



## Board Certification

In the New Clinical Medical Specialty of Anti-Aging Medicine



## Physicians Program

The American Board of Anti-Aging /Regenerative Medicine (ABAARM) is a certification program of the American Academy of Anti-Aging Medicine. ABAARM issues Board Certification to individuals with M.D., D.O., and M.B.B.S. degrees. Together, the A4M and ABAARM represent over 12,500 physicians from 75 nations in the new clinical specialty of anti-aging medicine.



The American Board of Anti-Aging / Regenerative Medicine was founded in 1997 as a professional physician certification and review board for individuals with M.D. (Doctor of Medicine), D.O. (Doctor of Osteopathic Medicine), or M.B.B.S. (Bachelor of Medicine/Bachelor of Science) degrees. ABAARM offers these medical professionals with recognition of their specialty knowledge and clinical practice of anti-aging medical care. The long-term objective of ABAARM is to achieve formal sub-specialty recognition and a new status for anti-aging medicine and for those practicing it as qualified clinicians.

### OVERVIEW OF THE CERTIFICATION PROCESS

The ABAARM program 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. A complete ABAARM study guide is available for purchase direct from A4M.

#### 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. After completion of all requirements for Part I and receipt of signed Diplomate certificate from the Board, a physician may refer to him/herself as a "Diplomate" in anti-aging medicine.

#### Part II. Chart Review & Oral Examination

The Chart Review portion of Part II involves the submission of six (6) 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 either before or after the test.

In the Oral Examination portion of Part II, candidates are questioned by one or two oral examiners during an in-person, private exam interview. Each exam will be audio recorded for quality assurance.

Generally, the oral exam takes typically 40 to 60 minutes and consists of one or two standardized mock cases and related clinical questions. After passing Part II and verification by ABAARM of completion of the physician's certification criteria, and receipt of signed certificate from the Board she/he may refer to her/himself as "Board Certified" in Anti-Aging medicine.

**NOTE:** Presently, ABAARM Part II is only administered at the A4M's "International Congress on Anti-Aging & Biomedical Technologies," held in the United States.

For more information TEL: 888-997-0112 or E-MAIL: [boards@a4m.com](mailto:boards@a4m.com)

**CRITERIA FOR ABAARM BOARD CERTIFICATION COMPLETION**

The following criteria must be completed before diploma is issued, however, candidates can sit for the board exam prior to 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.
- An M.D., D.O., or M.B.B.S. degree from an accredited medical school.
- An active medical license in the state, province, or nation where the applicant resides.
- Curriculum Vitae (Resume) demonstrating 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. Please write down the references for each individual question.
- Six (6) summary patient charts to be reviewed by ABAARM board. To request a sample write at boards@worldhealth.net.
- 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

**WRITTEN EXAM DETAILS**



**DURATION OF EXAM:** 3 hours

**OFFICIAL LANGUAGE OF EXAM:** English

**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:** The ABAARM Review Kit (available from A4M)

### FREQUENTLY ASKED QUESTIONS

**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 readily establish their practices as leading facilities for anti-aging health-care, by receiving new patient referrals from patients seeking qualified anti-aging doctors via A4M and the World Health Network ([www.worldhealth.net](http://www.worldhealth.net)). Most importantly, the growing number of ABAARM-certified physicians will help A4M to achieve formal sub-specialty recognition and a new status for anti-aging medicine and for those practicing it as qualified clinicians.

**How should I prepare for the exam?**

It is highly recommended that you purchase the ABAARM Review Materials. Read all of the books and media supplied in the review kit, then establish a confident comprehension of the Study Guide. Finally, practice by taking the test review questions at the end of the study guide. 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.

**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 sit for the exam. The Board Coordinator will work with you obtaining the remainder of your requirements.

**I took the Exam. When will I know my score?**

Grading of ABAARM Written Exam and ABAARM Oral Exam are completed within 4 to 6 weeks of the date on which the exam was administered. The Board Coordinator notifies each examinee of their score. On a case-by-case basis for examinees who fail the written exam, the examinee may request (at additional cost to examinee) the ABAARM Review Committee to conduct a Deficiency Analysis. This analysis presents a segmented summary of the knowledge deficits of the examinee as demonstrated by performance on the exam.

**What is my status after I pass the written exam?**

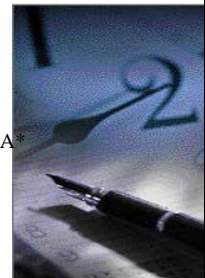
A physician who passes the written exam (Part I) and has met the requirements may refer to him/herself as a Diplomate in anti-aging medicine. The physician maintains "Diplomate" status as long as he/she is a current member of A4M and has yet to pass the oral exam (Part II).

**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. Because the criteria for maintaining ABAARM credentials include attending anti-aging scientific conferences and completing 200 hours of CME credit, Diplomate status underscores and enhances the physician's commitment to receiving ongoing medical education.

### 2010 ABAARM EXAM SCHEDULE

- March 20, 2010: Milan, Italy
- April 15-18, 2010: Orlando, FL USA\*
- May 1st 2010: Dubai, UAE
- May 2, 2010: Kuala Lumpur, Malaysia
- May 31st 2010: Bangkok, Thailand
- July 25, 2010: Jakarta, Indonesia
- October 8-10, 2010: Chicago, IL USA \*
- October 9, 2010: Bali, Indonesia
- October 27, 2010: Dubai, UAE
- December 9-12, 2010: Las Vegas, NV USA\*



All venues are scheduled to hold the ABAARM Written Examination (Part I). Oral examinations (Part II) take place at the venues marked with an asterisk (\*). Additional venues are added regularly. Visit [www.worldhealth.net](http://www.worldhealth.net) for up-to-date information and schedules for A4M conferences. Contact the Board Manager ([boards@a4m.com](mailto:boards@a4m.com)) for exact examination date and time regarding your venue of interest.



