

## Bijlagen, incl. agenda en accreditatie toekenning



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THURSDAY, OCTOBER 15, 2020 – SATURDAY, OCTOBER 17, 2020

## HEALTHY AGING - LIVE STREAM

Live Stream

Aging is a complicated process associated with a gradual decline in health and capability. Numerous illnesses have been defined as diseases of aging, including type 2 diabetes, cancer, cardiovascular disease, and neurodegenerative disorders. The medical field has made great advances in the past century at prolonging life. Unfortunately, over the past 50 years, the overall health of Americans has been in decline. Obesity rates have skyrocketed. About 50% of Americans now have diabetes or prediabetes. Alzheimer's disease and other neurodegenerative disorders are increasing as our population grows older. How can we stay healthy throughout our lives? Furthermore, is it possible to extend our lifespan and remain healthy?

This conference, offered by McLean Hospital and accredited by Harvard Medical School, brings together world-renowned researchers and clinicians to discuss the complicated issues of aging and health. From scientists investigating the genetic and molecular mechanisms of aging to clinicians working with middle-aged and older adults, this conference will include a wide range of topics. Cutting-edge science and new developments will be paired with recommendations to promote health as people grow older. Controversies are abundant in this field; leaders representing different perspectives will come together to offer differences of opinion. Aging is influenced, not only by biological factors, but also by lifestyle, psychological, social, and spiritual factors, which will all be discussed in depth. This conference is designed for practicing healthcare professionals, but will also be of great interest to scientists in the aging field as well as people from related fields interested in learning the most up-to-date, evidence-based information to stay healthy while living longer.

**OFFERED BY**

Course Director  
**Christopher Palmer, MD**

# HEALTHY AGING - LIVE STREAM

Live Stream

## COURSE DESCRIPTION

Aging is a complicated process associated with a gradual decline in health and capability. Numerous illnesses have been defined as diseases of aging, including type 2 diabetes, cancer, cardiovascular disease, and neurodegenerative disorders. The medical field has made great advances in the past century at prolonging life. Unfortunately, over the past 50 years, the overall health of Americans has been in decline. Obesity rates have skyrocketed. About 50% of Americans now have diabetes or prediabetes. Alzheimer's disease and other neurodegenerative disorders are increasing as our population grows older. How can we stay healthy throughout our lives? Furthermore, is it possible to extend our lifespan and remain healthy?

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## LEARNING OBJECTIVES

Upon completion of this activity, participants will be able to:

- Explain the predominant theories of what causes aging
- Compare some of the genetic and molecular mechanisms that can slow the aging process and improve health
- Give examples of findings from observational studies about lifestyle factors that are associated with healthy aging
- Motivate patients to change health behaviors and adopt lifestyle interventions
- Prescribe exercise in a safe and effective way
- Summarize the scientific and clinical evidence for different dietary patterns and their effect on the aging process
- Describe the "diseases of aging," their known risk factors, and prevention strategies
- Outline the evidence for the use of hormones to enhance health in aging people
- Prescribe vitamins and supplements to promote health
- Discuss the effects of mental health, loneliness, sleep, and meditation in the aging process
- Review strategies to enhance sleep to promote healthy aging
- Assess a person's spirituality and its role in the aging process
- Explain some of the differences and challenges of aging in racial, ethnic, and sexual minority groups

## TARGET AUDIENCE

This course is targeted to practicing healthcare professionals, but will also be of great interest to scientists in the aging field as well as people from related fields interested in learning the most up-to-date, evidence-based information to stay healthy while living longer.

## ABMS/ACGME COMPETENCIES

The course is designed to meet the following American Board of Medical Specialties (ABMS) / Accreditation Council for Graduate Medical Educational (ACGME) competencies:

- Patient Care and Procedural Skills
- Medical Knowledge
- Interpersonal and Communication Skills

## IOM COMPETENCIES

The course is designed to meet the following Institute of Medicine (IOM) Competencies:

- Provide Patient-Centered Care
  - Work in Interdisciplinary Teams
  - Employ Evidence-Based Practice
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## Agenda dag 1

# AGENDA

Program changes/substitutions may be made without notice.

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Thursday, October 15, 2020 Friday, October 16, 2020 Saturday, October 17, 2020

7:00 AM - 7:45 AM	<b>Registration</b>
7:45 AM - 8:00 AM	<b>Welcome &amp; Introduction</b> Speaker: <a href="#">Christopher Palmer, MD</a>
8:00 AM - 9:00 AM	<b>What is Aging and Should We Try to Slow It?</b> Speaker: <a href="#">David Sinclair, PhD</a>
9:00 AM - 10:00 AM	<b>Sirtuins, NAD, and Aging</b> Speaker : TBA
10:00 AM - 10:15 AM	<b>Break</b>
10:15 AM - 11:15 AM	<b>Blue Zones and Pillars of Aging</b> Speaker: <a href="#">Nick Buettner</a>
11:15 AM - 11:45 AM	<b>Question &amp; Answer Session</b> Speakers: <a href="#">Nick Buettner</a> , <a href="#">Christopher Palmer, MD</a> , <a href="#">David Sinclair, PhD</a>
11:45 AM - 1:15 PM	<b>Lunch (on your own)</b>
1:15 PM - 2:00 PM	<b>Health Coaching</b> Speaker: <a href="#">Elizabeth Frates, MD</a>
2:00 PM - 2:45 PM	<b>Motivational Interviewing</b> Speaker: <a href="#">Joji Suzuki, MD</a>
2:45 PM - 3:30 PM	<b>Lifestyle Medicine</b> Speaker: <a href="#">Edward Phillips, MD</a>
3:30 PM - 3:45 PM	<b>Break</b>
3:45 PM - 4:30 PM	<b>Exercise and Rehabilitation as Prevention</b> Speaker TBA
4:30 PM - 5:00 PM	<b>Question &amp; Answer Session</b> Speakers: <a href="#">Elizabeth Frates, MD</a> , <a href="#">Edward Phillips, MD</a> , <a href="#">Joji Suzuki, MD</a>

