

## **Redefining Aging: Physiological Evolution**

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Walter M. Bortz II, M.D., is a Clinical Associate Professor of Medicine at Stanford University School of Medicine and a graduate of Williams College and the University of Pennsylvania School of Medicine. Recognized as one of America's most distinguished scientific experts on aging and longevity, Dr. Walter Bortz's research has focused on the importance of physical exercise in the promotion of robust aging.

Dr. Bortz has written over 130 medical articles for such publications as *JAMA*, *Annals of Internal Medicine*, *The New England Journal of Medicine*, *American Journal of Public Health*, and *Journal of Biological Chemistry*, as well as articles for lay publications such as *The New York Times*, *Washington Post*, *San Francisco Chronicle*, and *Town & Country*. He is a regular columnist for *Runner's World* and the *Diabetes Wellness Letter* and has authored or coauthored five books.

Dr. Bortz is past co-chairman of the American Medical Association's Task Force on Aging, former President of The American Geriatrics Society and is currently Chairman of the Medical Advisory Board for the Diabetes Research and Wellness Foundation, as well as a Senior Advisor to Healthy Silicon Valley, a community collaborative effort which addresses the soaring incidence of obesity and diabetes.

An avid runner, the 77-year old Dr. Bortz runs 16 miles per week and has completed 35 marathons, including the 2005 Boston Marathon.