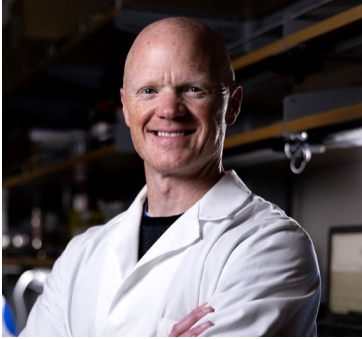


Precision Health Across the Lifespan

Unraveling the Metabolic and Inflammatory Roots of Chronic Disease



“The Metabolic Origins of Chronic Disease”

Keynote Speaker:
Benjamin Bikman, PhD
Professor, Cell Biology and Physiology
Brigham Young University

Dr. Benjamin Bikman earned his Ph.D. in Bioenergetics and was a postdoctoral fellow with the Duke-National University of Singapore in metabolic disorders. Currently, his professional focus as a scientist and professor (Brigham Young University) is to better understand the role of elevated insulin and nutrient metabolism in regulating obesity, diabetes, and dementia. His lab specifically aims to identify the molecular mechanisms that explain the increased risk of disease that accompanies weight gain, with particular emphasis on the etiology of insulin resistance and disrupted mitochondrial function. From this work, Dr. Bikman hopes to reveal novel cellular processes that are responsible for fat development and accrual, with a particular emphasis on white/brown fat and the contrasting effects of insulin and ketones. In addition to his academic pursuits, Dr. Bikman is the author of *Why we get sick* and *How not to get sick*.

REGISTRATION LINK

Registration Necessary - Space Limited!

In-Person Information

850 Phoenix Biomedical
Campus (PBC) Building*
Edson E+I Suite 130
850 N 5th St, Phoenix, 85004

*Parking entrance is off McKinley St. on the South side of the PBC building. Bring your parking voucher inside to the event for validation.

Zoom Link

https://asu.zoom.us/j/84743425654?tk=NCLe1qDsB-p6Z4EA6B7MOY0Bk6JpqS85UjCYsU8_hU.DQcAAAATuxoOdhZnUUluU0NsNFNxZTAzRGdDVW82NzI3AA&pwd=LeS42KLCQ1b3n0FekmHcCvD5wWvKkg.1&uuid=WN_3h8UP9caTBa4TBgvc0o0xQ

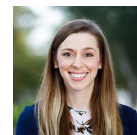
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ASU CHS Precision Health Initiative

Monday, March 17, 2025
1:00 - 5:00 pm (PHX)

Join us for the latest in precision health research and discuss a vision for the future through a dynamic panel discussion with presenters.

MODERATOR



Corrie Whisner, PhD
Associate Professor
College of
Health Solutions

chs.asu.edu



**College of
Health Solutions**
**Arizona State
University**

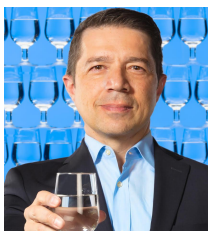
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Unraveling the Metabolic and Inflammatory Roots of Chronic Disease

PRESENTERS



Ben Bocchicchio, PhD
Fitness Expert and Author



Stavros Kavouras, PhD, FNAK, FACSM, FECSS
Professor & Assistant Dean of Graduate Education
College of Health Solutions



Joseph Roberts, PhD
Assistant Professor
College of Health Solutions



Fang Yu, PhD, RN, GNP-BC, FGSA, FAAN
Professor & Edson Chair of Dementia Translational Nursing Science
Edson College of Nursing & Health Innovation



Paul Reynolds, PhD
Professor
Cell Biology and Physiology
Brigham Young University

PROGRAM AGENDA

12:30 - 1:00 pm	Event Check-in
1:00 - 1:05 pm	Welcome - Matthew Buman, PhD Director & Professor Precision Health Research Initiatives
1:05 - 1:30 pm	<i>“What is Metabolic Health and Why is it Important”</i> Ben Bocchicchio, PhD
1:30 - 1:55 pm	<i>“The Science of Thirst: Hydration Needs and Challenges in Older Adults”</i> Stavros Kavouras, PhD, FNAK, FACSM, FECSS
1:55 - 2:20 pm	<i>“Time-Restricted Feeding and Age-Related Bone Loss”</i> Joseph Roberts, PhD
2:20 - 2:45 pm	<i>“Aerobic Exercise in Alzheimer’s Disease: Lessons from the FIT-AD Trial”</i> Fang Yu, PhD, RN, GNP-BC, FGSA, FAAN
2:45 - 3:05 pm	Networking Break
3:05 - 3:30 pm	<i>“Consequences of Glycation and Inflammation”</i> Paul Reynolds, PhD
3:30 - 4:30 pm	Keynote Address: <i>“The Metabolic Origins of Chronic Disease”</i> Benjamin Bikman, PhD
4:30 - 5:00 pm	Q&A with Presenters Moderator: Corrie Whisner, PhD