



BOARD CERTIFICATION

From The
AMERICAN BOARD OF
ANTI-AGING & REGENERATIVE MEDICINE (**ABAARM**)





The American Board of Anti-Aging & Regenerative Medicine is a certification programme developed and taught by the American Academy of Anti-Aging Medicine; it is internationally recognized and is a must for physicians wishing to get a comprehensive overview and understanding of anti-aging medical care. This programme will broaden your knowledge of therapies and procedures available to tackle age-related dysfunctions. Eventually, ABAARM will certify your ability to independently and confidently practice anti-aging medicine and will generate new patient referrals for your practice.

This programme was founded in 1997 as a professional certification and review board for medical professionals seeking recognition of their specialty knowledge and clinical practice of anti-aging medical care.

As the demand for preventive and anti-aging treatments is increasing in Europe, the A4M has now expanded its portfolio of examination sites in order to offer European and International physicians the opportunity to undertake the certification at various locations in Europe.

OVERVIEW OF THE PROGRAMME:

ABAARM is a self-learning course supported by a comprehensive study guide, DVDs and books. The course is punctuated by two examinations, which will then lead to becoming “**Board Certified in anti-aging medicine**”. The physician will then maintain this status as long as he/she is a current member of A4M.

The examination process consists of Part I (Written Examination) and Part II (Oral Examination). Typically, many examinees complete both steps within a year, but ABAARM permits a timeframe of up to two years to complete Part II after passing Part I. A4M strongly recommends that all interested candidates sign up as far in advance of the examination date as possible.

For ABAARM Part I, all candidates will benefit from permitting themselves with a maximum timeframe to review the study materials.





PART I. Written Examination

In ABAARM Part I, a **three-hour multiple-choice written examination** assesses proficiency in several areas of anti-aging clinical care, with a predominant focus on practical knowledge skills in diagnostic and therapeutic interventions, nutritional therapies, and pharmaceuticals, as well as sound textbook knowledge of endocrinology, neurophysiology, and cancer.

The duration of the written examination is 3 hours; the average expected time to complete is 2 hours. To allow yourself sufficient response time, plan to be present for the entire duration of the scheduled exam (we do not recommend making conflicting travel arrangements).

Status after completion of all requirements: **Diplomate in Anti-Aging Medicine**

Examination dates and locations:

- Milan, Italy: 20 March 2010
- Dubai, UAE: 01 May 2010
- Dubai, UAE: 26 October 2010
- Mainz, Germany: 8 November 2010

Always remember that once you are booked for the examination, we can always offer you to postpone your examination date, at no extra cost.

RECOMMENDATIONS ON HOW TO PREPARE FOR WRITTEN EXAM:

- Read all of the books and media supplied in the review kit
- Establish a confident comprehension of content of Study Guide
- Practice by taking the Test Review Questions appearing at the end of the Study Guide
- Attend the Board review Course (via a webcast), provided 2 to 3 weeks before the exam

Note: Based on the decision of the Board of Directors past examination questions will not be available in order to safeguard of integrity of the exam process





Written Exam Content:

- ❖ Mechanisms of Aging and Disease & Lifespan Research (7%)
- ❖ Endocrinology (13%)
- ❖ Cardiovascular Disease: Diagnostics, Prevention and Therapeutic Interventions (13%)
- ❖ Cancer: Epidemiology, Assessment, and Risk Factors (9%)
- ❖ Cognitive Diseases & Impairments: Diagnostics, Prevention and Therapeutic Interventions (8%)
- ❖ Diabetes, Metabolic Syndrome, and Obesity: Diagnostics, Prevention and Therapeutic Interventions (7%)
- ❖ Respiratory Diseases: Diagnostics, Prevention and Therapeutic Interventions (7%)
- ❖ Musculoskeletal Diseases & Impairments: Diagnostics, Prevention, and Therapeutic Interventions (6%)
- ❖ Skin Aging: Assessment and Therapeutic Interventions (6%)
- ❖ Regenerative Medicine & Advanced Biomedical Technologies (8%)
- ❖ Demographics and Trends in Aging & Disease (8%)
- ❖ Nutritional Interventions (8%)

Recommended Resources for Part I: ABAARM Review Kit (available from A4M)





PART II. Chart Review and Oral Examination

The Chart Review portion of Part II involves the submission of six summary patient charts, which are then evaluated by ABAARM to determine the doctor's skills in utilizing anti-aging diagnostic and treatment interventions in their practices. They can be submitted wither before or after the test.

