



S E M A L

18th International Congress of Anti-aging Medicine

XVIII Congreso de la Sociedad Española de
Medicina Anti-envejecimiento y Longevidad

Seville, October 3rd to 5th 2019
Hotel Silken Al-Andalus Palace



www.semal.org



FISMAL





It is an honour for the Spanish Society of Anti-Aging Medicine (SEMAL) and the Federation of Latin American Societies of Anti-Aging Medicine (FISMAL), to invite you to participate in the XVIII International Congress of Anti-Aging and Longevity Medicine, which will be held from October 3 to 5 2019 at the Hotel Silken Al-Andalus Palace. Seville was chosen in 2018 the most interesting city to visit being one of the main tourist destinations in the world, with a rich history, friendly, cheerful and hospitable people, who will make your stay memorable and unforgettable. The organizing and scientific committee of the SEMAL, has committed all its effort and collaboration, to create an innovative and diverse scientific program, which will serve as a framework for the exchange of ideas, learning, presentation of the latest advances in different areas of health, education and improvement of the quality of life and longevity worldwide, with the participation of more than 80 international speakers, in joint sessions. This congress is aimed at academics, medical professionals, residents in training, students, nurses, interested in sharing experiences and knowledge. I do not want to end this warm welcome without thanking the participating companies, as well as the participating international scientific societies for their unconditional support for the congress. We are pleased to welcome you under the sun of this beautiful land, a world heritage site, to all doctors, researchers, guest professors, general sponsors and health-related professionals. To thank from our side, the medical and scientific community that will accompany us, in this great event with almost 20 years of uninterrupted celebration. And that each year continues to increase in quality and interest. I wait for you in Seville this first weekend of October 2019,

Dr. Jose Serres MD.PhD.
SEMAL President

THE MELATONIN IN THE CLINIC**Prof. Darío Acuña y Prof. Germaine Escames. Universidad de Granada. España**

SCHEDULE: 9:30 - 13:30

PLACE: Real e Ilustre Colegio Oficial de Médicos de Sevilla

Price: 100€ with the congress registration. 150€ without congress registration.

THE MELATONIN IN THE CLINIC

This course is aimed at the practical application of current knowledge of melatonin in biomedicine. It is about understanding what are the different functions of pineal and extrapineal melatonin; what are the bases to be able to use melatonin therapeutically for different pathologies; what we have to take into account for its administration (bioavailability, side effects, drug interactions, among others), and what dose ranges we can safely handle.

1. Darío Acuña Castroviejo: Basis for the therapeutic use of melatonin

- What do we have to know for the use of melatonin in the clinic?
- Different functions of pineal and extrapineal melatonin
- Interaction with medications
- Melatonin vs. other antioxidants
- Dosis and therapeutic indications

2. Germaine Escames: Basis for the topical use of melatonin

- What is the basis of the topical use of melatonin?
- Forms of topical application of melatonin
- Advantages of topical versus oral application
- Short, medium and long term benefits

HOW TO SURVIVE A TOXIC WORLD**Dr. Francisco Llano, México**

SCHEDULE: 13:30 - 15:30

PLACE: Real e Ilustre Colegio Oficial de Médicos de Sevilla

Price: 50€ with the congress registratio. 75€ without congress registration. Picnic included

Objective: Doctors can identify in a practical way, the chemicals in food that intoxicate patients subclinically, and can trigger degenerative diseases according to the different genetic variants.

Topics:

- Basics of Nutrigenetica / Nutrigenomica
- The harmful chemistry of food
 - Persistent Organic Pollutants
 - Endocrine disruptors
 - Carcinogenic
 - Toxic Elements in Foods
 - Conservatives and Dyes
 - Dysbiosis
- Solutions / Detox

PEPTIDES: CURRENT CLINICAL APPLICATIONS**Dr. Raúl Enad. Indiana, USA.**

SCHEDULE: 15:00 - 19:00

PLACE: Real e Ilustre Colegio Oficial de Médicos de Sevilla

Price: 100€ with the congress registration. 150€ without congress registration.

1. Definition of Peptides and their chemical properties.
2. Description of the physiological properties of hormones and their relationship with aging.
3. Discussion of peptides that influence aging and general well-being.
4. Description of the effect of aging as a risk factor for the disease process.
5. Description of the relevance of cell senescence and irreversible loss of cell homeostasis.
6. Discussion of the possible clinical applications of peptides in different disease processes.

