

Silicon Valley Health Institute

Host of the Smart Life Forum

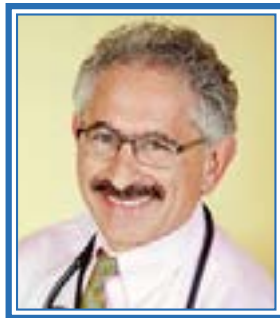
Next Meeting: Thursday, November 21, 2019

Main Presentation by Dr. Ahvie Herskowitz

“The Science and Clinical Approaches to Aging”

Secondary Presentation by Dr. Ann Lee, MD

“Alternative Approaches to Cancer Treatment”



Meet Dr. Ahvie Herskowitz
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Smart Life Forum

Presentation Location

Cubberley Community Center

Room H1

4000 Middlefield Road

Palo Alto, California

Directions on our website:

www.SVHI.com

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Announcements & Upcoming Events

Upcoming Speakers:

DECEMBER 2019

Harry Wong - "Fixing the Unfixable: The ABCs of Structural Repair"

Potluck Dinner

Upcoming Foundation for Mind Being Research Meeting (FMBR)

Friday, November 22, 2019

7:30pm to 9:30pm

Spontaneous Evolution & Arthur Young's Theory of Process Overlap

A Discussion with Steve Bhaerman & Foster Gamble & Bruce Lipton

**Saint Andrew's Episcopal Church
13601 Saratoga Ave
Saratoga, CA 95070**

Please visit www.FMBR.org for more info.

A **Membership Chair** position is available. Interested persons can contact any board member or email **Susan** at:
susanrdowns@hotmail.com.
Thank you.

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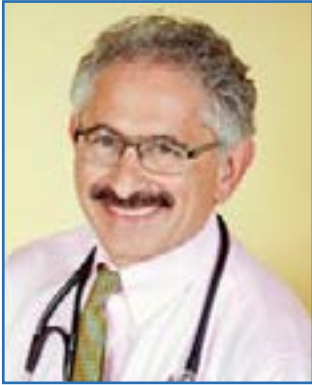
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If you have questions please email:

susanrdowns@hotmail.com

Thank you.

Meet Main Presentation Speaker: Dr. Ahvie Herskowitz!



Dr. Herskowitz's extensive training includes a medical degree from The Albert Einstein College of Medicine, residencies in Anatomic Pathology and Internal Medicine, and Fellowship training in Cardiology at The Johns Hopkins Medical Center. During his 12 years at Johns Hopkins, he became Associate Professor of Medicine and Immunology and Molecular Microbiology and led a research team in the study of molecular and immunological mechanisms of inflammation, autoimmunity, ischemia, heart transplantation rejection and congestive heart failure.

Over the past 15 years, he helped establish and lead innovative health care non-profit research and development organizations that have domestic and worldwide social impact. He was head of a 75-person research team at the Ischemia Research and Education Foundation, working with over 100 leading heart surgery hospitals around the world, reducing adverse outcomes during and after heart surgery. Since 1999, he has been Clinical Professor of Medicine at University of California at San Francisco, and Co-founder and Chief Medical Officer of the Institute for OneWorld Health, the first non-profit pharmaceutical company in the United States. He is President of the American College for Advancement in Medicine (ACAM), one of the most respected Integrative Medicine societies in the US; Chairman of the Board of Directors for iRND3, an organization that discovers new medicines for rare and neglected diseases, and serves on the Board for PVRI, Pulmonary Vascular Research Institute.

(End of Meet Dr. Ahvie Herskowitz)

Main Presentation by Dr. Ahvie Herskowitz

“The Science and Clinical Approaches to Aging”

Only 1 in 5,000 Americans live past 100 years. In few small communities around the globe, this number can reach as high as 1 in 10. Children of centenarians are also more likely to live to 100 years, so we know that there is, at least a genetic component, although healthy epigenetic influences in the long-lived communities include advanced social structure, good nutrition, lots of exercise and usually red wine!