In the Oral Examination portion of Part II, candidates are questioned by two oral examiners during an in-person, private exam interview. Generally, the oral exam takes typically 40 to 60 minutes and consists of one or two standardized mock cases and related clinical questions.

NOTE: To maintain ABAARM certification, you must continue [active membership](#) in good standing in A4M.

Status after completion of all requirements: **Board Certified in Anti-Aging Medicine**

Examination dates and locations:

- Milan, Italy: 18 March 2010
- Dubai, UAE: 01 May 2010
- Dubai, UAE: 26 October 2010
- Mainz, Germany: 8 November 2010

Always remember that once you are booked for the examination, we can always offer you to postpone your examination date, at no extra cost.





Criteria for ABAARM Board Certification Completion:

PART I (Written Test):

- Membership in the American Academy of Anti-Aging Medicine (A4M)
- Attendance at two or more consecutive A4M- approved/sponsored conferences. Attendance at future conferences may be used toward fulfilling this requirement.
- M.D (Doctors of Medicine), D.O. (Doctor of Osteopathic Medicine), or M.B.B.S. (Bachelors of Medicine or Science) with degrees from an accredited medical school are eligible
- An active medical license in the state, province, or nation where the applicant resides
- A minimum of 5 years of clinical practice experience(residency training applicable)
- No significant disciplinary actions against the applicant, or a written appeal including full disclosure of all disciplinary actions accompanied by a full explanation of those actions accompanied by a request for a waiver of this requirement
- At least 200 hours of Continuing Medical Education (CME) credits (or equivalent study) referable to the clinical practice and some aspect of preventive medicine, anti-aging medicine, nutritional medicine or diagnostic medicine during the past eight years. In nations where CME is not offered, exception to this requisite may be granted on an individual basis, as determined by case-by-case review by the ABAARM Board.
- Payment of written examination fee.

PART II (Oral Test):

- Submission of 5 multiple-choice examination questions, with correct answers supported by medical/scientific references
- Six (6) patient charts to be reviewed by ABAARM board of examiners. To request a sample, write at boards@a4m.com
- Passing scores on both written and oral examination sections
- Completion of the oral portion of the examination within 24 months of passing the written exam
- Payment of all mandatory board examination fees*
- Annual certification maintenance fee – US\$195





Board Review Materials (recommended examination preparation list):

ABAARM Review Kit consists of:

- Physician's Guide to Anti-Aging & Regenerative Medicine (book)
- Official Board Exam Video Series (DVD set)
- Anti-Aging Therapeutics Volume 11,10 & 9 (Book)
- Exam Workbook

The specially bundled kits of educational materials have been assembled to help physicians prepare for the ABAARM Board exams. This review kit is not only essential in preparing for the exam, but also a valuable resource in your reference library.

Costs:

The ABAARM Review Kit can be purchased for €450 + a shipping fee based on the country of shipping

The Fee for the **Written Examination** is €1250

The Fee for the **Oral Examination** is €1250





FREQUENTLY ASKED QUESTIONS:

“Do I have to complete all the requirements before I take the exam?”

No, membership in good standing in A4M, your application, and payment will start the process and you can take/sit for the exam. Completion of all the criteria must be achieved before acquisition of your final certificate.

“How does being a Diplomate in Anti-Aging Medicine benefit me?”

It demonstrates to your patients that you have taken an active interest in the science of longevity. In addition, the exam helps to ensure anti-aging physicians have grasped the essentials relating to the clinical application of anti-aging medical care.

“What is the value of being Board Certified in anti-aging medicine?”

