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Hormones and Anti-aging

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Physiological hormone balance is a complex interaction of multiple hormone systems. Not only do hormone levels impact many indicators of cardiovascular disease risk, but lifestyle elements that increase risk, such as dietary choices, sedentary behavior, and increasing obesity, also in turn affect hormone levels. Correcting hormone imbalances therefore involves looking at lifestyle factors that can help bring hormones back into balance as well as supplementation of some hormones to help restore balance, or treatment to reduce stress. This presentation outlines the serious consequences of hormone imbalance for long-term health and cardiovascular wellness, and identifies appropriate screening strategies that can direct lifestyle changes, stress reduction, and possibly hormone supplementation to reduce risk of cardiovascular disease.

Brief outline/agenda of the specific points to be covered during the program

- Hormones systems that are implicated in cardiovascular health are: reproductive hormones (estrogens/androgens); insulin and growth hormones; cortisol and catecholamines.
- The declining hormone levels in both men and women as they age, which can contribute to abdominal fat storage, reduced muscle mass, and decreased physical activity, as well as the converse effects of obesity and reduced physical activity on the hormone levels and overall balance.
- The biochemical changes caused by stress, including hypothalamic-pituitary-adrenal axis stimulation leading to high cortisol, and increased catecholamine production leading to increased blood pressure and consequent cardiovascular risk.
- Physiological effects of chronically high cortisol, including suppressed immune function, reduced sex hormone levels, reduced growth hormone, hyperglycemia, reduced bone density, increased clotting factors.
- Studies of hormone supplementation (estrogens, androgens, and growth hormone) and how this has affected visceral obesity and risk of cardiovascular disease.
- The use of screening tests for cardio metabolic risk factors so that appropriate lifestyle changes can be suggested to bring down overall risk.

Biography

Sanjay Kapur, Scientific Director at ZRT Laboratory in Beaverton, Oregon has strong interests in development of new anti-aging testing methodologies and innovative laboratory procedures and conducts research into new applications of clinical laboratory testing at ZRT. He has extensive experience in hormone research and has served in several lead positions directing large research studies involving development of novel laboratory tests and technologies related to diabetes, cancer, obesity, and heart disease and hormonal imbalance. In addition to being the Founder Chairman of an Indian Anti-Aging Society (SRAAMI), he serves on Editorial and Scientific Boards of many scientific journals and International Associations. He is one of the renowned speakers on anti-aging and hormone health and wellness at national and international medical conferences.

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