

# **Longevity, Aging and Immuno Competency**

## **General Session**

*Schedule Subject to Change*

**All times are in EST**

**Friday, August 21, 2020**

|                     |  |                                    |
|---------------------|--|------------------------------------|
| 9:00 am – 9:30 am   | Welcome and Introduction                         | Andrew Heyman, MD, MHSA            |
| 9:30 am – 10:30 am  | Resolution of Inflammation                       | Bruce David Levy, MD               |
| 10:30 am – 11:15 am | METAflammation                                   | James Lavalley, RPh, CCN, ND(trad) |
| 11:15 am – 12:00 pm | Environmental Stressors as Inflammatory Triggers | TBD                                |

## **Friday Afternoon Sessions**

### ***Session 1: Neuro (Resiliency and Issues)***

|                   |   |                       |
|-------------------|---|-----------------------|
| 1:00 pm – 1:45 pm | Neuroinflammation and effect on Neurodegeneration                           | Rudi Tanzi, PhD       |
| 1:45 pm – 2:30 pm | TBD   | TBD                   |
| 2:30 pm – 3:15 pm | Stressed to Death: How Cellular Responses to Stress Lead to Chronic Disease | Deborah Matthew, MD   |
| 3:15 pm – 4:00 pm | Psychiatric Illness-A Comprehensive Approach                                | Elizabeth Stuller, MD |

### ***Session 2: Endocrine (Hormonal Effects on Immune System)***

|                   |   |                              |
|-------------------|---|------------------------------|
| 1:00 pm – 1:45 pm | The Endothelial Glycocalyx: The New Key to Vascular Health? | Mark Houston, MD, MS, MSc    |
| 1:45 pm – 2:30 pm | Cardiovascular Disease in Women-Immune Factors              | Sara Gottfried, MD           |
| 2:30 pm – 3:15 pm | The Hormonal Symphony and its Role in Cognition             | Pamela W. Smith, MD, MPH, MS |
| 3:15 pm – 4:00 pm | Sex Hormones and Autoimmunity                               | Taneja Veena, PhD            |

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**Saturday, August 22, 2020**

|                     |   |                        |
|---------------------|---|------------------------|
| 9:00 am – 9:45 am   | Inflammaging-Time to Slow Down the Clock                                | Rafael Gonzalez, PhD   |
| 9:45 am – 10:30 am  | The Immunomodulatory Effects of Stem Cells                              | Keith March, MD        |
| 10:30 am – 11:15 am | Mind-Body Connection: The Powerful You                                  | Ann Marie Chiasson, MD |
| 11:15 am – 12:00 pm | Healing the Inflamed Brain: Etiologies, Immunology and the Mitochondria | Gary Kaplan, DO        |

## Saturday Afternoon Sessions

### ***Session 1: Immune System Restoration Part 1***

|                   |  |                             |
|-------------------|--|-----------------------------|
| 1:00 pm – 1:40 pm | Mast Cell Activation Syndrome: Current Concepts        | Lawrence Afrin, MD          |
| 1:40 pm – 2:20 pm | Transcriptomics of Inflammation: How to Calm the Storm | Andrew Heyman, MD, MHSA     |
| 2:20 pm – 3:00 pm | Information Medicine for the 21 <sup>st</sup> Century  | Nisha Manek, MD, FACP, FRCP |
| 3:00 pm – 3:30 pm | Cannabinoids and Adaptive Immunomodulation             | Jeffrey Block, MD           |

### ***Session 2: Immune System Restoration Part 2***

|                   |  |                                   |
|-------------------|--|-----------------------------------|
| 1:00 pm – 1:40 pm | Cell Membrane Repair and Rejuvenation with Phosphatidylcholine: The Miracle Molecule | Anita Baxas, MD                   |
| 1:40 pm – 2:20 pm | Low Dose Naltrexone  | Sahar Swidan, PharmD, BCPS        |
| 2:20 pm – 3:00 pm | Immunoregulatory Peptides  | James LaValle, RPh, CCN, ND(trad) |
| 3:00 pm – 3:30 pm | Immunomodulatory Natural Compounds   | Robert Roundtree, MD              |

### ***All Session Attendees***

|                   |                                     |   |
|-------------------|-------------------------------------|---|
| 3:30 pm – 4:15 pm | Connecting the Dots - Patient Cases | Andrew Heyman, MD, MHSA<br>Sahar Swidan, PharmD, BCPS |
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