

Invitation to health professionals from the South African Academy of Anti-Aging and Integrative Medicine

The Integrative Medical Centre in Bryanston, under the guidance of Dr Craig Golding, will be hosting training seminars for health professionals in an academic programme on anti-aging/integrative medicine. Participating health professionals will become members of the South African Academy of Anti-Aging and Integrative Medicine.

Module 12 : Nutrigenomics

The genes we carry significantly impact our health and susceptibility to various diseases. The discovery of prognostic genetic markers is increasing at an astonishing rate and continues to improve target identification, test accuracy, disease detection and treatment selection.

Nutritional genomics, which studies the genome-wide influences of nutrition, has far-reaching potential in the prevention of diet-related disease. It is highly likely that during this decade the nutritional supplement, food and health care companies will grow in response to advances in nutritional genomics research and its applications. Parallel to this growth will be impressive progress in understanding the specific influence of certain food components on metabolic pathways and on long-term risk for disease.

One of the greatest technological accomplishments of the last 100 years has been the complete mapping of the human genome, first announced in 2003. This has given scientists a greater understanding of the mechanisms of health and disease at a molecular level, forever changing the face of clinical diagnosis and treatment.

John Bell describes the impact of genomic medicine as follows: "Information from the human genome sequence will eventually alter many aspects of clinical practice. It will increase our understanding of disease mechanisms, and guide the development of new drugs and therapeutic procedures. In the short term, however, knowledge of the genome will have a profound clinical impact on the diagnostic capability of clinical genetics laboratories. Molecular testing using genetic and genomic information will allow early and more accurate prediction and diagnosis of disease and of disease progression. Medicine will become oriented towards disease prevention rather than efforts to cure people at late stages of illness."

Module 12 will cover the following topics:

- Genetic Variants Associated With Heart Health
- Genetic Variants Associated With Endogenous Antioxidant Genes
- Genetic Variants Associated With Bone Health
- Genetic Variants Associated With B Vitamin Pathways.

Polymorphisms and Responsiveness to Diet

- Nutritional Influences on Estrogen Metabolism
- The Human Genome and Molecular Medicine
- Telomeres and Telomerase as Natural Therapeutic Targets.

Dates: 21 July, 4 August and 8 September 2011.

Venue: FNB Conference & Training Centre – 114 Grayston Drive, Sandton.

Time: 17h30–18h00 (registration). Seminar duration 18h00–21h00.

RSVP: Monica: monica@solaltech.com, or call (011) 783 3939;

Tanya: tanyas@solaltech.com, or call (011) 463 0036.

Cost: R2 000.

CPD points:

Earn 3 CEUs for each lecture attended or 9 CEUs for attending all 3 lectures.

The academic training programme will involve the following ongoing components:

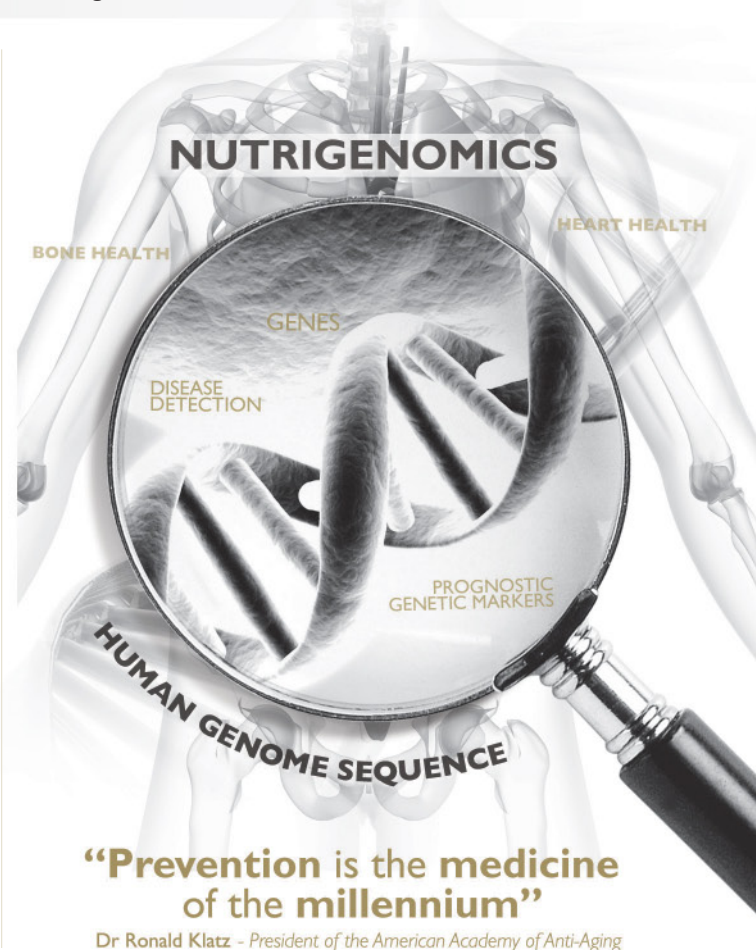
- a) Seminars: 3-4 a year – these are available on DVD and CD, which may be sent to those who have not attended, but have paid for the module
- b) Home-based study, including reading material, articles, webcasts, tutorials and fellowship guidelines
- c) DVDs on relevant topics, where applicable
- d) Selected books and reading material that can be purchased from SOLAL Technologies
- e) American Academy of Anti-Aging Medicine (A4M) selected reading material, where necessary, to complete credentials for ABAARM, ABAHP, fellowship or Masters
- f) Sit-in consultations with Dr Golding at the IMC for selected doctors who wish to develop a more integrative/anti-aging approach in their practice.

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SOUTH AFRICAN ACADEMY
OF ANTI-AGING AND INTEGRATIVE MEDICINE

If you would like to be advised further in this regard and would like to receive information about the courses, ie. date and time or previous modules, please visit www.imcmed.co.za and fill in your details.

Tel: 011 463 0036 Fax: 011 463 9832

www.imcmed.co.za • email: imc@imcmed.co.za • 20 Ballyclare Drive, Bryanston, Sandton, 2191



“Prevention is the medicine of the millennium”

Dr Ronald Klatz - President of the American Academy of Anti-Aging



Dr Craig Golding

Specialist Physician/Internist – MBChB (Cum Laude) (Pret), FCP (SA), ABAARM: Board Certified Anti-Aging Physician American Board of Anti-Aging and Regenerative Medicine, FAARFM: Advanced Fellowship in Anti-Aging, Regenerative and Functional Medicine, FICT: Fellowship in Integrative Cancer Therapies, ACAM: Certified Chelation Therapist, MS USF: Masters in Medical Sciences University of South Florida (Magna Cum Laude), NUGO (European Nutrigenomics Organization): Full Certification in Nutrigenomics, Proteomics, Metabolomics, Faculty Member AAAM (American Aesthetics and Anti-Aging Society): International Lecturer

Dr Golding practises at the Integrative Medical Centre. His interest in preventive medicine and addressing the causes of illness, resulted in him gaining further qualifications in the US. In 2007, he completed his Fellowship in Anti-Aging Medicine (FAARM) and obtained Board Certification in Anti-Aging Medicine (ABAARM) from the American Board of Anti-Aging Medicine. Dr Golding is the first certified anti-aging physician in Africa.