



Longwood
SEMINARS

The Art of Aging Well

March 14, 2018

Is age just a number? How will medical and technology advances redefine biological aging? In this seminar, learn more about research led by scientists at Harvard Medical School about what healthy aging means, and explore discoveries that could help to improve the experience of aging.

#HMSMiniMed



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About the Speakers

Dr. David Sinclair, PhD

Dr. Sinclair is an entrepreneur and world leader in aging research. A tenured professor of genetics at Harvard Medical School and co-director of the Paul F. Glenn Center for the Biology of Aging at Harvard Medical School, he is best known for his work on genes and small molecules that delay aging, including resveratrol and NAD precursors. Sinclair has published over 160 scientific papers, is a co-inventor on over 50 patents and has co-founded 12 biotechnology companies in the areas of aging, vaccines, diabetes, fertility, cancer and biodefense. He has received 35 honors, including the NIH Director's Pioneer Award, *TIME* magazine's list of the "100 Most Influential People" and an officer of the Order of Australia.

Dr. Alexandra Touroutoglou, PhD

Dr. Touroutoglou is an instructor of neurology at Harvard Medical School and assistant in neuroscience at Massachusetts General Hospital. Her research focuses on neuroimaging human brain networks in aging. Touroutoglou is a recognized expert in the use of brain network imaging techniques, such as resting state functional connectivity MRI, and a leader in applying these techniques towards understanding the phenomenon of "superagers," a remarkable group of older adults who maintain exceptionally youthful memory abilities. Touroutoglou's recent interests include combining brain network imaging and noninvasive brain stimulation to improve memory and brain function in healthy older adults and patients with Alzheimer's disease and related disorders.

Dr. Lewis Lipsitz, MD

Dr. Lipsitz is a professor of medicine at Harvard Medical school, the director of the Institute for Aging Research at Hebrew SeniorLife and chief of the Division of Gerontology at Beth Israel Deaconess Medical Center. His research is focused on age-related alterations in blood pressure and cerebral blood flow regulation and their relation to falls, syncope and cognitive dysfunction. Lipsitz was principal investigator of a National Institute on Aging Merit Award to study the physiologic mechanisms of frailty in old age, which led to his current NIA-funded clinical trial that examines the effect of tai chi exercises on physical function and health care costs in frail elderly residents of subsidized senior housing facilities. He is an expert in hematologic malignancies, bone marrow transplantation and cancer immunology.



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Supplemental Reading

Articles

Unravelling the Mysteries of Aging

Harvard Medical School

<https://hms.harvard.edu/news/unraveling-mysteries-aging>

“Super Agers” Have Brains That Look Young

Scientific American

<https://www.scientificamerican.com/article/ldquo-super-agers-rdquo-have-brains-that-look-young/>

The Next 50 Years in Aging Research

Hebrew SeniorLife

<http://blog.hebrewseniorlife.org/next-50-years-aging-research>

Videos

Why Age? Should We End Aging Forever?

YouTube

<https://www.youtube.com/watch?v=GoJsr4lwCm4>

The Science of Aging

YouTube

<https://www.youtube.com/watch?v=BkcXbx5rSzw>

Further information can be found at **Harvard Health Publications**.

(<https://www.health.harvard.edu/>).

Sign up for **Harvard Medicine News** (<https://hms.harvard.edu/news/sign-email-communications>) to receive weekly updates on scientific research, medical education and community news from Harvard Medical School.

Sign up to receive future issues of **Harvard Medicine** (<https://hms.harvard.edu/news/sign-email-communications>). The magazine of Harvard Medical School presents topics ranging from space-based medical research to climate change and human health. The magazine captures the work of the HMS faculty, students, and alumni and illuminates their contributions to human health.

