

HOW TO ADD 20 HEALTHY YEARS TO YOUR LIFESPAN?

29 NOVEMBER 2024

DAVID LLOYD CLUBROOM UCCLÉ

A PREJUVENATION COURSE

ORGANIZED BY

DR. PATRICK TONNARD, DR. SEBASTIEN TOURBACH & DR. PASCAL CASTUS

Anti-aging or **prejuvenation** as we prefer to call it, is the talk of the day. As plastic surgeons, we are dealing with patients who want to **look younger** but, if possible, they also want to **be younger**.

With **rejuvenation surgery** we can reset the clock a few years earlier. But what if we could make that clock tick slower or even reverse the aging process? This is what the anti-aging industry is promising us. What is really working and what is wishful thinking?

In this first **prejuvenation day** organized by the Royal Belgian Society for Plastic Surgery, we will explore the **state-of-the-art science of longevity**. We assembled an **expert faculty** to give you the right tools to incorporate into your plastic surgery practice and offer your patients the newest insights in this exciting and **fast changing field of anti-aging**.

The morning program is **physical**:

EXERCISE IS THE CURE!

Free swimming, strength training, fitness work-out and a guided beginner's class of yoga and meditation.

The afternoon program is **mental**:

SCIENCE IS THE GUIDE!

Scientific lectures on different topics of longevity.

This meeting is **open for everybody**.
Everybody will benefit from it!



- 09:00 **EXERCISE IS THE CURE!**
10:00 **Yoga & meditation session**
Guided by Veerle Cools, certified yoga teacher and body-mind coach
- 12.00 **HEALTHY LUNCH**
- SCIENCE IS THE GUIDE! - PART 1**
Moderating team: Dr. Patrick Tonnard, Dr. Sébastien Tourbach & Dr. Isabel Frias
- 13:30 **Introduction**
P. Castus, MD, President of the Royal Belgian Society for Plastic Surgery
- 13:35 **Introductory lecture: Is Aging a Disease?**
Patrick Tonnard, MD, PhD
- 13:55 Discussion
- 14:00 **The Exercise Cure: The Surprising Science of a Life-Changing Workout**
Eline Lievens, PhD
- 14:25 Discussion
- 14:30 **Chronic Stress and Aging**
Isabel Frias, MD
- 14:50 Discussion
- 14:55 **Mind Mastery: Cultivating a Healthy Mindset**
Veerle Cools, yoga teacher and body-mind coach
- 15:15 Discussion
- 15:20 **COFFEE BREAK**
- SCIENCE IS THE GUIDE! - PART 2**
Moderating team: Dr. Patrick Tonnard, Dr. Sébastien Tourbach & Dr. Isabel Frias
- 15:50 **Protect Your Brain Against Dementia**
Reginald Deschepper, PhD
- 16:10 Discussion
- 16:15 **Collagen is more than skin deep. Why supporting global collagen metabolism should be a critical component of all anti-aging protocols.**
Richard Passwater, Biochemist
- 16:35 Discussion
- 16:40 **Preventing AGE's = Preventing Aging**
Wouter Claerhout, chief marketing officer at Phynova
- 17:00 Discussion
- 17:05 **Talk to Me: Crosstalk between Host and Microbiota in Reverse Aging**
Petra Van Gucht, PhD, Biochemist, Geneticist/Epigeneticist
- 17:25 Discussion
- 17:30 **Longevity in a Pill**
Patrick Tonnard, MD, PhD
- 17:50 Discussion
- 17:55 **Taking Rejuvenation to Longevity Escape Velocity**
Aubrey de Grey, PhD
- 18:40 Discussion
- 18:45 **ADJOURN**