Upcoming Conference on Science-Based Medicine

On October 3-4, 2009, Life Extension® will be co-sponsoring the 2nd Annual Symposium on Science-Based Medicine. This CME-accredited symposium entitled “Yes, We Can…Think Outside the Box,” will be presented by the Robert Fishman Institute and will feature a range of hot topics in nutrition and medicine, including the following:

**Let Your Food Be Your Medicine and Your Medicine Be Your Food** – An examination of various studies on the components of foods such as fatty acids, antioxidants, and other compounds for healing and preventing disease.

**Vitamin D…The Little-Known Hormone that May Save Your Life** – Clinical pearls and common pitfalls to help you and your patients successfully use this amazing vitamin. Dosing, testing, vitamin D forms, and blood target ranges will also be presented.

**Deadly Connections: Testosterone Deficiency and Metabolic Disease Risk** – A review of scientific findings on testosterone and its metabolism along with an examination of risks and benefits associated with testosterone replacement.

**Hormone Balancing in Women** – For the past 20 years, Dr. Robert Fishman has developed an individualized approach to help women overcome hormone and nutritional imbalances.

This presentation will look at different types of hormone testing and various prescription and non-prescription products for disorders caused by hormonal imbalances.

**Mood Therapies/Chronic Fatigue Syndrome** – Personalized plans based on amino acids and organic acids.

**Obesity and GI Disorders** – Personalized plans created from DNA-based stool profiles and urinary microbial markers.

**Hormone Replacement by the Book** – A discussion of the pros and cons of blood, saliva, and urine measurement of hormones and how physicians can make logical decisions concerning restoration of hormone balance.

The topics will be delivered by a range of eminent speakers including:

Robert Fishman, PD  
Eldred Taylor, MD  
Lynn Lafferty, PharmD, ND  
Steven Joyal, MD  
Joe Veltmann, PhD  
Tracy Hunter, PhD  
Maria Mahmoodi, MD  
Scott Fogle, ND  
Richard Lord, PhD

For further information, please call toll-free 1-866-598-6752 or visit www.lef.org/OutsideTheBox

Highlights from the XV International Symposium on Atherosclerosis
The 15th Symposium, held this past June in Boston, Massachusetts, brought scientists from around the world together to discuss detection, prevention, and treatment of atherosclerosis. Talks and presentations also touched upon the pathogenesis and biology of atherosclerosis, as well as lifestyle choices and drug therapies that may prevent it from developing in the first place. Topics of particular interest to LEF members are below:

**THE EFFICACY OF STATINS**

According to a talk given by a Dr. Kastelein from the Netherlands, “Statin treatment markedly improves outcomes of hypercholesterolemia and dyslipidemia patients by lowering their plasma levels of low-density lipid cholesterol (LDL-C), thereby reducing the frequency of primary and secondary cardiovascular (CV) events.”

However he also made it clear that “…despite coronary heart disease (CHD) morbidity and mortality being significantly reduced following treatment with these drugs, it is not eliminated completely.” Therefore, it’s clear that statin drugs are not a cure-all for this disease, and unless combined with lifestyle changes, such as nutrition and exercise—and possibly nutritional supplementation—these and other drugs may not prevent cardiovascular disease when used alone.

**DHEA LEVELS PREDICT DEATH FROM CVD IN OLDER MEN**

A Dr. Ohlsson from the University of Gothenburg presented some very important data that found levels of DHEA and DHEA-s in older men strongly predicted death by cardiovascular disease (CVD). His group looked at 2,639 men with a mean age of 75 years. Tracking these men for 4.5 years, they found 328 deaths had occurred with the lowest levels of DHEA and DHEA-s correlating strongly with those deaths. Most importantly, they found “The association between low DHEA and CVD death remained significant after adjustment for smoking, body mass index, diabetes and hypertension.” This study found low serum levels of DHEA predict death from cardiovascular disease in older men.

**COENZYME Q10 STUDIES – ALONE OR WITH STATIN DRUGS**

This conference saw a large number of studies looking at the effects of CoQ10 either alone or in conjunction with statin drugs. Most of the focus was on CoQ10’s ability to counter the well-established drop in CoQ10 tissue levels in those taking statin drugs. One study presented was of particular importance in that it showed the addition of CoQ10 can greatly reduce statin-associated myopathy, which can cause pain, weakness, and tiredness as well as other symptoms in those using statin drugs.

**NIACIN AND STATIN DRUG THERAPY**

Another nutrient to get a great deal of attention at this conference—either alone or in conjunction with statin drug therapy—was the vitamin niacin (vitamin B3). The benefit of niacin therapy on blood lipids has been covered extensively over the years in the pages of Life Extension® magazine. This conference further confirmed niacin as a therapy for preventing CVD. Several studies presented showed that both alone and in combination with statin drugs, niacin raises HDL, lowers plasma triglyceride (TG) levels, as well as having other beneficial effects on CVD risk factors. This conference had various studies looking at timed released niacin as one way to improve efficacy and reduce side effects.

—Will Brink

Reference

Will Brink is a health, fitness, and longevity author, and owns the popular web site www.BrinkZone.com

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