

Metabolic Health – 10 September 2024 – Professor Katharine Samaras

Professor Katharine Samaras will speak on metabolic health:

- What is it?
- What has it to do with body and brain ageing?
- What is all this fuss with fasting?
- What is time restricted eating and how is it different? What is the fuss with metformin and Ozempic about?
- What can I do to live longer, healthier and really give my children and grandchildren something to worry about?

Background:

Professor Samaras is a senior staff specialist in Endocrinology at St Vincent's Hospital and is a Professor of Medicine at UNSW. She heads her own laboratory in the Garvan Institute of Medicine, where she held an executive position as the Theme Leader in Healthy Ageing. She has published over 200 scientific papers, led guideline development in metabolism and obesity. She is the Specialty Chief Editor for Obesity for Frontiers in Endocrinology, the world's most highly cited and ranked endocrinology journal. She has served numerous bodies in the promotion of medical science, including as Chair of the Specialist Advisory Committee for the Royal Australasian College of Physicians and the National Health and Medical Research Council.

She has held positions at St Thomas' Hospital London and the Harvard School of Public Health, where she completed her PhD and post-doctoral studies. Her research interests are how metabolism contributes to ageing, particularly brain ageing, cognitive decline and dementia. She is the lead investigator for the MetMemory Study, a 3 year clinical trial repurposing the diabetes medication metformin to prevent cognitive decline, being run at the Garvan and garnering international interest.

Come and listen to Katharine at our Waverton Hub Speakers' Presentation:
2pm at the Waverton Uniting Church Hall, 75 Bay Road, Waverton
Tuesday 10 September 2024. No need to book – free entry – all invited.

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