

# 2018 生活型態功能醫學會-老當憶壯

Healthy Aging and Cognition Health

## Agenda

2018.09.01 (Sat)	
Time	Schedule
08:30 –09:00	REGISTRATION
09:00 –10:20	Why is Age the Most Significant Independent Risk Factor for All Chronic Diseases? Part 1 SPEAKER: Dr. Jeffrey S. Bland
10:20 –10:40	TEA BREAK
10:40 –12:00	Why is Age the Most Significant Independent Risk Factor for All Chronic Diseases? Part 2 SPEAKER: Dr. Jeffrey S. Bland
12:00 –13:30	LUNCH
13:30 –14:50	Toxins, Hormones, Diabetes Type 3, Alzheimer’s and Cognitive Decline: What is the Link? Part 1 SPEAKER: Dr. Filomena Trindade
14:50 –15:10	TEA BREAK
15:10 –16:20	Toxins, Hormones, Diabetes Type 3, Alzheimer’s and Cognitive Decline: What is the Link? part 2 SPEAKER: Dr. Filomena Trindade
16:20 – 17:00	Discussion/Q &A

## Agenda

2018.09.02 (Sun)

Time	Schedule
08:30 – 09:00	REGISTRATION
09:00 – 10:20	Application of Precision, Personalized Lifestyle Medicine to the Chronic Diseases of Aging. Part 1 <b>SPEAKER: Dr. Jeffrey S. Bland</b>
10:20 – 10:40	TEA BREAK
10:40 – 12:00	Application of Precision, Personalized Lifestyle Medicine to the Chronic Diseases of Aging. Part 2 <b>SPEAKER: Dr. Jeffrey S. Bland</b>
12:00 – 13:30	LUNCH
13:30 – 14:50	Insulin resistance, diabetes and Diabesity. Part 1 <b>SPEAKER: Dr. Filomena Trindade</b>
14:50 – 15:10	TEA BREAK
15:10 – 16:20	Insulin resistance, diabetes and Diabesity. Part 2 <b>SPEAKER: Dr. Filomena Trindade</b>
16:20 – 17:00	Discussion/Q &A