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Prompt management of ageing based on disease risk analysis of genotype and lifestyle, can contribute to longevity and improved health

Background: At the beginning of this century, the sequence of the entire human genome has been determined, Subsequently the influence of single nucleotide polymorphisms (SNP) has been studied and the risk for diseases like Alzheimer's Disease, type 2 diabetes, Parkinson's disease that occur in later years of life can be predicted by alleles that predisposes a person to ageing related diseases.

Approach: DNA is isolated from Saliva and SNP analysis is performed for several specific diseases related genes. The level of risk for predisposition to certain diseases which have been previously established was then determined and placed in the context of phenotypic findings.

Results: SNP analysis of over 50 genes in a father and son pair was conducted and the results will be presented.

Conclusion: Genes play a key role in Longevity and in gaining insights on how life style changes can overcome gene defects and understanding the interplay of genes, one can better manage Ageing and reduce cost of hospitalization and falls that occur due to defective vision or balance.

Biography

Girish J Kotwal has completed his PhD in Biochemistry from McMaster University in Hamilton, Canada and Postdoctoral studies from the National Institutes of Health, Bethesda, MD, USA. He has held academic appoints in the USA and elsewhere. He is the Adjunct Professor of Medicine at UMass, medical school and President of a biotech company involved in finding solutions to inflammatory CNS diseases. He is also president of a bioconsulting company. He has published more than 100 papers in high impact international journals, has had a dozen or more US and international patents, serves as an Editorial Board Member of several high caliber journals and is a Member of scientific societies.

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