

SYMPOSIUM AND WORKSHOP 2019

REVERSE THE AGING PROSCCESS WITH ANTI-AGING MEDICINE RUNDOWN PROGRAMM

WORKSHOP

JUMAT, 15 November 2019

WAKTU	TOPIK	PEMBICARA
09.00 – 09.20	REGISTRATION & COFFEE BREAK	
09.00 – 14.30	THREAD LIFT	
09.00 – 09.20	The Evidence Based Medicine of thread	Dr Erivia Pangkahila, M.Biomed, SpKK
09.20 – 09.40	Types and function of thread	Dr Fitria Agustina, SpKK, FINSDIV
09.40 – 10.10	Thread for forehead wrinkles	Dr Nenden Setiasih, SpKK, MM, FINSDIV
10.10 – 10.40	Thread for eyebrow lift & eye bag	Dr Nenden Setiasih, SpKK, MM, FINSDIV
10.40 – 11.00	Coffee Break	
11.00 – 11.30	Nose enhancement	DR Dr Dian Ratnadewi, SpKK, MARS, M.Biomed, FINSDIV
11.30 – 12.00	Cheek enhancement	DR Dr Dian Ratnadewi, SpKK, MARS, M.Biomed, FINSDIV
12.00 – 13.00	ISHOMA	
13.00 – 13.45	Jaw Line contouring	Dr Henti Widowati, M.Biomed AAM
13.45 – 14.30	How to manage the complication	Dr Henti Widowati, M.Biomed AAM
14.30 – 17.30	Cortisol and Thyroid in Metabolism	
14.30 – 15.00	HRT in the concept of AAM	Prof DR Dr Wimpie Pangkahila, SpAnd
15.00 – 15.30	Application of cortisol therapy in AAM practice	DR Dr Aris Wibudi, SpPD KEMD, (K)
15.30 – 16.00	Application of thyroid therapy in AAM practice	DR Dr Aris Wibudi, SpPD KEMD, (K)
16.00 – 16.15	COFFEE BREAK	
16.15 – 17.20	CASE STUDY: Cortisol, thyroid hormones and / in HRT	Prof DR Dr Wimpie Pangkahila, SpAnd, DR Dr Aris Wibudi, SpPD, KEMD, dan Dr Lilis MBIomed
17.20 – 17.30	Discussion	

SYMPOSIUM 1

SABTU, 16 November 2019

WAKTU	TOPIK	PEMBICARA
08.00 – 09.00	REGISTRASI ULANG	
	COFFEE BREAK	
09.00 – 09.10	Opening Ceremony	
	Indonesia Raya	
	Hymne AAM	
09.10 – 09.15	Commitee Report	
09.15 – 09.20	Opening Speech	
09.20 – 10.30	MEDICOLEGAL	
09.20 – 09.40	Ethicolegal in AAM Practice	IDI
09.40 – 10.00	AAM vs conventional medicine	Dr Kurniawan, M.Biomed (AAM)
10.00 – 10.20	Update in anti- aging medicine	Prof DR Dr Wimpie Pangkahila, SpAnd
10.20 – 10.40	Hygiene and safety in anti-aging clinic	Dr Novendi, MKK, FISPH, FISCM
10.40 – 10.50	Discussion	
10.50 – 11.40		
10.50 – 11.10	Advances in wrinkle treatment with phytocell technology	DR Dr Titi Moertolo, SpKK, FINSADV
11.10 – 11.30	Role of topical estrogen in female skin rejuvenation	DR Dr AAGP Wiraguna, SpKK(K)
11.30 – 11.40	Discussion	
11.40 – 12.10		
11.40 – 12.00	Role of CO2 fractional laser therapy in anti-aging medicine	DR Dr Liza Widjaja, M.Biomed AAM, M.Pharm
12.00 – 12.20	V-Shape face contouring with threadlift treatment	Dr Lilik Norawati, SpKK, FINSDIV
12.20 – 12.30	Discussion	
12.30 – 13.30	ISHOMA	
13.30 – 14.20		
13.30 – 13.50	Role of oral melatonin in insomnia treatment	DR dr Aris Wibudi, SpPD, KEMD, (K)
13.50 – 14.10	Reverse aging with GH therapy. When? How? Why?	Prof DR Dr Wimpie Pangkahila, SpAnd
14.10 – 14.20	Discussion	
14.20 – 15.30		
14.20 – 14.40	Chi Kung; EBM or not?	Dr. Michael Triangto, SpKO
14.40 – 15.00	Simple exercise for hormone balancing	Prof DR Dr Alex Pangkahila SpAnd
15.00 – 15.20	Chi Kung practice	Instruktur
15.20 – 15.30	Discussion	
15.20 – 15.40	COFFEE BREAK	
15.50 – 17.00		
15.50 – 16.10	Is obesity linked to aging?	Dr Rita Lahirin, M.Biomed AAM, M.Gizi
16.10 – 16.30	Metabolic consequences of altered gut microbiota in aging process	DR. Dr I. Wayan Weta, MS, SpGK.
16.30 – 16.50	Antioxidant and obesity	DR. Dr I. Wayan Weta, MS, SpGK
16.50 – 17.00	Discussion	

