

SYMPOSIUM

Sarcopenia Education Series for Clinicians

OPTIMAL AGING & PREVENTING MUSCLE LOSS -SARCOPENIA

6:00-8:00PM | Wednesday, JAN. 16, 2019

BELLEVUE COLLEGE

Building D, Room 106 --3000 Landerholm Cir SE, Bellevue, WA

Reduced muscle function, mobility and sarcopenia are debilitating aspects of aging. Exercise training and nutrition have been the gold-standard for improving muscle strength and endurance lost with age, but this is only part of the solution.

Drinks/ snacks provided.
2 CE credits provided for NDs, RNs.

Click here to register at www.OptimalAging.eventbrite.com



JOE UPTON, MD

Board Certified in
Family Medicine & Anti-Aging

*An integrative physicians's
perspective and approach
for optimal aging.*



MICHELLE SIMON, PhD ND

Licensed ND
PhD in Biomedical Engineering

*Targeted clinical nutrition
to enhance muscular
function.*



ANN-MARIE ANDERSON

Certified Strength Trainer
(training in older athletes)

*How seniors can build
and maintain muscular
strength.*



KEVIN CONLEY, PhD

Professor
University of Washington

*Sarcopenia & exercise
intolerance in the old:
new treatments
beyond diet & exercise.*

Sponsored by



KEVIN CONLEY, PHD

Dr. Conley is Professor of Departments of Radiology and Physiology & Biophysics and Adjunct Professor of Bioengineering at the University of Washington. Dr. Conley's lab current focus is on the mitochondrial and cell energy properties that maintain cell health and identify the tipping point into cell energy failure occur in disease.

Dr. Conley will provide the latest evidence-based data to show current issues surrounding sarcopenia and new approaches to address this condition. Kevin will present new research indicating how exercise in combination with natural products can provide a single approach improving muscular strength and endurance that have been lost through aging.

ANN-MARIE ANDERSON

Ann-Marie Anderson is the owner of Ideal Exercise, a recognized leader in slow high intensity strength training since 1994. Their training facilities in Seattle and Bellevue, provide an ideal environment for their expert instructors especially for aging clients looking to build muscular strength. The Ideal Exercise training protocol efficiently achieves measurable results with many long term clients in excess of 20+ years.

Ann-Marie will review the importance of building muscle and how one can optimize the aging process at any age by increasing muscular strength and function. Ann-Marie will discuss how muscle function deteriorates with age and how this condition can be reversed with strength training.

MICHELLE SIMON, PHD ND

Dr. Michelle Simon is a licensed naturopathic physician practicing in Seattle, Washington. In addition to holding a Naturopathic Doctorate from Bastyr University she also holds a PhD in Biomedical Engineering from the University of North Carolina at Chapel Hill.

Dr. Simon will focus on the role of nutrition on the aging process. We all age. The way we experience that process can vary. There is growing evidence showing that strategic lifestyle and diet practices can reprogram the way our cells functionally age. Understanding how to utilize epigenetic influences through targeted clinical nutrition to decrease inflammation, decrease cardiovascular risk and promote musculoskeletal health will be the focus of this presentation.

JOE UPTON, MD

Dr. Upton is the Medical Director of the Age Management Center at PRO Medical. John became inspired by anti-aging medicine while helping others achieve healthy lifestyles and overcome metabolic disorders through his extensive experience with preventative medicine. His passion to help patients achieve and maintain optimal health is giving new hope to an entire generation who want to take control of how they age.

Aging is complex and maintaining health and quality of life includes intervening proactively to change the process of aging. Dr. Upton will describe his approach as an Integrative Physician, to improve overall health and specifically improve muscular function in a clinical setting with lifestyle modification, diet, exercise, pharmaceutical grade supplementation and other therapies.