

Anti-aging medicine

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Anti-aging medicine is the pinnacle of biotechnology joined with advanced clinical preventive medicine. The specialty is founded on the application of advanced scientific and medical technologies for the early detection, prevention, treatment, and reversal of age-related dysfunction, disorders, and diseases. It is a healthcare model promoting innovative science and research to prolong the healthy lifespan in humans. As such, anti-aging medicine is based on principles of sound and responsible medical care that are consistent with those applied in other preventive health specialties. The anti-aging medical model aims to both extend lifespan as well as prolong health span - the length of time that we are able to live productively and independently. Hundreds of scientific research studies clearly prove that modest interventions in diet, exercise, and nutrition and single-gene modulation in the laboratory setting beneficially and significantly impact healthy function in old-age. Many of these interventions also modify maximum lifespan by 20 to 800% as well. With over the near-daily advancements in biomedical technologies related to research specifically focused on elucidating treatments for aging-related disorders and modulating the metabolic dysfunctions associated with old age, in the imminent near-future, effective interventions will become widely available to modulate the aging process itself in humans.

Biography

Dr. Kaplan is an expert in the field of health research. He has published more than 35 articles in a variety of scientific journals on topics including arthritis, obesity, depression and suicide. His writing and research interests have also covered racial and ethnic populations, including Hispanic, African American and Asian populations. He has special interests in the study of mental health and health behavior among older adults. The National Institute of Mental Health and private foundations have funded his research. Professor Kaplan teaches Urban Health, Health Behavior, and Men's Health. He holds adjunct appointments in the departments of psychiatry and family medicine at Oregon Health & Sciences University. In 2004, he served as a Fulbright Scholar in Canada and has been the recipient of numerous other honors and awards. Dr. Kaplan is serving as a co-investigator on the Northwest Health Foundation-funded project, "Arthritis Among Hispanics in Oregon: Developing Community Solutions," designing the survey instrument, guiding the selection of the sample, and overseeing analysis of the quantitative data.