

Shared Learning Association of Chapel Hill Lindgren Lecture

Friday, March 3, 11:15 am

Biomarkers: The Determinants of Aging That You Can Control

Prof. William J. Evans

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Dr. Evans is Adjunct Professor of Medicine at the Duke University Medical Center in Durham, NC and Human Nutrition in the Department of Nutritional Sciences at the University of California, Berkeley. From 1997 – 2009 he was the Warmack Chair of Nutritional Longevity at the Reynolds Institute on Aging, the University of Arkansas for Medical Sciences. He has also led programs at Penn State and Tufts University. Dr. Evans is the author or co-author of more than 300 publications in scientific journals and the bestseller, *Biomarkers: The Ten Determinants of Aging You Can Control* (Simon & Schuster, 1992) and *AstroFit* (Simon & Schuster, 2002). His studies have demonstrated the ability of older men and women to improve strength, fitness, and health through exercise, even into the 10th decade of life. This research has examined the effects diet on body composition, muscle metabolism and functional capacity in older men and women, biomarkers for changes in muscle mass and function, and the causes of late life disability. Dr. Evans has testified before the US Senate Select Committee on Aging on strategies to save Medicare. His research has been featured in many programs, including *20/20*, *NOVA*, and *The New York Times*.

This presentation will highlight Dr. Evans' best seller, *Biomarkers*. He will present information on how aging changes nutritional needs and how specific exercises can improve strength and vitality. Optimal nutrition is an area where there a great deal of misinformation particularly on the use of supplements and maintenance of body weight. Topics include: –What is the best diet for the rest of your life? –How can what you eat preserve muscle mass and reduce fat? –What are the most important lifestyle changes that you can make to reduce the risk of Alzheimer's disease, type 2 diabetes and physical frailty?

See <https://sharedlearning.us> for more information and to register for this Lindgren Lecture. **Registration deadline is February 28.**