

SARCOPENIA

Education Series for Clinicians

SARCOPENIA: NEW TREATMENTS BEYOND DIET & EXERCISE

DECEMBER 6, 2018 | 9:00AM PST

Dr. Conley will provide the latest evidence-based data to show current issues surrounding sarcopenia and new approaches to address this condition. The following objectives are going to be covered. 1 CE credit for RN/NDs.

- 1) Reduced muscle function (sarcopenia), exercise tolerance and mobility are debilitating aspects of aging.
- 2) Exercise training has been the gold-standard for improving the reduced muscle function.
- 3) The new study indicates exercise in combination with natural products provides a single approach for improving both the muscle function and exercise tolerance that have been lost in the old.



KEVIN CONLEY, PHD

PROFESSOR, UNIVERSITY OF WASHINGTON

Dr. Conley is Professor of Departments of Radiology and Physiology & Biophysics and Adjunct Professor of Bioengineering. He serves on: National Scientific Advisory Council, American Federation for Aging Research, 1997-present; NIH study sections (ad hoc reviewer), Molecular, Cellular and Developmental Neurosciences; Respiratory and Applied Physiology; Metabolism; Special emphasis panel on Type 1 diabetes, 1999-present.

His 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.

Register at
www.SarcopeniaHelp.com

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Any question?
Please send an email to: contact@astamed.net