## Agenda dag 2

# AGENDA

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Thursday, October 15, 2020

Friday, October 16, 2020

Saturday, October 17, 2020

8:00 AM - 8:45 AM	<b>Preventing Neurodegenerative Disorders</b> Speaker: <a href="#">Brent Forester, MD</a>
8:45 AM - 9:30 AM	<b>Rehabilitation and Health after a Cancer Diagnosis</b> Speaker: <a href="#">Julie Silver, MD</a>
9:30 AM - 10:15 AM	<b>Yoga, Meditation, and Aging</b> Speaker: <a href="#">Julia Loewenthal, MD</a>
10:15 AM - 10:30 AM	<b>Break</b>
10:30 AM - 11:15 AM	<b>Sleep and Its Role in Health and Aging</b> Speaker: <a href="#">John Winkelman, MD PhD</a>
11:15 AM - 11:45 AM	<b>Question &amp; Answer Session</b> Speakers: <a href="#">Brent Forester, MD</a> , <a href="#">Julia Loewenthal, MD</a> , <a href="#">Julie Silver, MD</a> , <a href="#">John Winkelman, MD PhD</a>
11:45 AM - 1:00 PM	<b>Lunch (on your own)</b>
1:00 PM - 1:45 PM	<b>Mental Health and Aging</b> Speaker: <a href="#">Christopher Palmer, MD</a>
1:45 PM - 2:30 PM	<b>Social isolation and Loneliness</b> Speaker: <a href="#">Laura Nelson Frain, MD</a>
2:30 PM - 3:15 PM	<b>Spirituality and Human Health</b> Speaker: <a href="#">David Rosmarin, PhD</a>
3:15 PM - 3:30 PM	<b>Break</b>
3:30 PM - 4:15 PM	<b>Aging in Racial and Ethnic Minorities</b> Speaker: <a href="#">Ganesh M. Babulal, PhD, OTD, MSCI, MOT, OTR/L</a>
4:15 PM - 5:00 PM	<b>LGBTQ Geriatric Care</b> Speaker: <a href="#">Erin Stevens, DO</a>
5:00 PM - 5:30 PM	<b>Question &amp; Answer Session</b> Speakers: <a href="#">Ganesh M. Babulal, PhD, OTD, MSCI, MOT, OTR/L</a> , <a href="#">Laura Nelson Frain, MD</a> , <a href="#">Christopher Palmer, MD</a> , <a href="#">David Rosmarin, PhD</a> , <a href="#">Erin Stevens, DO</a>

## Agenda dag 3

# AGENDA

Program changes/substitutions may be made without notice.

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Thursday, October 15, 2020

Friday, October 16, 2020

Saturday, October 17, 2020

8:30 AM - 9:15 AM	<b>The Science of Fasting and Fasting Mimicking Diets</b> Speaker: <a href="#">Valter D. Longo, PhD</a>
9:15 AM - 10:00 AM	<b>Low Carb and Ketogenic Diets</b> Speaker: <a href="#">Stephen Phinney, MD, PhD</a>
10:00 AM - 10:45 AM	<b>Epidemiological Perspectives on Diet, Lifestyle, and Healthy Aging</b> Speaker: <a href="#">Olivia O'Kereke, MD PhD</a>
10:45 AM - 11:00 AM	<b>Break</b>
11:00 AM - 11:45 AM	<b>Fasting and Intermittent Fasting</b> Speaker: <a href="#">Jason Fung, MD</a>
11:45 AM - 12:15 PM	<b>Question &amp; Answer Session</b> Speakers: <a href="#">Jason Fung, MD</a> , <a href="#">Valter D. Longo, PhD</a> , <a href="#">Olivia O'Kereke, MD PhD</a> , <a href="#">Stephen Phinney, MD, PhD</a>
12:15 PM - 1:30 PM	<b>Lunch (on your own)</b>
1:30 PM - 2:15 PM	<b>Vitamins and Supplements</b> Speaker: <a href="#">Donald Levy, MD</a>
2:15 PM - 2:45 PM	<b>Postmenopausal Hormones</b> Speaker: <a href="#">Heather Hirsch, MD, MS, NCMP</a>
2:45 PM - 3:15 PM	<b>Testosterone in Aging Men</b> Speaker: <a href="#">Shalender Bhasin, MD</a>
3:15 PM - 3:30 PM	<b>Question &amp; Answer Session</b> Speakers: <a href="#">Shalender Bhasin, MD</a> , <a href="#">Heather Hirsch, MD, MS, NCMP</a> , <a href="#">Donald Levy, MD</a>
3:30 PM - 3:45 PM	<b>Break</b>
3:45 PM - 5:00 PM	<b>Putting It All Together: Panel Discussion of "Healthy Agers"</b> Speakers: <a href="#">Francis deMarneffe, MD</a> , <a href="#">Ruth Kundsinn</a> , <a href="#">Laura Nelson Frain, MD</a>

Accreditatie