



Changing Lifestyle to Change Gene Expression?

Most have heard of the correlation between a balanced lifestyle and wellbeing. However few people are likely to know that poor lifestyle causes changes in gene expression. Stress, diet, behaviour, toxins and other factors activate chemical switches that turn genes on and off and regulate gene expression. This new scientific field is known as epigenetics, a field which is said to influence 80 percent of our ageing process.

The Middle East, GCC and UAE have one of the highest rates of cardiovascular and lifestyle diseases like hypertension, diabetes and obesity. Results of a new obesity survey published by UAE's The National in May 2014 shows that more than 66 percent of men and 60 percent of women in the UAE are overweight or obese, prompting researchers to issue a call for action for the region. As worldwide experts are getting ready to convene in Dubai on November 14-16 2014 for the American Anti-Aging Conference, Servane Collette from the American Academy of Anti-Aging Medicine summarises the views from leading experts in the field.

CAN WE REALLY ADDRESS THE AGEING PROCESS AND SLOW IT DOWN OR MAYBE EVEN REVERSE IT?

Dr. Sahar Swidan, leading pharmacist from the US, reminds us that we cannot stop the ageing process but we can help the body repair itself so we age more gracefully and maintain memory, mobility and function which is the goal of age management medicine.

Dr. Thierry Hertoghe, anti-ageing expert from Belgium, also adds that we are now in 2014 and not in 1950 anymore when such a belief system was supported by the absence of studies proving the contrary. Today, in the 21st century, there are not only tens or hundreds, but thousands if not tens of thousands of scientific studies proving that the ageing not only can be slowed down, but also partially reversed. The best proof, Dr. Hertoghe says is to take a personal trial of four to six months and get on to appropriate anti-ageing/hormone supplementation treatments and check for yourself.

WHAT ROLE DOES LIFESTYLE PLAY IN THE AGEING PROCESS?

Diet, exercise and stress reduction are critical aspects to help nurture the body and improve lifespan.

We have always assumed that age-related diseases like high blood pressure, heart disease, arthritis, diabetes, stroke and cancer are inevitable consequences of ageing or due to our genes. But we now know through our understanding of epigenetics that this is not true.

It is not about your genes but how you communicate with your genes through your diet, lifestyle and the environment you bathe your genes in. In other words, you can change how your genes are expressed.

Hertoghe adds that lifestyle, including a good posture, adequate breathing, sufficient physical exercise, a healthy diet and avoidance of bad habits such as smoking, inadequate sleep, are the first steps to reduce the progress of ageing. He adds that "I put hormone supplementation before all other treatments. It is not the most powerful way to slow down ageing but the step that permits other treatments to become fully effective."

WHAT CLINICAL CONDITIONS DOES POOR LIFESTYLE LEAD TO?

Dr. Ray Schilling from Canada reminds us that a pathology professor at Tuebingen University in Germany talked about these topics in 1968 and was convinced that obesity, hypertension and faulty nutrition were the cause of premature heart attacks, strokes and diabetes. Almost 50 years on, his predictions have come true and we know that changes of lifestyles will reverse these pathological processes.



Servane Collette

A leading sexual health expert from the US, Dr. Michael Krychan (OB-GYN) comments on the consequences of stress and fatigue on sexual health, vitality and sluggishness.

Chronic stress, he says, impacts testosterone levels which can affect libido. Reducing stress levels can impact hormones. We do know that metabolic syndrome is affected by high blood pressure and poor diet and obesity- if we can control those external facets we can improve overall functioning.

Hertoghe elaborates on the topic and adds that poor posture when sitting, standing, walking or even lying down on a bed, will create neck and back problems with possibly compression of nerves (sciaticus pains that irradiate from the back into the legs), propelling low quality of life, poor breathing, disc hernia, vertebral crushes and at the end irreversible typical age-related damage to the spine and the vertebral column.

NOT DRINKING SUFFICIENT AMOUNTS OF WATER and drinking too much coffee, tea, alcohol approximately doubles the risk of developing cardiovascular disease and can triple the risk of developing cancer.

WHAT IS EPIGENETICS?

Epigenetics is the study of molecular mechanisms by which the environment controls gene activity. It is a new scientific field and it shows that DNA blueprints passed down through genes are not set in stone at birth. Each of us inherits our own unique variation of the genetic code. We can't change the hardwiring of our genetic code, but epigenetic factors such as lifestyle and diet can radically change what our genes do.

“We now know that genetics is 20 percent of the story and 80 percent of the story is due to Epigenetics” remarks Dr. Swidan. “How we live and our lifestyle is able to turn good or bad genes on and off and contribute to disease development. So life style is very important to eat right, sleep, help the body detoxify and clean up and repair.”

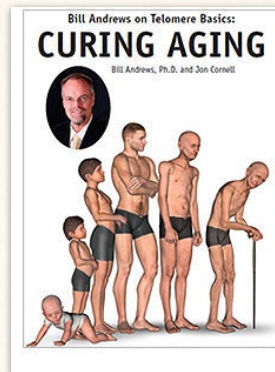
READ

• Curing Aging

by Dr. William Andrews.

A fascinating publication on the topic of telomere biology

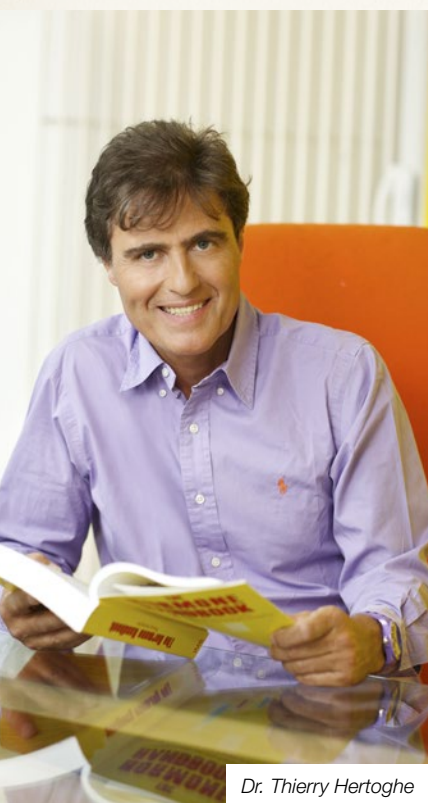
Telomere biology is a brand new discovery that will soon be considered the biggest medical breakthrough of all time. The Nobel Prize in Medicine was recently awarded in this field. Everyone is going to want to know the length of their telomeres, and this book describes things that people can do about their telomeres if they are short; and if they are not short, how to keep these long.



• A Survivor's Guide To Successful Aging: With recipes for 1 week

by Dr. Ray Schilling

What if you could eat your way to better health, or slow down the ageing clock with a few simple lifestyle tips? In his new book, A Survivor's Guide to Successful Aging, Ray Schilling, MD, explains how anyone can take charge of their personal health and reap the benefits of positive choices -whether by managing stress, reducing processed food, or getting a restful night's sleep.



Dr. Thierry Hertoghe



Dr. Michael Krychan



Dr. William Andrews



Dr. Sahar Swidan

AMERICAN ANTI-AGING CONFERENCE

NOVEMBER 14-16 2014



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