*PROGRAM COULD SUFFER SOME CHANGES DUE TO UNEXPECTED CIRCUMSTANCES

PRACTICAL WORKSHOPS

- 9:30 **REGISTRATION AND DOCUMENTATION DELIVERING**
PLACE: Real e ilustre Colegio Oficial de Medicos de Sevilla
WORKSHOPS FREE OF CHARGE ONLY FOR CONGRESS DELEGATES
LIMITED PLACES
NECESSARY TO FULFILL AND SEND WORKSHOPS REGISTRATION FORM
- 10:00 "Practice, use and results in the reduction of cellulite with ozone therapy, bag therapy, ozonated oils and curcuminoids"
Dr. Jose Eduardo Rosa
HOSTED BY: KEYBIOLOGICAL
- 11:00 "Latino touch" in face and hand: Optimization in HA treatments with Hyabell®.
Dra. Ana Vila Joya
HOSTED BY: ADODERM
- 12:00 "Facial and body biostimulation with Hydroxyapatite in dilution"
Dr. Jose Ramón Vázquez
HOSTED BY THR
- 13:00 "The best facial rejuvenation techniques with minimally invasive treatments. Synergistic techniques with PDO and Hyaluronic Acid threads"
Dra. M^a Soledad Lagüens Cobos
HOSTED BY CHROMA PHARMA
- 14:00 "Taller practico de Rellenos y tratamientos faciales"
Lunch & Learn
- 17:00 "Redermalization: combination of hyaluronic acid and succinic acid to improve skin quality"
Dra. M^a Soledad Lagüens Cobos
HOSTED BY MEDICALIO
- 18:00 Lifting Tightening Peeling. ALMA-Q Lifting
Dra. M^a Dolores Antón
HOSTED BY ALMA
- 19:00 "Indications of LFU technology in the treatment of adipose panicle"
HOSTED BY MEDIKA LIGHT

8:30 Registration and documentation delivering

9:00 Opening ceremony

NEUROTRANSMITTER MODULATION

Moderator: Dr. José Serres

9:30 Metabolic treatment to increase the ability to manage stress

Dr. Juan Carlos Méndez

9:50 Caffeine and anti-aging medicine

Dr. Sergio Moral

10:10 DEBATE

10:15 OPENING CONFERENCE

Role of adaptogens in anti-aging medicine

Dr. Alexander Panossian

11:00 COFFEE BREAK AND VISIT TO THE COMMERCIAL EXHIBITION

PRESENT AND FUTURE OF MELATONIN

Moderator: Dr. Darío Acuña

11:30 From animal experimentation to the human clinic: Current clinical trials with melatonin

Prof. Darío Acuña

11:50 New formulations of melatonin for the skin

Prof. Germaine Escames

12:10 Are the doses of melatonin used in the clinic sufficient to obtain cytoprotection?

Dr. Daniel P. Cardinali

12:30 Alteration of the circadian rhythm of adolescents due to electronic devices: a worrying issue

Dr. Yvan Touitou

12:50 DEBATE

ANTI-AGING DIET

Moderator: Dr. Francisco Carreño

13:00 Moderator introduction

13:15 Is vegetarian diet an effective anti-aging intervention?

Dra. Natasha Campbell-McBride

13:35 Cardiac Nutrition a must for a quality of life

Dr. Carlos Ventura

13:55 Mitochondrial Dysfunction

Dr. Antonio Marco Chover

14:15 DEBATE

14:30 WELCOME COCKTAIL

ANTI-AGING TRAINING AND EFFECT ON MARKERS

Moderator: Prof. Manuel J. Castillo

16:00 Moderator introduction

16:15 Prevention and treatment of functional decline associated with aging through exercise

Dr. David Jiménez Pavón

16:35 S-Klotho protein as an anti-aging marker. Effect of high intensity interval training

Dr. Fran Amaro

16:55 Molecular

Dr. Claudio Tavera

17:15 DEBATE

17:30 COFFEE BREAK AND VISIT TO THE COMMERCIAL EXHIBITION

OTHER ASPECTS IN ANTI-AGING MEDICINE

Moderator: Prof. Mónica de la Fuente

18:00 Specific immunotherapy in the treatment of metastases

Dr. Rony Moya

18:15 Chronic cytomegalovirus infection and telomeric wear

Dra. Cristina Zemba

18:30 Genomic antiaging medicine: Can we live longer and better thanks to genetics?

