1st International Conference on Fasting, Dietary Restriction, Longevity and Disease

November 9-10, 2018
USC Leonard Davis
School of Gerontology
Auditorium
3715 McClintock Avenue
Los Angeles, CA 90089

Presented by:
USC Longevity Institute
and
USC Office of Continuing Medical Education

Keck School of Medicine of USC
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am</td>
<td>Registration and Continental Breakfast</td>
</tr>
<tr>
<td>8:10 am</td>
<td>Welcome and Introduction</td>
</tr>
<tr>
<td></td>
<td><em>Michael W. Quick, PhD, Pinchas Cohen, MD &amp; Valter Longo, PhD</em></td>
</tr>
<tr>
<td>8:30 am</td>
<td>Session I: Fasting, Dietary Restriction, Longevity and Disease: Molecular, Cellular and Animal Studies</td>
</tr>
<tr>
<td></td>
<td><em>Regulation of mTor by Nutrients</em></td>
</tr>
<tr>
<td></td>
<td><em>David M. Sabatini, MD, PhD</em></td>
</tr>
<tr>
<td>9:00 am</td>
<td><em>Cellular Adaptations to Intermittent Fasting: Impact on Brain and Cardiometabolic Resilience</em></td>
</tr>
<tr>
<td></td>
<td><em>Mark P. Mattson, PhD</em></td>
</tr>
<tr>
<td>9:30 am</td>
<td><em>New Insights into Caloric Restriction</em></td>
</tr>
<tr>
<td></td>
<td><em>Rafael de Cabo, PhD</em></td>
</tr>
<tr>
<td>10:00 am</td>
<td><em>Time-Restricted Eating for the Prevention and Treatment of Metabolic Disease</em></td>
</tr>
<tr>
<td></td>
<td><em>Satchidananda Panda, PhD</em></td>
</tr>
<tr>
<td>10:30 am</td>
<td>Break</td>
</tr>
<tr>
<td>11:00 am</td>
<td><em>Lifespan/Healthspan Benefits of Reduced Protein Intake Without Caloric Restriction</em></td>
</tr>
<tr>
<td></td>
<td><em>James R. Mitchell, PhD</em></td>
</tr>
<tr>
<td>11:30 am</td>
<td><em>Impact of Fast Versus Slow Weight Loss on Health</em></td>
</tr>
<tr>
<td></td>
<td><em>Amanda Salis, PhD</em></td>
</tr>
<tr>
<td>12:00 pm</td>
<td><em>What Have the Monkey Studies Taught Us About the Feasibility of Human Caloric Restriction?</em></td>
</tr>
<tr>
<td></td>
<td><em>Ricki J. Colman, PhD</em></td>
</tr>
<tr>
<td>12:30 pm</td>
<td><em>Fasting Mimicking Diets in Longevity and Disease</em></td>
</tr>
<tr>
<td></td>
<td><em>Valter Longo, PhD</em></td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>8:30 am</td>
<td>Saturday Session II: Fasting, Dietary Restriction, Longevity and Disease: Clinical Studies</td>
</tr>
<tr>
<td>9:00 am</td>
<td><em>Caloric Restriction and Biomarkers of Aging: From CALERIE to Time-Restricted Feeding</em></td>
</tr>
<tr>
<td></td>
<td><em>Eric Ravussin, PhD</em></td>
</tr>
<tr>
<td>9:30 am</td>
<td><em>Fasting and Cancer: Preclinical Studies and Clinical Experience</em></td>
</tr>
<tr>
<td></td>
<td><em>Alessio Nencioni, MD</em></td>
</tr>
<tr>
<td></td>
<td><em>Claudio Vernieri, MD, PhD</em></td>
</tr>
<tr>
<td>10:00 am</td>
<td><em>Periodic Fasting: Evolutionary Perspectives Explaining the Clinical Benefits</em></td>
</tr>
<tr>
<td></td>
<td><em>Hanno Pijl, MD</em></td>
</tr>
<tr>
<td>10:30 am</td>
<td>Break</td>
</tr>
<tr>
<td>11:00 am</td>
<td><em>Alternate Day Fasting and Time Restricted Feeding: Effects on Body Weight and Metabolic Disease Risk Factors</em></td>
</tr>
<tr>
<td></td>
<td><em>Krista Varady, PhD</em></td>
</tr>
<tr>
<td>11:30 am</td>
<td><em>Effectiveness of Periodic Fasting in Human Chronic Diseases and Cancer: Clinical Evidence and Empirical Insights from a Specialized University Medical Center</em></td>
</tr>
<tr>
<td></td>
<td><em>Andreas Michalsen, MD, PhD</em></td>
</tr>
<tr>
<td>12:00 pm</td>
<td><em>Clinical Trials of Intermittent Energy Restriction Weight Control and Weight Related Diseases</em></td>
</tr>
<tr>
<td></td>
<td><em>Michelle Harvie, PhD</em></td>
</tr>
<tr>
<td>12:30 pm</td>
<td><em>Closing</em></td>
</tr>
<tr>
<td></td>
<td><em>Valter Longo, PhD</em></td>
</tr>
<tr>
<td>12:45 pm</td>
<td>Lunch</td>
</tr>
</tbody>
</table>
FACULTY

COURSE DIRECTOR
Valter Longo, PhD
Edna M. Jones Professor of Gerontology
Professor of Biological Sciences
USC Leonard Davis School of Gerontology

USC FACULTY
Pinchas Cohen, MD
Professor of Gerontology, Medicine
and Biological Sciences
Dean,
USC Leonard Davis School of Gerontology
Executive Director,
Ethel Percy Andrus Gerontology Center

Michael W. Quick, PhD
Provost & Senior Vice President
for Academic Affairs
Office of the Provost
Professor of Biological Sciences

