

# 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 Lavalle, 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 Sahar Swidan, PharmD, BCPS
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