGEING: RESEARCH, POLICY & ACTION

Healthy Ageing: Research & Policy

Prof. Helen Bartlett, PhD, MSc, BA. Foundation Director, Australasian Centre on Ageing, The University of Queensland, QLD, Australia.

What Does Human Ageing Really Mean and How Can We Do It Right in the 21st Century

Prof. Gary Andrews. Professor of Ageing, University of South Australia. Immediate-Past President of the International Association of Gerontology, SA, Australia.

AGEING AND THE ENDOCRINE SYSTEM

The Overlap between Gynaecology and Anti-Ageing Medicine

Dr. Richard Reid, FACS, FRCOG, FACOG, FRANZCOG, FACCS, FAAAAAM. Gynaecologist and Pelvic Reconstructive Surgeon, Sydney, NSW, Australia.

Managing Menopause - HRT or Herbal?

Prof. John A. Eden, PhD. Associate Professor of Reproductive Endocrinology, University of New South Wales, Sydney, NSW, Australia.

The Hormones of Youth

Mr. Bill Anton, BSc(Hons). Nutritional and Clinical Biochemist. Senior Lecturer Integrative Medicine & Anti-Ageing Medicine, Swinburne University of Technology, VIC, Australia.

Natural Approaches to Optimal Hormone Balance in the Ageing Body

Prof. Kerryn Phelps, MB BS, FRACGP, Sydney, NSW, Australia. Immediate Past President, Australian Medical Association.

HEALTHY AGEING IN CLINICAL PRACTICE

Setting up a Healthy Ageing Clinic

Dr. Ian Rafter (Australia) and **Simone Parkinson** (United Kingdom)

Practical Prospects for Genetic and Cellular Intervention in Clinical Ageing

Dr. Michael Fossel, MD, PhD. Editor in chief, Journal of Anti-Aging Medicine. Clinical Professor of Medicine, Michigan State University, USA.

Healthy Ageing and Water: Structure Modified and Molecularly Infused Water

Mr. Haru Naito, Japan.

Biomarkers and Equipment for the Healthy-Ageing Practice

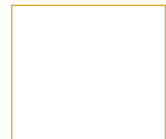
Mr. Mike Curley, BSc(Biochem), Dip.Clinical Nutrition. Technical Director, HealthWorld Ltd. QLD, Australia.

Death with Dignity - An Integrative Approach to Palliative Care

Dr. John Stephens, PhD, RN. Southern Cross University, Lismore, NSW, Australia.

Register on-line at the conference website www.longevity-international.com

or please complete and return this form, accompanied with payment in Australian Dollars (A\$) to: The Inaugural International Conference on Longevity
Fax +61 2 9475 4272 Post C/- ICMS Pty Ltd 84 Queensbridge St, Southbank, VIC 3006 Australia Registration query? E-mail registration@icms.com.au
First International Conference on Longevity 2004 ABN 58 397 418 879



Registration form

DELEGATE INFORMATION (PLEASE PRINT IN BLOCK LETTERS)

Title (Prof/Dr/Mr/Mrs/Miss/Ms): Given Name (for Name Badge):

Family Name:

Company/Organisation (if applicable):

Department:

Mailing Address: Town /Suburb:

State Postcode: Country:

Telephone Business: () Facsimile: ()

E-mail:

Special Requirements: (eg Vegetarian / Wheelchair Access): Other (please state):

DELEGATE & STUDENT REGISTRATIONS ARE ENTITLED TO

- Admission to the Opening Ceremony
- Admission to evening presentations including Charity Fundraiser and Launch
- Admission to all Program Sessions
- Admission to the Delegate Exhibition, Public Exhibition, Public Forums & Book Signings
- Conference Satchel
- Morning and Afternoon Teas

REGISTRATION FEES

FEE CATEGORY	BEFORE 10 JANUARY 2004	AFTER 11 JANUARY 2004 ⁺
Delegate	A\$770.00	A\$880.00
Student*	A\$550.00	A\$650.00
		REGISTRATION TOTAL A\$

⁺If you have not registered by Tuesday 2 March 2004, you will need to register on-site. On-site registrants are not guaranteed a conference satchel.

*Student Fee: A photocopy of your student identification or a letter from your training director verifying your status is necessary.

PAYMENT DETAILS

CHEQUES Please make all cheques/bank drafts payable to the "First International Conference on Longevity".

All payments MUST BE IN AUSTRALIAN DOLLARS (A\$).

CREDIT CARD Please note that credit card charges will appear on your statement as ICMS Pty Ltd.

Charges as per this form are to be debited to:

(Tick which is applicable)

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CANCELLATION AND REFUNDS

Cancellations must be advised in writing to the Conference Secretariat. Cancellations received before Wednesday 28 January 2004 will receive a refund of registration fees less an administration charge of A\$110.00. Cancellations after this date can not be refunded.