Dr. Lester Ramos y Dra. M^a José de la Paz

18:45 Effects of scalar harmonic waves on immune function, oxidative stress, behavior and longevity.

Dr. Manuel Mayo

19:00 New advances in regenerative medicine to enhance longevity

Dr. Juan Carlos Crespo de la Rosa

19:15 Utility of genomic profiles in the assessment and recovery of neurobiochemical balance

Dr. Jose Ignacio Lao

19:30 KEYNOTE SPEECH IN HOMAGE TO DR. JULIÁN BAYÓN

Stem Cells and Aging: from Cell Therapy to Mitochondrial Rejuvenation

DR. BERNAT SORIA

21:30 GALA DINNER

MY PRACTICAL EXPERIENCE IN ANTI-AGING MEDICINE

Moderator: Dr. José Serres

- 9:30 Moderator introduction
- 9:45 Current tests in my antiaging consultation in New York
Dr. Francisco Carreño
- 10:05 Excellence values of health and longevity biomarkers in the context of Anti-Aging Medicine
Dr. Ángel Durántez
- 10:25 Practical approach to anti-aging treatment through exercise
Dr. Iván Ibáñez
- 10:45 **DEBATE**

11:00 COFFEE BREAK AND VISIT TO THE COMMERCIAL EXHIBITION

ANTIOXIDANTS YES OR ANTIOXIDANTS NO ? DISCUSSION OF EXPERTS

Moderator: Dr. Juan Carlos Méndez

- Prof. Antonio Ayala**
- Prof. Manuel J. Castillo**
- Prof. Darío Acuña**
- Prof. Mónica de la Fuente**
- Prof. Plácido Navas**
- Dr. Francisco Carreño**
- Dr. Ángel Durántez**

PEPTIDES IN ANTI-AGING MEDICINE

Moderator: Dr. Ángel Durántez

- 13:00 Moderator introduction
- 13:15 Clinical application of Growth Hormone Releasing Peptide
Dr. Raúl Enad
- 13:35 How to improve growth hormone and delay aging with peptide therapy
Dra. Anna Medvedeva
- 13:55 Plasma measurement of the S-Klotho protein as an anti-aging marker
Prof. Manuel J. Castillo
- 14:15 **DEBATE**

14:30 GENERAL MEETING OF SEMAL MEMBERS. FIRST CALL. 15.00H SECOND CALL

ENVIRONMENTAL TOXICITY

Moderator: Prof. Antonio Ayala

- 16:00 Moderator introduction
- 16:15 Dysbiosis: Why we can't control it
Dr. Francisco Llano
- 16:35 Central sensitivity syndrome
Dr. Manuel Blanco
- 16:55 **DEBATE**

17:30 COFFEE BREAK AND VISIT TO THE COMMERCIAL EXHIBITION

CURRENT ISSUES IN ANTI-AGING MEDICINE

Moderator: Prof. Germaine Escames

- 18:00 Hidden Risks in CVD2
Peggy Daly Nd.
- 18:20 Andropausal androgenic disease
Dr. Georges Debled
- 18:40 Importance of saturated fats in health
Dra. Natasha Campbell-McBride
- 19:00 **FINAL CONFERENCE**
Maintenance of brain functions without the use of drugs
Dr. Javier Aizpiri

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9:30 TALLER

11:00 COFFEE BREAK AND VISIT TO THE COMMERCIAL EXHIBITION

LASER

Moderator: Dr. Juan López - Dr. Luis Lopez Tallaj

11:30 How to eliminate hematomas in 24 hours

[Dr. Adrián Alegre](#)

11:45 Biophotonics: a paradigm change

[Dra. Maribel Serrano](#)

12:00 Use of laser in facial rejuvenation treatments in combination with adjuvant therapies

[Dr. Jorge Gaviria](#)

12:15 5 years experience in tattoo removal in PS

[Dr. Jose Antonio Canal](#)

12:30 Integral solution in facial rejuvenation with different light sources. What does it contribute to my patients and the clinic?