# Board Certification

*In the New Clinical Medical Specialty of Anti-Aging Medicine*

## ABAARM BOARD EXAM REVIEW KIT

This specially bundled kit of educational materials is assembled to help physicians prepare for the ABAARM Board Exam. The review kit includes the Study Guide, multimedia (DVDs and CDs), and selected books. The ABAARM review kit is not only essential in preparing for the exam, but also a valuable resource in your reference library.

\$595.00

### YOUR ABAARM EXAM REVIEW KIT INCLUDES:

- **ABAARM (Physician's) Guide (book)**
- **Therapeutics Volume 11 (book)**
- **Therapeutics Volume 10 (book)**
- **Therapeutics Volume 9 (book)**
- **Exam Workbook (sample written & oral exam questions)**
- **Board DVD Set (2009 update, i.e. 2010-2012 Edition)**  
Only \$595 (a \$1000 value)



*Shipping & Handling of \$15.00 will be added for domestic orders. For overseas orders, please call for shipping costs. If you have any additional questions concerning the review materials, please contact Board Coordinator at 773-528-0046 or e-mail: boards@a4m.com.*

#### Shipping Information

Name: \_\_\_\_\_ Prof Desig: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

\_\_\_\_\_ E-mail: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Web Site: \_\_\_\_\_

Country: \_\_\_\_\_ A4M Member?: Y / N Member #: \_\_\_\_\_

#### Payment

Check (Payable to MCII)     Credit Card     Visa     Master Card     AmEx    Amount: \_\_\_\_\_

Card Num \_\_\_\_\_ Exp.Date: \_\_\_\_\_

Sec. Code: \_\_\_\_\_ Signature \_\_\_\_\_

*(appropriate shipping charges will be added to order total)*

Acct. Rep.: \_\_\_\_\_ Referred by (Fax, E-mail, Phone): \_\_\_\_\_ Date: \_\_\_\_\_

FAX COMPLETED ORDER TO: **FAX: 561-997-0287**



# Board Certification

In the New Clinical Medical Specialty of Anti-Aging Medicine

## Certification and Credential Requirements

Medical Degree (Attach Copy of Degree/Diploma):  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 within anti-aging medicine  Attach copies of CME Certificates/other evidence of CME accrual

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\*\*

\* Requisite for written examination (Part 1)

\*\*Requisite for oral examination (Part 2)

### Contact Information (Home)

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Country: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

### Hospital/Practice Facility Information

Name of Practice/Facility: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Country: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
 E-mail: \_\_\_\_\_

## 2010 A4M Official ABAARM Examination Dates: (Select One)

### WRITTEN (PART I) EXAM VENUES:

- March 20, 2010: Milan Italy  
 Registration Deadline: March 1st, 2010
- April 18, 2010: Orlando, FL USA  
 Registration Deadline: April 5, 2010
- May 1, 2010: Dubai, UAE  
 Registration Deadline: April 15, 2010
- May 2, 2010: Kuala Lumpur, Malaysia  
 Registration Deadline: April 15, 2010
- May 31st, 2010: Bangkok, Thailand  
 Registration Deadline: April 15, 2010
- July 25, 2010: Jakarta, Indonesia  
 Registration Deadline: June 30, 2010
- October 9, 2010: Bali, Indonesia  
 Registration Deadline: September 15, 2010
- October 10, 2010: Chicago, IL USA  
 Registration Deadline: Sept. 30, 2010
- October 27, 2010: Dubai, UAE  
 Registration Deadline: Sept. 30, 2010
- December 12, 2010: Las Vegas, NV USA  
 Registration Deadline: November 15, 2010

### ORAL (PART II) EXAM VENUES:

- April 15-17, 2010: Orlando, FL USA  
 Registration Deadline: March 26, 2010
- October 8-9, 2010: Chicago, IL USA  
 Registration Deadline: September 15, 2010
- December 9-11, 2010: Las Vegas, NV USA  
 Registration Deadline: Nov. 15, 2010

Contact the ABAARM Board Coordinator (e-mail: boards@a4m.com for exact sitting time and date

### Fees (Due With Application):

#### Written Exam (Part 1):

\$1720 Exam Fee

#### Oral Exam (Part 2):

\$1720 Chart Review and Examination

#### Annual Certification Maintenance Fee:

\$195 per year

### Payment

- Check (Payable to MCII.)
- Credit Card  Visa  Master Card  AmEx
- Card Number: \_\_\_\_\_
- Exp Date: \_\_\_\_\_ Security Code: \_\_\_\_\_
- Cardholder Name (print): \_\_\_\_\_
- Cardholder Signature: \_\_\_\_\_

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. Books, review materials, and/or courses beyond a syllabus and exam guide are not included in these fees. Qualifications and specifications for board examination may be subject to modification without notice by ABAARM at anytime.

I, the undersigned, hereby authorize the American Board of Anti-Aging / Regenerative Medicine to accept my application and fees and to review the enclosed materials. I certify that these materials are correct, complete, and true to the best of my knowledge. I have read and understand the provisions for refund of fees above. I certify with this signature that I will meet the ethical, academic, and professional standards set by the Board, and that I will have fulfilled all requirements for ABAARM certification by such time as such certification is awarded.

Signature

Date

Acct. Rep.: \_\_\_\_\_ Referenced by (Fax, E-mail, Phone): \_\_\_\_\_ Date: \_\_\_\_\_

For more information TEL: 888-997-0112 or E-MAIL: boards@a4m.com

FAX COMPLETED APPLICATION to 561-997-0287