



THE WHO'S WHO OF HEALTHY AGEING

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2ND INTERNATIONAL CONFERENCE ON HEALTHY AGEING & LONGEVITY

Brisbane Convention & Exhibition Centre | March 18th 19th 20th
Australia 2005

www.longevity-international.com



Dr. Alexandre Kalache
Coordinator, World Health Organization Ageing & Life Course Programme, Switzerland



Prof. Helen Bartlett
Foundation Director, Australasian Centre on Ageing, University of Qld



Assoc. Prof. Zeinab Khalil
Deputy Director, National Ageing Research Institute, Melbourne



Dr. David Suzuki
Internationally Renowned Award Winning Scientist, Environmentalist & Broadcaster

OPENING CEREMONY

Descendance, Aboriginal and Torres Strait Islander Dance Group in Ceremonial Dance: Winner, 2004 World Cultural Olympics.

OPENING ADDRESSES

International Ageing: Actions and Actors

Dr. Alexandre Sidorenko

Chief, United Nations Focal Point on Ageing, Division for Social Policy & Development, New York, NY, USA.

The Hon. Julie Bishop MP

Federal Minister for Ageing, Canberra, ACT, Australia.

Preventive Healthcare - General Practice in the Future - Moving Forward

Prof. Michael Kidd

President, Royal Australian College of General Practitioners, Sydney, NSW, Australia.

KEYNOTE PRESENTATIONS

Active Ageing Towards Age-Friendly Primary Healthcare

Dr. Alexandre Kalache

Coordinator, Ageing & Life Course Programme, Department of NCD Prevention & Health Promotion, World Health Organization, Geneva, Switzerland.

Understanding Ageing and Doing Something About It

Prof. Suresh Rattan

Professor, Danish Centre for Molecular Gerontology, Department of Molecular Biology, University of Aarhus, Denmark.

BASIC RESEARCH ON AGEING AND ITS CLINICAL RELEVANCE

Has Basic Research on Ageing Produced Therapeutic Applications?

Prof. Leonard Hayflick

Professor of Anatomy, School of Medicine, University of California, San Francisco, CA, USA.

The Role of Biological Ageing Processes for Healthy Ageing

Prof. Andrus Viidik

Guest Senior Scientist, SMZ Sophienspital, Vienna, Austria. Assoc. Prof. Monika Skalicky, Associate Professor, Department of Natural Sciences, University of Veterinary Medicine, Vienna, Austria.

The Metabolic Syndrome and Ageing: Clinical Implications

Dr. Reubin Andres

Clinical Director, National Institute on Aging, Gerontology Research Center, National Institutes of Health, Baltimore, MD, USA.

Is The Estrogen Controversy Over? Deconstructing the Women's Health Initiative Study

Dr. S. Mitchell Harman

Director and President, Kronos Longevity Research Institute, Phoenix, AZ, USA.

INTERVENING IN THE AGEING PROCESS

A Forkhead in the Road to Longevity

The Molecular Basis of Life-Span Becomes Clearer

Prof. Brian J. Morris

Professor, Molecular Medical Sciences, Department of Physiology, University of Sydney, NSW, Australia.

Caloric Restriction Mimetics: The Next Phase

Dr. George Roth

CEO, GeroScience Inc., Senior Guest Scientist, National Institute on Aging, National Institutes of Health, Baltimore, MD, USA.

Drug Therapy Versus Calorie Restriction to Delay Age-Related Disease Onset and Prolong Life

Dr. Arthur V. Everitt

Honorary Associate Professor, Centre for Education and Research on Ageing, University of Sydney, Sydney, NSW, Australia.

Scientific Advances in the Search for Reliable and Valid Biomarkers of Ageing

Dr. Donald K. Ingram

Acting Chief, Laboratory of Experimental Gerontology, Gerontology Research Center, National Institute on Aging, National Institutes of Health, Baltimore, MD, USA.

RESEARCH-BASED EXERCISE AND NUTRITIONAL STRATEGIES THAT PROMOTE BETTER HEALTH AND LONGEVITY

When it comes to Healthy Ageing and Longevity, Muscle Mass Matters!

Mr. Paul Cribb

Exercise Metabolism Unit, Victoria University, Footscray, VIC, Australia.

Exercise to Build and Preserve Muscle Mass in Older Adults: A Research-Based Programme

Mr. Matt Cooke

Exercise Metabolism Unit, Victoria University, Footscray, VIC, Australia.

Research-Based Exercise and Nutritional Strategies that Promote Better Health and Longevity

Dr. Alan Hayes

Director, Exercise Metabolism Unit, Victoria University, VIC, Australia.

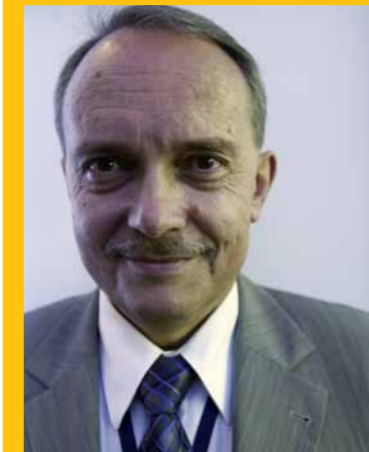
A Specific Weight-Bearing Exercise Programme for Multiple Falls Injury Risk Factors in Osteopenic Women - A Randomised Controlled Trial

PHYSICAL ACTIVITY AND AGEING

Dr. Jenny Nitz

Senior Lecturer, Division of Physiotherapy, University of Queensland, Brisbane, QLD, Australia.

