



The Royal Australasian  
College of Physicians

## Anti-ageing advocate headlines International Medical Symposium

Media Release

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Harvard Medical School's anti-ageing advocate Professor David Sinclair will feature in an impressive line-up of speakers at the International Medical Symposium (IMS) in Sydney tomorrow.

This year's IMS theme is 'Future Challenges for the Medical Profession' with topics set to include what is a future doctor, how to enhance doctors' performance at work, dealing with diversity in the profession and the effect of ageing on physicians and patients.

Professor Sinclair, who in 2014 was listed by *Time Magazine* as among the 100 most influential people in the world, will share his work on why we age and how to slow its effects.

"The average person currently lives approximately 30,000 days in a lifetime, however we are now approaching an era where it no longer has to be this way," explained Professor Sinclair.

"We are reaching a point in our research where living longer, and healthier, is realistic. Hopefully it means we can play tennis into our 90s and the years of sickness at the back end of our lives could be compressed into just a few months."

Professor Sinclair has spent much of the last ten years researching and cloning the genes in yeast cells, called sirtuins. He described his work and the work of other researchers as a paradigm shift in how we understand our bodies.

"We have seven genes encoding sirtuin proteins in our cells that keep us healthy and repair our DNA. And there are many ways to activate them which we already know about – for example, through diet and exercise.

"But the exciting part is that through research currently taking place around the world, we may be able to influence and regulate them. We already have some evidence in mouse studies that if you up regulate these sirtuin genes the mice are more resistant to infection.

"These developments have enormous potential for treating diseases like diabetes and Alzheimer's."

RACP President Professor Nicholas Talley said RACP was hosting the event this year in association with the Royal College of Physicians and Surgeons of Canada, Royal Australasian College of Surgeons, Australian and New Zealand College of Anaesthetists and The Royal Australian & New Zealand College of Psychiatrists.

“During the last five years, the International Medical Symposium has quickly developed an enviable reputation for pushing the boundaries of medical thinking,” explained Professor Talley.

“The Royal Australasian College of Physicians is very proud to host this year’s event in Sydney. I am very excited to welcome representatives of international and local specialist medical colleges, medical schools, health services and regulators,” he added.

To find out more about the IMS, click [here](#).

**Ends**

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**About The Royal Australasian College of Physicians (RACP):** The RACP trains, educates and advocates on behalf of more than 15,000 physicians and 7,500 trainee physicians across Australia and New Zealand.

The College represents a broad range of medical specialties including general medicine, paediatrics and child health, cardiology, respiratory medicine, neurology, oncology, public health medicine, occupational and environmental medicine, palliative medicine, sexual health medicine, rehabilitation medicine, geriatric medicine and addiction medicine. Beyond the drive for medical excellence, the RACP is committed to developing health and social policies which bring vital improvements to the wellbeing of patients.

The College offers 60 training pathways. These lead to the award of one of seven qualifications that align with 45 specialist titles recognised by the Medical Board of Australia or allow for registration in nine vocational scopes with the Medical Council of New Zealand.