

## LEARNING OBJECTIVES

3-25-21

DESIRED OUTCOMES At the end of the presentation, attendees will be able to

- discuss the established and most recent discoveries at the biochemical, cellular and organismal level, related to the effect of fasting and dietary restriction on longevity and diseases.
- discuss the basic, translational and clinical research aimed at applying novel dietary interventions
- discuss the underlying mechanisms in delaying aging and combating age-related diseases, including cancer, diabetes and cardiovascular disease.

LEARNERS: all clinicians

DESIRABLE PHYSICIAN ATTRIBUTE: work in multidisciplinary teams, employ evidence-based practice