

SOS (SARCOPENIA, OBESITY, STRESS) – Emergency! Urgent action required!
THREE FACETS OF HORMONAL IMBALANCE

Dear colleagues!!

On May 14th the XI ISSAM Congress of the International Society for the Study of the Aging Male will be held in the "Federal North-West Medical Research Centre named after V. A. Almazov" together with the School on Gynecological Endocrinology for Obstetricians and Gynecologists.

The purpose of the congress is to discuss the main problems of the XXI century: obesity, the sarcopenia and oxidative stress which represent the three main facets of hormonal imbalance.

For the first time Congress will cover not only preventional strategies, which unfortunately are not used yet. It is time to respond to the SOS signal (Sarcopenia, Obesity, Stress) and define clear ways of combating these situations. The key to successful treatment is competent, clear and fast diagnosis – SMART diagnostics. Only on mastering the art of SMART diagnostics, can we speak about SMART therapy and SMART prevention of all illnesses including those related to age.

At the Congress will be discussed the main causes leading to Sarcopenia, Obesity and Stress: deficiency of sex hormones, Vitamin D, Omega-3 polyunsaturated fatty acids and antioxidants.

The XXI century is a century of a long, high quality and healthy life. That is why The Congress will discuss such topics as the preservation of quality of life at the age of 90+, men's sexual function aged 70+, fatherhood at the age of 50+ and others.

Registration is obligatory.