It is a significant professional landmark. ABAARM certification denotes peer recognition in the fastest growing new high-tech medical specialty. ABAARM certified physicians can establish their practices as leading facilities for anti-aging healthcare, by receiving new patient referrals from patients seeking qualified anti-aging doctors.





Testimonial

"The certification program of the American Board of Anti-Aging and Regenerative Medicine is internationally recognized as a must for anti-aging practitioners seeking to provide scientifically based services to their patients."

The exam touches all the elements of preventive/anti-aging medicine: from genomics to stem cells, from nutritional therapies to cancer prevention, from bio-identical hormone therapies to stress reduction and psychology. For me the Board Certification has been an occasion to better organize my knowledge and clinical skills. For my patients it represents an assurance of quality and know-how".

Dr. Filippo Ongaro M.D, Italy

Board Certified American Board of Anti-Aging & Regenerative Medicine (ABAARM)

For more information or any queries on this programme, please contact:

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A4M BOARD CERTIFICATION APPLICATION (ABAARM)

The American Board of Anti-Aging & Regenerative Medicine provides medical professionals with recognition of their specialty knowledge and clinical practice of anti-aging medical care.



CANDIDATE REGISTRATION

Title.....First Name.....

Surname.....

Medical Specialty.....

Practice/Hospital Name.....

Address (for shipping purposes, please provide a physical address).....

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Town.....PostCode.....

Country.....

Contact Tel. Number.....

Fax.....

Email.....

Website.....

FEES

Written Exam (Part I) **€1250**
 (VAT is excluded for exam venues in Italy & Germany)

Oral Exam (Part II) **€1250**
 (VAT is excluded for exam venues in Italy & Germany)

Review Kit* **€450**
 *Shipping fees are excluded. Please contact us for costs.

OFFICIAL ABAARM EXAM VENUES (Please select)

Milan, Italy 20 March 2010

Dubai, UAE, 01 May 2010

Mainz, Germany, 8 November 2010

Dubai, UAE, 26 October 2010

PAYMENT DETAILS

Visa MasterCard American Express

Credit Card Number.....

Name on Card.....

Expiry Date.....

Security Code (last 3 digits on the back of the card).....

Total € (Euros).....

Bank Transfer (please note that we do not cover bank transfer charges, please make sure you arrange this prior to the transaction).

CERTIFICATION AND CREDENTIAL REQUIREMENTS

These documents can either be submitted at the time of registration or will be collected by the board registrar throughout the programme, and before certificate issuing.

Attach copy of Medical Degree
 M.D. D.O. M.B.B.S.

Granting Institution:

Date of Graduation:.....

Attach copy of active medical license

Attach resume showing 5 years in clinical practice

Attach 250-word autobiography indicating primary areas of interest

Attach copies of CME Certificates/other evidence of CME accrual of interest within anti-aging medicine

By signing this certification and credential request form, I hereby declare my intention to fulfill, prior to being granted final certification diploma, the following requirements:

- Attendance at two (2) A4M-sponsored and/or supported conferences on anti-aging medicine and biotechnology*
- Accrue two hundred (200) documented hours of Continuing Medical Education(CME) in related fields over the past eight(8)years*
- Production of six (6) summary clinical case studies in anti-aging medicine**
- Pass both the written and oral sections of the board certification exam**
- Obtain A4M membership

*Requisite for written examination (Part 1) **Requisite for oral examination (Part 2)

Signature:.....Date:.....

CANCELLATIONS*

Should the application fail to meet the board requirements, the written/oral exam fee will be refunded minus 20% processing fee. Cancellations for the written/oral exam will be refunded if ABAARM is notified in writing 30 days following application receipt and prior to the stated registration deadline for the sitting date, minus 20% processing fee. Cancellation after deadline for sitting will be charged the penalty of 40% processing fee.

NOTE: This contract is between the registered candidate & Tarsus Exhibitions & Publishing Limited, who is acting on behalf of the American Academy of Anti-Aging Medicine (A4M) for the Board Certification in Europe.

To Register: FAX BACK to: +44 207 117 4557 or **EMAIL BACK** to: scollette@tarsus.co.uk
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