A fundamental truth is that centenarians ultimately die from the same degenerative disorders that we die from, only 25 years later. They also manifest the first signs of chronic degenerative diseases (osteoarthritis, cardiovascular, cerebrovascular and renal disease) much later in life, into their 90's.

To summarize my own 10-year journey to understand the molecular mechanisms of why we age and how to prevent age-related physical and mental decline, I will begin with a description of the gene clusters that are found in centenarians. These gene clusters offer significant insights into how a small human subpopulation has the ability to stay in repair mode much longer and more efficiently than those without these gene clusters.

The fundamental cellular pathways that are regulated by these gene clusters include nutrient sensing (glucose and insulin metabolism), telomere attrition, pathways that regulate cellular senescence, autophagy, cell division, cell-cell and biome-cell communication, protein folding, and perhaps most importantly, mitochondrial efficiency of ATP production. These cellular pathways are all crucial to maintain cellular health, and regulate cellular aging.

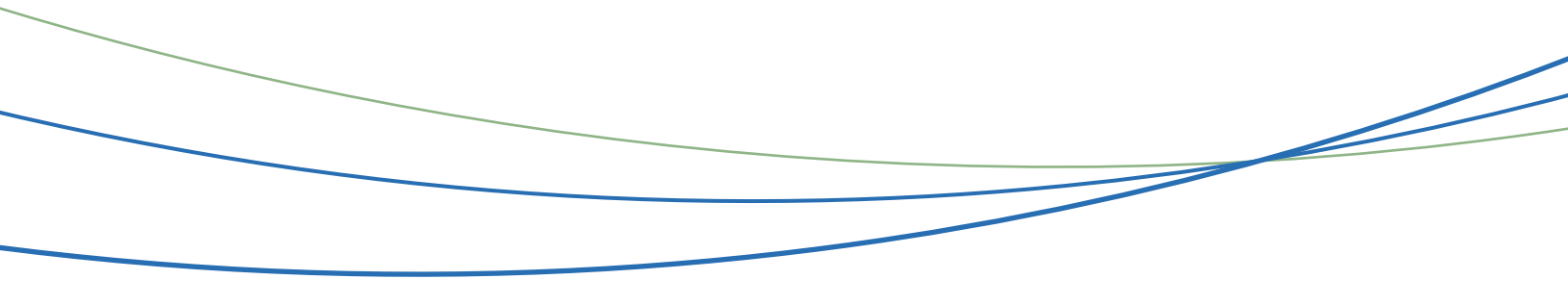
We will review the new language of aging, which include terms such as longevity genes (sirtuins), nicotinamide adenine dinucleotide (NAD), chaperone proteins, telomerase, mTOR, p53, inflammasome, SS-31, AMPK, stem cell exhaustion, fasting, metformin, and rapamycin.

(Continued on Next Page)

One of the hypotheses that I will defend is well known - aging is a disorder of ATP production, for which 90% is produced in mitochondria. I will describe some fascinating new data that makes this conclusion more significant. Another hypothesis I will defend is that when we, the superorganism, don't have enough "juice" or energy fueling our cells, cells are required to make choices, survival or growth. They cannot generate enough energy to both detoxify and to "grow and become more efficient" – essentially, we are either moving forward (building) or backward (patching things up). The choices that cells make under toxic conditions, are in large part, the cause of accelerated aging.

The NIH and FDA do not yet recognize aging as a disorder or disease, yet age is by far the most significant driver of chronic illness and has now blossomed into a \$250B annual business. While much of the aging business focuses on wrinkle reduction, the principles behind fundamental reparative pathways must be understood to keep up with the new language of aging. In my estimation, deep knowledge of how to best communicate with cellular pathways controlling aging will become highly sought after in the next decade – once we understand which pathways require further support in any given individual, I will describe ways to optimize these pathways with existing strategies, ultimately delaying the onset of chronic illnesses and increase healthspan, not just lifespan.

(End of Main Presentation)

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Meet Secondary Presentation Speaker: Dr. Ann Lee, MD!



