

Presentation Topics

9 Steps to Successful Aging: what can we learn from the blue zones?

The foundation of Dr. Carlson's presentation comes from the renowned blue zone study where some of the world's best researchers in "successful aging" identified communities around the world with high concentrations of centenarians (individuals aged 100+). These regions were labeled the blue zone regions. What can we learn from the blue zones? While these communities are scattered across both hemispheres and different cultures, they share common habits that lead to successful aging. Through this compelling work, these scientists identified lifestyle characteristics - coined as the Power 9® - that likely contribute to this longevity. Dr. Carlson will share these nine characteristics and the simple ways you can integrate them into your life.

Aging in Austin: Designing an Age-Friendly Community

Mark Carlson, MD and co-presenter Teresa Sansone Ferguson

We are aging in an environment where topics important to seniors such as healthcare, communications and the economy are rapidly evolving. Because Hays, Travis and Williamson Counties will have the highest number of seniors in the state, the impact to us is significant. In this session, attendees will have the opportunity to engage in a conversation about the many ways seniors and baby boomers are influencing local actions. Dr. Carlson and Teresa will discuss a new way of thinking that, if adopted, can improve all our lives. Teresa is the executive director of non-profit organization AustinUP, which was formed as a result of the Mayor's Task Force on Aging – based on the fact that the Austin area has the nation's fastest-growing population of people between 55 and 64, and the second fastest-growing population of people 65 and over.

Exercising Your Mind: An Active Lifestyle for Your Brain

Mark Carlson, MD and co-presenter Ron DeVere, MD

We know how important exercise is to a healthy lifestyle. Today's active baby boomers and seniors realize that physical activity helps move the blood and keeps you on your toes mentally. Taking the next step by combining a regular exercise program with a 'mind workout' contributes greatly to overall good health. In this discussion, Dr. Carlson and Dr. DeVere will discuss the benefits of maintaining and improving your cognitive skills. They'll share creative ideas to help jumpstart activities specifically for you. Dr. DeVere is a cognitive neurology specialist and Director of the Alzheimer's Disease & Memory Disorders Center in Lakeway, TX.

Fall Prevention for an Aging Community

Falling can mark a significant event impacting a senior's independence. According to a recent study by the Center for Disease Control more than 30% of Americans over age 65 fall each year and emergency departments respond to nearly 2.5 million fall-related injuries annually. (That's one fall injury every 13 seconds.) Typically, the fall is a symptom of disease (or treatment of a disease i.e. medications) such as metabolic disorders, poor nutrition, neurologic disease or general deconditioning. The fall usually creates additional complications such as bleeding and fractures, which makes treatment more difficult. This presentation is designed to help minimize fall risk. Dr. Carlson will discuss health conditions that most commonly cause falls to occur. An awareness of the issues is a place to start. While it can be difficult to predict when a fall may occur, Dr. Carlson will share the signs and symptoms to be on the lookout for. By the end of the presentation, seniors will have a list of actions they can apply to daily living to help reduce the risk of falls.

The Future of Healthcare and Its Impact on Seniors

In this lively Q & A session, attendees will have the opportunity to engage in a conversation about the many ways healthcare is evolving. Examples include: the shift from managing diseases to preventing diseases, real-time access to providers with smart technology and advances in diagnostics, biotechnology and genomics. Dr. Carlson will examine the opportunities and challenges these developments are creating. He will share how these shifts impact us and help define ways we can become more aware, informed and involved.

Getting the Most Out of Your Conversation with Your Doctor

The ideal patient-doctor relationship is really a *partnership*, and an important element of this partnership is communication. Open and honest exchange of information is critical to managing good health and identifying health issues as early as possible. This means feeling comfortable asking questions, openly sharing health concerns and taking an active role in the exchange. In this presentation, Dr. Carlson will share ideas and tips to enhance communications between the patient, the caregiver and the physician.

The Intersection of Senior Health and Technology

Aging with purpose and independence is the goal of most seniors. Fortunately, technology available to us today makes this goal more likely to achieve than ever before. For example, remote monitoring, medication reminders and virtual medical visits are allowing seniors to live safely and securely in their own homes. With an estimated one-third of the population age 65 and over living alone, services that combine technology and healthcare give seniors the freedom they desire and more time to spend their days doing things they enjoy most. In this engaging presentation, Dr. Carlson will discuss the impact technology is having on improving the lives of seniors. Learn about the incredible advancements in senior healthcare that can fundamentally change the way seniors live.

Clinical Research on Conditions of Aging

Dr. Carlson is principal investigator for several clinical trials associated with Advanced Clinical Research (ACR). ACR is a network of research centers located throughout California, Idaho, Texas, Utah and Washington. ACR's highly experienced teams, led by board-certified physician investigators, are recognized as pioneers of multi-therapeutic outpatient research centers. Advancing medicine for future generations of older adults aligns with Be Well MD's mission: *Stay Healthy. Stay Home*. Dr. Carlson will provide a glimpse into clinical research being conducted today to help in the diagnosis, management, treatment and prevention of senior-related disease and illness in the future.

Background on Mark Carlson, MD

Dr. Carlson is a fellowship-trained, board-certified geriatrician, internist and oncologist with almost 30 years of healthcare experience. He received his medical doctorate from Loma Linda University in California and completed his geriatric medicine fellowship at the University of Hawaii in Honolulu. Prior to his move into geriatrics, Dr. Carlson spent nearly 20 years of practice in medical oncology, where serious illness had to be managed with the latest in medical technology, compassion and a trusting patient-doctor relationship. Dr. Carlson combined this experience with his strong desire to help seniors in the aging process to create Be Well MD, an in-home medical service designed specifically for aging adults. Be Well MD incorporates the highest quality medical care and also ensures patients have consistent, convenient access to the care they need and desire. Dr. Carlson's personal mission is to help seniors live healthier and happier lives.