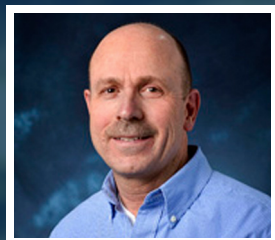


# Creating the Guide for Healthy Aging



## Douglas Seals

Professor of Distinction, Integrative Physiology Professor, Department of Medicine, Divisions of Cardiology and Geriatric Medicine Professor, Integrative Physiology

## CURRENT RESEARCH

### Combating the impending epidemic of aging-associated disability and disease

Aging may be the most pressing issue of our time. Advancing age results in physiological dysfunction and increased risk of disability and chronic diseases. In addition, the number of older adults in the United States is projected to double by 2050. Without effective intervention, these events will have potentially catastrophic effects on aging adults, their families, and government entitlement programs. Dr. Douglas Seals and his laboratory at the University of Colorado Boulder are investigating strategies by which we can optimize cardiovascular, metabolic, physical and cognitive function throughout life. These interventions hold the promise of increasing "healthspan" - the period of life in which we retain good health and function, and delaying the age of onset of disability and disease.

- Dr. Seals' current research focuses on discovering the most effective ways to maintain good physiological function and health as we age. This will allow us to remain productive and independent, and preserve our quality of life throughout the aging process.
- To accomplish this goal, Dr. Seals' laboratory conducts research on lifestyle factors such as exercise and healthy diet. Work also is being conducted in the new field of "nutraceutical research". Nutraceuticals are foods or food supplements with naturally occurring ingredients purported to have health benefits. Dr. Seals' research aims to test the most promising nutraceuticals for improving physiological function and healthspan with aging.
- To perform this research, Dr. Seals' laboratory conducts "intervention trials" in which middle-aged and older adults are given the treatment in question or a placebo, in accordance with...

## AFFILIATION



University of Colorado, Boulder

## EDUCATION

- Ph.D. in Applied Physiology, 1981, University of Wisconsin, Madison
- M.S. in Applied Physiology, 1979, University of Wisconsin, Madison
- B.S. in Education/Business Administration, 1976, William Jewell College

## AWARDS

- Edward F. Adolph Distinguished Lecturer
- Professor of Distinction

## RESEARCH AREAS

Life Science, Oncology / Cancer, Health IT

## FUNDING REQUEST

Contributions towards Dr. Seals' research will be used to fund studies that are designed to test promising interventions for increasing healthspan and promoting healthy aging practices. Financing will be directed towards supporting personnel, and purchasing equipment and supplies required to conduct such investigations.

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