Dr. Ann Lee attended medical school at the University of Texas Health Science Center in San Antonio and completed residency in Physical Medicine and Rehabilitation at Loma Linda University Medical Center in southern California, where she did research and published papers in traumatic brain injury. Afterward, she accepted an academic position with Stanford Medical Center and was Attending of the Polytrauma/Traumatic Brain Injury Unit at VA Palo Alto Health Care System where she cared for combat soldiers who suffered from blast injuries due to improvised explosive devices. Over the years, her practice focus has expanded from neurotrauma to include treatment of neuromuscular pain and chronic inflammatory disorders.

Despite her academic achievements, the more she learned about medicine as practiced in the conventional setting, the more she came to know of its limitations. Although she was fortunate to have helped many of her patients, she struggled with prescribing yet another opioid or performing injection after injection with limited results. Why do some patients improve while others wane? How are healthy people suddenly disabled from a seemingly innocuous injury? Her great challenge came when her son fell ill and was put on antibiotics, from which he developed severe side effects. After doing her own personal research into the microbiome, she was able to correct his condition, as well as several other maladies suffered by various members of her family. These ailments included high blood pressure, kidney stones, back pain, insomnia, headaches, acne, etc. She didn't realize how sick she was herself until she started getting better! Since beginning her journey into functional medicine, she has had the privilege of shadowing the clinics of leading functional medicine practitioners including Dr. Bill Barley M.D., Dr. Raj Patel M.D., and Chris Kresser, LAc.

Dr. Lee is excited and confident that health restoration is possible through a functional medicine approach, where the root causes of illnesses are addressed.

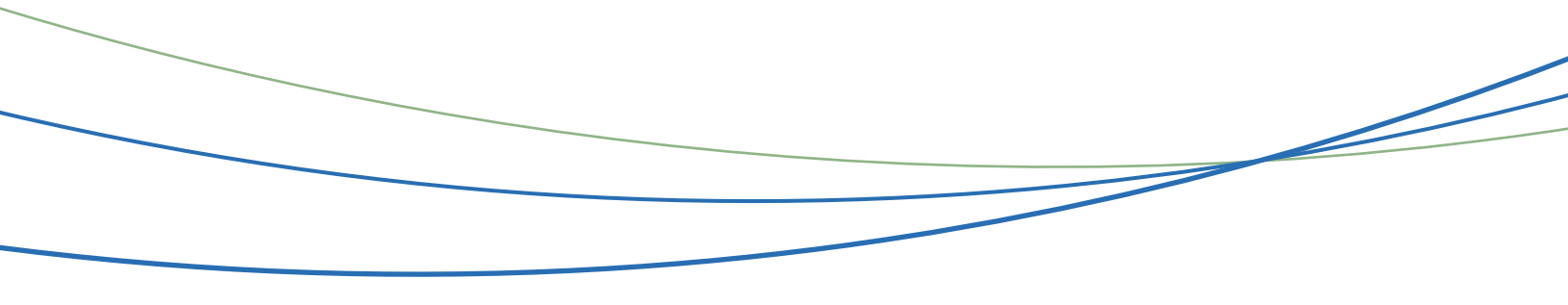
(End of Meet Dr. Ann Lee!)

Secondary Presentation by Dr. Ann Lee, MD

“Alternative Approaches to Cancer Treatment”

Despite significant advances in our understanding of cancer over the last decade, treatment options have remained relatively unchanged. A growing elderly population and modern environmental exposures may present new challenges to fighting cancer. In this presentation, we will discuss “root cause” strategies and potential targets which are not traditionally addressed in the management of malignant disease.

(End of Secondary Presentation)



About Smart Life Forum

Smart Life Forum, Inc. is a 501(c)(3) California nonprofit corporation whose primary mission is to provide credible health education to the public with an emphasis on optimal wellness, anti-aging medicine, and longevity.

Annual memberships in Smart Life Forum, Inc. and charitable donations are tax deductible to the extent allowed by law. For information on how to join or make a donation, please visit our website: www.SVHI.com.

For questions, please contact Susan Downs at susanrdowns@hotmail.com.

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