[Dra. Iratxe Diaz](#)

12:45 Skin aging treatment with fractional CO2 laser and PRP

[Dr. Diego Del Ojo](#)

CURRENT AVANT-GARDE TECHNOLOGIES

Moderator: Dr. Jaime Tufet - Dr. Diego del Ojo

13:00 Discovering Argan Oil

[Prof. Zoubida Charrouf](#)

13:15 Diagnosis of facial aging and treatment with Md Codes®

[Dr. Vitor Figueiredo](#)

13:30 Automated microneedling: how to get better results

[Dr. Juan López](#)

13:45 Objective improvements through facial analysis with image capture after IPL treatment

[Dra. M^a Dolores Robina](#)

14:00 DEBATE

14:30 WELCOME COCKTAIL

REGENERATIVE AND FUNCTIONAL AESTHETIC GYNECOLOGY

Moderator: Dr. Fernando Aznar Mañas - Dr. Jorge Gaviria

16:00 New trends in regenerative medicine for male and female genitalia

[Dr. Sherif Wakil](#)

16:15 Use of nanofat in the female genital

[Dra. Maria Riedhart-Huter](#)

16:30 Use of platelet rich plasma in aesthetic gynecology

[Dra. Agnieszka Nalewczynska](#)

16:45 Use of nanofat in the male genital

[Dr. Sherif Wakil](#)

17:00 Labiaplasty in Asian women

[Dra. Ainura Subanbekova](#)

17:15 Aging and rejuvenation of microbiota in female genital tract

[Dr. Fernando Losa](#)

17:30 COFFEE BREAK AND VISIT TO THE COMMERCIAL EXHIBITION

REGENERATIVE MEDICINE - PRP

Moderator: Prof. Joaquín Calap - Dr. Joao Vale

18:00 Platelet rich plasma in trichology, alopecia ..

[Dra. Flavia Nakamura](#)

18:15 PRP as an autologous treatment of atrophic scars

[Dra. Cristina García Millán](#)

18:30 PRP controversies

[Dr. David Vázquez Corbacho](#)

18:45 Our experience with autofibroblasts in the correction of aging and scars

[Dr. Vladimir Tsepkenko](#)

19:00 Regenerative medicine, exosomes, cytokines and their use in aesthetic medical treatments

[Dr. Félix Pedrero](#)

*PROGRAM COULD SUFFER SOME CHANGES DUE TO UNEXPECTED CIRCUMSTANCES

19:15 KEYNOTE SPEECH IN HOMAGE TO DR. JULIÁN BAYÓN

IN ANTIAGING ROOM

Stem Cells and Aging: from Cell Therapy to Mitochondrial Rejuvenation

[DR. BERNAT SORIA](#)

21:30 GALA DINNER

OTHER TREATMENTS IN AESTHETIC MEDICINE AND DERMATOLOGY

Moderator: **Dra. Mercedes Eguiluz - Dr. Rafael Serena**

- 9:30 Deoxycholic acid in aesthetic medicine. How far can we go?
Dr. Lu s L pez Tallaj
- 9:45 What's new in spot treatments. My personal experience
Dra. Carmen Galera
- 10:00 Clinical study of the use of recombinant enzymes in medical-aesthetic treatments
Dra. Leonor Lemmo
- 10:15 Current use of antiandrogens
Prof. Jose Carlos Moreno Gimenez
- 10:45 **DEBATE**

11:00 **COFFEE BREAK AND VISIT TO THE COMMERCIAL EXHIBITION**

FACIAL REJUVENATION

Moderator: **Dra. Petra Vega - Dra. Dolly Nin**

- 11:30 Anatomy applied for better results and greater safety in the filling of the upper middle third
Dr. Juan L pez
- 11:45 Scarless facial minilifting: anchored traction threads
Dra. Eva Guisantes
- 12:00 Facial treatments with high-volume
Dr. Mois s Rodr guez Abascal
- 12:15 Avoidable complications in the use of polidoxanone threads for non-surgical lifting
Dra. Vicenta Llorca
- 12:30 FemiLook. The new Philosophy in Aesthetic Medicine
Dra. Xenia Vorobieva
- 12:45 Rejuvenation of the upper facial third
Dr. Rafael Serena
- 13:00 Myomodulation in Integral Facial Rejuvenation
Dr. Fernando Urdiales
- 13:15 Treatment of dark circles and periorbital region with carboxytherapy and hyaluronic acid
Dra. Lourdes Mart n
- 13:30 Filling of dark circles with hyaluronic acid: How to avoid complications
Dra. Paloma Borreg n
- 13:45 Threads or Lifting When and Why?
Dr. Mois s Barbero
- 14:00 **DEBATE**