OFFICE USE ONLY

Cheque No. Drawer:

Bank: Branch:

This form becomes a Tax Invoice upon payment. Please retain a copy for your records. All fees quoted are in Australian Dollars and inclusive of GST.

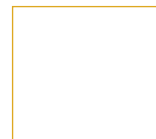
In registering for this Conference relevant details will be incorporated into a participant list for the benefit of all delegates (name and organisation only), details may be made available to parties directly related to the Conference including venue and accommodation providers (for the purpose of room bookings and conference options), key sponsors (subject to strict conditions) and to inform you of future Longevity Conferences.

Please tick the box if you do not wish to have your name included in the participant list. I Do Not Consent

PLEASE TURN OVER FOR ACCOMMODATION BOOKINGS >>>

Register on-line at the conference website www.longevity-international.com

or please complete and return this form, accompanied with payment in Australian Dollars (A\$) to: The Inaugural International Conference on Longevity
Fax +61 2 9475 4272 Post C/- ICMS Pty Ltd 84 Queensbridge St, Southbank VIC 3006 Australia **Accommodation query? E-mail registration@icms.com.au**
ICMS Travel Trust ABN 97 412 702 577



Accommodation form

ACCOMMODATION RATES

Carlton Crest ★★★★★

Deluxe style hotel. Located in the heart of the entertainment district, overlooking Darling Harbour and close to Sydney's favourite tourist attractions and all transport links.

Deluxe A\$ 155.00

Crowne Plaza Darling Harbour ★★★★★

One of Sydney's best small to medium conference centres. Located on the cityside of Darling Harbour, within walking distance to Sydney's tourist attractions including Sydney Convention Centre and Cockle Bay Wharf.

Standard A\$ 200.00

Mercure Grand Apartments ★★★★★

Conveniently located on the fringe of Darling Harbour, within walking distance to the Convention & Exhibition Centre, theatres, shops, Chinatown, Entertainment Centre, Monorail Station, Powerhouse Museum and minutes from the CBD.

Pyrmont View A\$ 285.00

Harbour View A\$ 385.00

Four Points Hotel Darling Harbour Sydney ★★★★★

Located on the city side of Darling Harbour, you'll find Sydney's largest and finest contemporary four star hotel.

Standard A\$ 250.00

Novotel Sydney on Darling Harbour ★★★★★

Adjacent to the Sydney Convention and Exhibition Centre and surrounded by a multitude of tourist attractions.

Pyrmont View A\$ 218.00

Harbour View A\$ 268.00

Ibis Hotel Darling Harbour ★★★★★

Positioned opposite Harbourside Festival Marketplace and within walking distance of the Sydney Convention and Exhibition Centre.

Pyrmont View A\$ 149.00

Harbour View A\$ 165.00

Aarons Hotel ★★★★★

Heritage listed, boutique style 3.5 star hotel. Centrally located in the heart of Sydney, just a few minutes walk from Darling Harbour.

Standard A\$ 115.00

“..healthy ageing can be achieved”

ROOM REQUIREMENTS

Arrival Date: ___/03/04 Departure Date: ___/03/04 ETA: ___ am / pm

I/We will require: (Tick which is applicable) Single Twin Share* Double* Non-smoking Smoking

* Please advise name of person sharing room ACCOMMODATION DEPOSIT A\$

PAYMENT DETAILS

- TO SECURE YOUR BOOKING A DEPOSIT EQUIVALENT TO ONE NIGHT'S ROOM TARIFF OR CREDIT CARD DETAILS MUST ACCOMPANY YOUR FORM.
- If paying by credit card your details will be passed on to the hotel as a guarantee. The hotel may not initially deduct a deposit payment from your credit card but may charge you full payment at the time of check-out. Bookings cannot be made until ICMS Travel receives your payment or credit card details.
- Room rates are in Australian Dollars and include the Australian Goods and Services Tax (GST).

CHEQUES Please make all cheques/bank drafts payable to "ICMS Travel Trust". All payments MUST BE IN AUSTRALIAN DOLLARS (A\$).

CREDIT CARD The hotel may not immediately charge your credit card for your accommodation deposit but may charge full payment at the time of check-out.

Charges as per this form are to be debited to:

(Tick which is applicable)

American Express Diners Club MasterCard Visa

Card Number:

Card Expiry Date: / (Must be completed to process payment)

Cardholder's Signature:

Cardholder's Name (Please Print):

CANCELLATION AND REFUNDS

Cancellations must be advised in writing to the Conference Secretariat. The deposit will be forfeited for all cancellations received after Wednesday 28 January 2004 or if the room is not occupied on the advised date of arrival. Please note the Conference Secretariat cannot accept new bookings or amendments to existing bookings after Wednesday 28 January. Please contact the hotel directly.

OFFICE USE ONLY

Cheque No. Drawer:

Bank: Branch:

<<< PLEASE TURN OVER FOR REGISTRATION FORM