The UPLIFT Study: Using Physical Activity to Promote Wellbeing in Older People in the Primary Care Setting



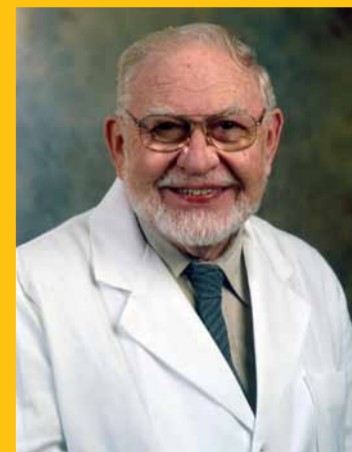
Dr. Alexandre Sidorenko
Chief, UN Focal Point on Ageing, New York, USA



The Hon Julie Bishop
Federal Minister for Ageing, Australia



Dr. S. Mitchell Harman
Director/President, Kronos Longevity Research Institute, USA



Dr. Reubin Andres
Clinical Director, National Institute on Ageing, National Institutes of Health, USA

SPEAKERS CONTINUED...

Dr. Jane Sims

Senior Research Fellow, Department of General Practice, University of Melbourne, Melbourne, VIC, Australia.

Physical Activity Appears Key to Successful Mental Health Ageing: Results from a Longitudinal Study of Octogenarian Australian Men

Prof. Konrad Jamrozik

Professor of Evidence-Based Health Care, School of Population Health, University of Queensland, Brisbane, QLD, Australia.

LONGITUDINAL STUDIES ON AGEING

Death - And How to Avoid It: Evidence from the Dubbo Study

Prof. John McCallum

Deputy Vice-Chancellor and Director TAFE, Victoria University, Melbourne, VIC, Australia.

Predictors of Healthy Ageing: Longitudinal Findings

Prof. Hal Kendig

Research Professor of Ageing and Health, University of Sydney, Sydney, NSW, Australia.

Risk Factors for "Early" Death among Elderly Women: Results from the Australian Longitudinal Study on Women's Health

Prof. Annette Dobson

Professor of Biostatistics, Director of the Division of Epidemiology and Social Medicine, School of Population Health, University of Queensland, Brisbane, QLD, Australia.

Living Longer - Biopsychosocial Indicators of Longevity

Prof. Mary A. Luszcz

Professor of Psychology and Gerontology, Flinders University, Adelaide, SA, Australia.

The Association between Cognitive Function & Longevity: Implications for Public Health

Dr. Kaarin J. Anstey

Ageing Research Unit, Centre for Mental Health Research, Australian National University, Canberra, ACT, Australia.

LONGEVITY INSIGHTS GAINED FROM CENTENARIANS

Investigating the World's Longest lived People: An Introduction to the Okinawa Centenarian Study

Dr. D. Craig Willcox

Assistant Professor, Okinawa Prefectural University - College of Nursing, Okinawa, Japan.

Optimal Ageing in Okinawa: The Role of the Okinawan Diet

Dr. Bradley J. Willcox

Physician-Investigator in Geriatrics/Gerontology, Pacific Health Research Institute, Honolulu, Hawaii, USA.

400 Years of Collective Wisdom: A Panel of Centenarians

Dr. Thomas Perls

Director, New England Centenarian Study, Assistant Professor of Medicine, Geriatrics Section, Department of Medicine, Boston University, Boston, MA, USA.

HUMAN BY DESIGN

Prof. S. Jay Olshansky

Professor, School of Public Health, University of Illinois, Chicago, IL, USA.

Tweaking Nature to Achieve Long and Healthier Lives

Assoc. Prof. Bruce Carnes

Associate Professor, Reynolds Department of Geriatric Medicine, College of Medicine, University of Oklahoma, Oklahoma City, USA.

A Fix for Ageing

Professor Leonard Hayflick

Professor of Anatomy, University of California, San Francisco, CA, USA.

Getting the Future Right: A Better Future for Healthy Ageing in Australia

Dr. Chris Davis

Australian Medical Association Representative; Clinical Senior Lecturer, University of Queensland; Director, Geriatric Medicine & Rehabilitation, The Prince Charles Hospital, Cherside, QLD, Australia.

Healthy Ageing: Collaboration for Improved Consumer Outcomes

Senator Jan McLucas

Shadow Minister for Ageing, Disabilities and Carers; Labor Senator for Queensland, Cairns, QLD, Australia.

The Primary Care Team: Promoting Mental Health and Well-Being in Older Australians

Dr. Rob Walters

Chair, Australian Divisions of General Practice, Sandy Bay, TAS, Aus.

Ageing The Policy Challenge for Government - The Societal Challenge for Us All

Dr. John Best

Medical Director, Cobram District Hospital, Cobram, VIC; Former Chair, Strategic Research Development Committee, National Health & Medical Research Council, Sydney, NSW, Australia.

A Possible Decline in Life Expectancy in the United States in the 21st Century

Prof. S. Jay Olshansky

Professor, School of Public Health, University of Illinois, Chicago, IL, USA.

Shifting Gears: On the Road to a Healthcare

Prof. Stephen P. Myers

Director, Australian Centre for Complementary Medicine Education and Research

AND MANY MORE SPEAKERS, SEE PROGRAM...