14:30 **GENERAL MEETING OF SEMAL MEMBERS. FIRST CALL. 15.00H SECOND CALL**

ANTI-AGING PLASTIC SURGERY

Moderator: **Dr. Jorge Planas - Dr. Ram n Vilarovira**

- 16:00 How to make facial fat grafting an art
Dra. Gimena de los R os
- 16:15 Facial lipostructure in difficult regenerative areas
Dr. Jose M  Serra Renom
- 16:30 Asian Eyelid Surgery. Classification of Asian eyelid types along the sagittal section (Blepharoplasty)
Dr. Kachkinbaev Isken
- 16:45 Lipofilling in the reduction of the intermammary distance
Dr. Jose M  Serra Mestre
- 17:00 Nanofat in facial rejuvenation
Dr. Jorge Planas
- 17:15 High definition liposuction: my experience
Dr. Francisco Tudela

17:30 **COFFEE BREAK AND VISIT TO THE COMMERCIAL EXHIBITION**

AESTHETIC AND ANTIAGING

Moderator: **Prof. Jose Carlos Moreno Gim nez - Prof. Jose M  Serra Renom**

- 18:00 Self-esteem, complexes and aging
Dr. Ram n Vilarovira
- 18:15 Micronutrition, an adjuvant in aesthetic medicine
Dra. Sheyla Mota
- 18:30 Aesthetics, anti-aging and finance, latest trends
Ldo. Ricardo Ib ñez
- 18:45 **DEBATE**
- 19:00 **FINAL CONFERENCE - ANTI-AGING ROOM**
Maintenance of brain functions without the use of drugs
Dr. Javier Aizpiri

INSCRIPCIONES / SUSCRPTIONS

SUBSCRIPTION	SEMAL Members	No SEMAL Members	Auxiliary staff, students and one day pass	Congress + SEMAL Subscription (***)
Del 16/07/19 hasta el 2/09/2019	275 €	350 €	250 €	400 €
A partir del 2/09/19	325 €	400 €	275 €	450 €

The suscription includes Congress Documentation, Diploma, coffee-breaks, and cocktails. Students must show University certificate. SEMAL + Congress promotion only for new members. (***) La cuota anual se renueva en abril / The annual fee is renewed in april

	WITH CONGRESS REGISTRATION	WITHOUT CONGRESS REGISTRATION
MELATONINE COURSE	100 €	150 €
PEPTIDE COURSE	100 €	150 €

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| <input type="checkbox"/> GALA DINNER - 60€ (RESTAURANTE RIO GRANDE. VIERNES 4/10.21,30HRS) | _____ | € |

PAYMENT

Transfer to : Soc. Española de Medicina Antienvejecimiento y Longevidad.

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CANCELLATIONS

Cancellations before august 5th will have 80% of reimbursement. After that date there will be no reimbursement at all.

De conformidad con los artículo 7 y 13 del Reglamento Europeo 2016/679 (RGDP) del Parlamento Europeo y del Consejo de 27 de Abril de 2016, usted consiente el tratamiento de los datos de carácter personal por parte de SOCIEDAD ESPAÑOLA DE MEDICINA ANTIENVEJECIMIENTO Y LONGEVIDAD, con la finalidad del envío de respuestas a los servicios contratados y a las solicitudes de información, ya sea mediante vía telefónica o a través de correo electrónico. Los datos recogidos serán guardados y custodiados por el plazo estrictamente necesario, o bien hasta que usted solicite su supresión. SOCIEDAD ESPAÑOLA DE MEDICINA ANTIENVEJECIMIENTO Y LONGEVIDAD tratará los datos recogidos con la debida confidencialidad. Si usted se opone al tratamiento de sus datos personales esto haría imposible la realización del servicio así como la respuesta a sus consultas por escrito. No obstante, Ud. tiene derecho a ejercitar los derechos de acceso, rectificación, supresión, limitación, portabilidad, oposición y a no ser objeto de decisiones individuales automatizadas en la siguiente dirección; AVENIDA DE LA BORBOLLA 47, rellenando la debida solicitud y aportando una copia de su DNI. Puede obtener mayor información a cerca de la Política de Privacidad de SOCIEDAD ESPAÑOLA DE MEDICINA, ANTIENVEJECIMIENTO Y LONGEVIDAD en nuestra página web; www.semal.org

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