

# Silicon Valley Health Institute

Host of the Smart Life Forum

**Next Meeting: March 23, 2022**



**Peter Rogers, MD**

*"Atherosclerosis, Heart Disease, and  
Dementia"*

**March 23, 2022**

**2:00PM PST (US & Canada)**

## *Meet Peter Rogers, MD!*

In 1985, he was the Stanford student athlete of the year 1985. Medical school and residency boards 99% scores. Fellowship at Harvard (Brigham and Women's hospital) interventional radiology (imaging guided surgery) with emphasis on vascular disease, and then in neuroradiology at Rush. Was fat and 30's, lost all the weight, and have kept it off for 16 years. Expert on vascular disease, brain disease, nutrition, and cognitive optimization. I am a full time neuroradiologist, but still do some interventional procedures. You tube channel is "Peter Rogers MD."

*(Continued on Next Page)*

## Announcements & Upcoming Events

We are evolving to accommodate the times of Covid-19. Currently we are doing approximately one zoom meeting per week and are benefiting from the European expertise. We hope to maintain the forum environment as we welcome the audience's questions. Obviously, staying healthy during the times of the Covid virus is important. We welcome your suggestions for speakers.

We hope to continue our monthly in person meetings as well but we are aware that the Cubberly Community Center space may no longer be available to us. When the monthly in person meetings resume, we plan to have at least one monthly zoom meeting.

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

### SLF Members

#### **BOARD OF DIRECTORS**

Susan Downs, MD, ABOIM - President  
Bill Grant - Publicity, Treasurer  
Larry Weissenborn - Sound  
Robert Menkemeller, RNC  
Chen Ben-Asher, Board Certified Nutritionist, MA  
Filomena Trindade, MD, MPH

#### **FOUNDER**

Kathryn Grosz

#### **ADVISORY BOARD**

Dave Asprey  
Bill Grant, PhD  
Phillip Lee Miller, MD  
Alan P. Brauer, MD  
Bernd Friedlander, DC

#### **MEETING MODERATORS**

Robert Menkemeller, RNC  
Randy Kunkee

#### **VOLUNTEERS**

Rob Baum, Assistant Editor  
Susan Downs, Newsletter Editor/Prgm Editor  
Steve Fowkes, Technical Advisor  
Bill Hurja, Refreshments  
Rob Larson, Equipment Manager  
George Mbugua, Desk Greeter  
Robert Menkemeller, Website  
Larry Weissenborn, Audio Engineer  
Sandra Yow, Newsletter Layout

If you have questions please email:

***susanrdowns@hotmail.com***

Thank you.

**Presentation Speaker:**

**Peter Rogers, MD**

*March 23, 2022 @ 2:00 PM PST (US and Canada)*

*"Atherosclerosis, Heart Disease, and Dementia"*



Atherosclerosis is best known for causing myocardial infarction, but it is also the main cause of dementia. The common diseases of aging like hypertension, and diabetes are connected to atherosclerosis. I will explain what causes these diseases. The hope is that by understanding the diseases, people will be more motivated to improve their diet and lifestyle.

These diseases are poorly understood by most physicians, because the medical school textbooks are out of date. It is important to have a good theory of disease, because this guides prevention. When a person understands the actual causes of atherosclerosis and dementia. they are empowered to prevent these diseases.

Everyone has heard of the connection between atherosclerosis and cholesterol, but atherosclerosis actually begins as a blood clot. Everyone has heard of the connection between beta amyloid protein, and Alzheimer's disease, but the vascular theories are more helpful.

The general concepts of disease causation also explain how atherosclerosis is connected to vision loss, hearing loss, back pain, arthritis, and cancer. These issues will be discussed.

*(Continued on Next Page)*

**Presentation Speaker:**

**Peter Rogers, MD**

*March 23, 2022 @ 2:00 PM PST (US and Canada)*

*"Atherosclerosis, Heart Disease, and Dementia"*

**Join Zoom Meeting**

<https://us02web.zoom.us/j/81273162179?pwd=ZTladkM4U0RVOTIzMGEwV2FtMHhLQT09>

**Meeting ID: 812 7316 2179**

**Passcode: 685667**

**One tap mobile**

**+16699006833,,81273162179#,,,,\*685667# US (San Jose)**

**+13462487799,,81273162179#,,,,\*685667# US (Houston)**

**Dial by your location**

**+1 669 900 6833 US (San Jose)**

**+1 346 248 7799 US (Houston)**

**+1 253 215 8782 US (Tacoma)**

**+1 312 626 6799 US (Chicago)**

**+1 929 436 2866 US (New York)**

**+1 301 715 8592 US (Washington DC)**

**Meeting ID: 812 7316 2179**

**Passcode: 685667**

**Find your local number: <https://us02web.zoom.us/u/keGZ7sbwC8>**

*(End of 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](http://www.SVHI.com).

For questions, please contact Susan Downs at [susanrdowns@hotmail.com](mailto:susanrdowns@hotmail.com).

### **Become a Member!**

Smart Life Forum, Inc. (SLF) is a California qualified 501(C)(3) nonprofit corporation organized under state law for educational and scientific purposes as a public benefit corporation. Please make your check payable to “Smart Life Forum, Inc.” Please provide your email address as well.

**Annual Membership \$60 (per household)**

**\$10 per Meeting**

**Benefits:** Access to a community of experienced scientists and physicians who share information and similar interests.

**Join Us!** First time Visitors and Non-Members \$10 per meeting (at door),  
Or sign up for an Annual Membership for \$60 per year.

Smart Life Forum, Inc. (SLF) is a California qualified 501(C)(3) nonprofit corporation organized under state law for educational and scientific purposes as a public benefit corporation. Please make your check payable to "Smart Life Forum, Inc."

**Annual Membership \$60** (per household).

**Benefit:** Access to a community  
of experienced scientists and physicians  
who share information and similar interests and  
FREE admission to all meetings!

**Donations are welcome!**

Please send your donations to:  
Bill Grant  
1745 Pacific Ave. APT 405  
San Francisco, CA 94109-2401

**Renew your membership today!**

**Complete this form & bring to a future meeting with payment:**

**\$60/year full membership (maximum 4 per household)**

Yes, you can renew and pay in person at a meeting.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: \_\_\_\_\_ PHONE 2: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Total amount authorized or enclosed: \$ \_\_\_\_\_, (check applicable boxes):

\$60/yr Family membership (4 max in household)

Donation: \$ \_\_\_\_\_

Please make your check payable to "Smart Life Forum, Inc."

Please send your donations to:

Bill Grant

1745 Pacific Ave. APT 405

San Francisco, CA 94109-2401