MINGGU, 17 November 2019
SYMPOSIUM 2

WAKTU	TOPIK	PEMBICARA
09.00 – 09.50		
09.00 – 09.20	Ferro for aging hair	DR Dr AAGP Wiraguna, SpKK (K), FINSDIV
09.20 – 09.40	Saccharomyces filtrate for aging skin	DR Dr Liza Widjaja, M.Biomed AAM, M.Pharm
09.40 – 09.50	Discussion	
09.50 – 10.10	COFFEE BREAK	
10.10 – 11.20		
10.10 – 10.30	Can exercise help your gene?	Dr Grace Tumbeleka SpKO
10.30 – 10.50	The effect of diet on the intestinal epigenome: relevance to aging	DR Dr Fiastruti W, MS, SpGK
10.50 – 11.10	Nutritional intervention to prevent age-related telomer shortening?	Dr Ida Gunawan, MS, SpGK (K)
11.10 – 11.20	Discussion	
11.20 – 12.20	LUNCH SYMPOSIUM → ALL ABOUT CELL THERAPY	Dr Henti Widowati, M.Biomed AAM
12.20 – 13.00	ISHOMA	
13.00 – 14.10		
13.00 – 13.20	Updated treatment for obesity	DR Dr Inge Permadhi, MS, SpGK
13.20 – 13.40	How to manage weight loss plateau in AAM perspective	DR Dr Samuel Oetoro, MS, SpGK
13.40 – 14.00	CASE STUDY: Sexual aging	Dr Heru H Oentoeng, MRepro, SpAnd
14.00 – 14.10	Discussion	
14.10 – 14.30	COFFEE BREAK	
14.30 – 16.50	<i>The Concept of AAM Practice</i>	DISKUSI KELOMPOK AAM
14.30 – 16.30	INTERACTIVE CASE STUDY	Dr Nurgroho Setiawan, MRepro, SpAnd DR Dr Samuel Oetoro, MS, SpGK DR Dr Aris Wibudi, SpPD, KEMD, (K) Dr. Michael Triangto, SpKO DR Dr Dian Ratnadewi, SpKK, MARS, M.Biomed, FINSDIV
16.30 – 16.50	CONCLUSION	Prof DR Dr Wimpie Pangkahila, SpAnd

Register Now



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SYMPOSIUM AND WORKSHOP 2019
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INFORMATION:

Organizer : INCAAM cabang Jakarta
 Time : **Jumat – Minggu, 15 - 17 November 2019**
 Place : **Harris Vertu Hotel, Jl Hayam Wuruk no 6, Jakarta Pusat 10130**
 Event : Symposium and Workshop
 Participants : Specialists, general practitioners, and other scholars related to health
 Accreditation : IDI Jakarta

ORGANIZER ACCOUNT:

BCA cabang Taman Permata Buana
 Account Name : **LIZA WIDJAJA**
 Account Number: **49.000.780.35**

REGISTRATION FEE

	EARLY BIRD	REGULAR	ONSITE
Conference & Workshops	Before July 31, 2019	July 31 - Oct 31, 2019	After October 31, 2019
	IDR 2.500.000,-	IDR 3.000.000,-	IDR 3.500.000,-

REGISTRATION & INFORMATION CONTACT:

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