GUEST FACULTY
Rafael de Cabo, PhD
Senior Investigator
Translational Gerontology Branch
National Institute on Aging
U.S. Department of Health & Human Services
Baltimore, MD

Ricki J. Colman, PhD
Assistant Professsor of Cell & Regenerative Biology
Senior Scientist,
Wisconsin National Primate Research Center
Madison, WI

Michelle Harvie, PhD
Research Dietitian
Nightingale & Genesis Prevention Centre
Wythenshawe Hospital
University Hospital of South Manchester
United Kingdom

Mark P. Mattson, PhD
Senior Investigator
Laboratory of Neurosciences
National Institute on Aging
U.S. Department of Health & Human Services
Baltimore, MD

Andreas Michalsen, MD, PhD
Head Physician
Department of Naturopathy
Immanuel Hospital of Berlin
Berlin, Germany

GUEST FACULTY
James R. Mitchell, PhD
Associate Professor of Genetics & Complex Diseases
Department of Genetics & Complex Diseases
Harvard T.H. Chan School of Public Health
Boston, MA

Alessio Nencioni, MD
Associate Professor
Department of Internal Medicine & Medical Specialties
University of Genoa
Genoa, Italy

Satchidananda Panda, PhD
Professor, Regulatory Biology Laboratory
Salk Institute
La Jolla, CA

Hanno Pijl, MD
Professor of Diabetology
Department of Internal Medicine
Leiden University
Leiden, Netherlands

Eric Ravussin, PhD
Boyd Professor
Director, Nutrition Obesity Research Center
Associate Executive Director for Clinical Science
Louisiana State University
Baton Rouge, LA

David M. Sabatini, MD, PhD
Professor of Biology
Massachusetts Institute of Technology
Cambridge, MA

Amanda Salis, PhD
Professor & NHMRC Senior Research Fellow
Boden Institute of Obesity, Nutrition, Exercise & Eating Disorders
University of Sydney School of Medicine
Sydney, Australia

Krista Varady, PhD
Associate Professor of Nutrition
Department of Kinesiology & Nutrition
University of Illinois, Chicago
Chicago, IL

Claudio Vernieri, MD, PhD
Istituto Nazionale dei Tumori
Milan, Italy
COURSE DESCRIPTION

Fasting, fasting-mimicking diets, intermittent fasting and calorie restriction are now among the most widely adopted nutritional interventions to treat and prevent obesity but also to help treat a number of diseases. Yet, medical doctors receive minimal training and have very limited knowledge of the effect of these dietary changes. This conference includes many of the world basic and clinical scientists and clinicians whose research focuses on these dietary restrictions and particularly on different forms of fasting and healthy longevity (Healthspan). The program presentations focus on the molecular biology and mechanisms responsible for the effects of these dietary interventions on health and longevity. In addition, a series of presentations will focus on these dietary interventions and their beneficial effects as well as their adverse effects. The first day includes talks on the basic and translational aspects of these dietary restrictions, whereas the second day focuses on clinical studies.

EDUCATIONAL OBJECTIVES

By the end of the course, participants will be able to:

• Integrate dietary interventions in their practice.
• Discuss with their patients the different dietary restrictions and how each can affect them positively and negatively.
• Identify patients that are eligible for dietary restriction interventions and those who should be excluded.

TARGET AUDIENCE

This course is intended for physicians, RNs, allied health professionals and dietitians.

Accreditation Statement
The Keck School of Medicine of the University of Southern California is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation
The Keck School of Medicine of the University of Southern California designates this live activity for a maximum of 7.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
REGISTRATION

1st International Conference on Fasting, Dietary Restriction, Longevity and Disease
November 9-10, 2018

Tuition: $350 General (Non-CME)
$425 Fellow/Resident (CME)
$500 MD/DO (CME)
$500 Allied Health Professionals (CME)
$500 Student Scholar
After November 5, 2018, noon, PST, register on site.

Cancellation: Registration cancellations must be received by the USC Office of CME
(fax or email) by November 5, 2018, noon, PST, for a refund of tuition to
be issued. A $50 cancellation fee will be applied. In the event of course
cancellation by conference organizers, all registration fees will be fully
refunded. USC will not refund any travel costs incurred.

Location: USC Leonard Davis School of Gerontology Auditorium, on the
USC main campus: 3715 McClintock Avenue, Los Angeles, CA 90089

Parking: Rate is $12, per day at the Downey Way Parking Structure on
the USC main campus along Vermont Street at 36th Place

Register: Mail: 1540 Alcazar Street, CHP 223, Los Angeles, CA 90033
Online: www.usc.edu/cme, go to “About CME,” go to “Quick Links,” go to
Conference Calendar
Phone: (323) 442-2555 1 Fax: 1 (888) 665-8650
Email: usccme@usc.edu
On site: USC Leonard Davis School of Gerontology Auditorium on
November 9-10, 2018

Name ___________________________ Degree __________________

Medical License Number __________________________

Telephone ______ Fax ______

Address________________________

City_________________________ State ______ Zip Code ______

Specialty ______________________

Email Address* ______________________

Institutional Affiliation __________________________________________

* Registration confirmation and event reminder will be emailed.

METHOD OF PAYMENT

☐ Check (Payable to USC)  ☐ Credit Card (Visa, Mastercard, American Express)

No cash payment accepted.

Credit Card Number __________________________

Expiration Date ___________ Security Code __________

Authorized Signature __________________________ Amount $ _________
1st International Conference on Fasting, Dietary Restriction, Longevity and Disease
November 9-10, 2018

USC Leonard Davis School of Gerontology
Auditorium
3715 McClintock Avenue
Los Angeles, CA 90089