

GET OUT. BE PRESENT. INTERACT.



urology research
& education foundation

MEN'S HEALTH & LONGEVITY SUMMIT

Heart Health, Hormones, Sexual Wellness,
and Mental Fitness



Heart Health



Hormones



Sexual Wellness



Mental Fitness



September 12, 2026
8:30 AM to 12:30 PM



Texas Health Presbyterian Hospital
Fogelson Auditorium
8200 Walnut Hill Lane, Dallas, TX



Expert Insights.
Practical Solutions.



Empowering Men
at Every Age.

www.urologyfoundation.org

Free Men's Health Screening

Live Longer.
Live Better.



The Men's Health and Longevity Summit is a **free event** focused on helping men improve both lifespan and healthspan—the years we stay healthy, active, independent, and mentally strong. Learn practical strategies for prostate health, heart health, hormones, diabetes prevention, sexual wellness, and mental resilience from leading medical experts.

Register at urologyfoundation.org



8:30-12:30 Free health screening offered for both men and women by Texas Health (A1c, lipid panel, glucose, PSA test for men over 40) simple quick fingerstick. First 50 pre-registered attendees to check-in will receive Dr. Kenneth Cooper's new book, *Grow Healthier as You Grow Older*.

8:30-9:15 AM Registration, sponsor exhibits, coffee and light breakfast

9:15-9:30 AM Welcome, Todd Whitthorne

9:30-10:15 AM The Metabolic Connection: Fitness, Hormones, and Healthy Aging

Pat Fulgham, MD, Urologist. Screening & early detection of prostate disease, Erectile dysfunction as a cardiovascular warning sign. Testosterone replacement—who may benefit?

10:15-10:45 AM Break / Sponsor Exhibits. Dr. Kenneth Cooper signing his new book.

10:45-11:30 AM Life's Essential 8: A Blueprint for Longevity and Heart Health

Eduardo Sanchez, MD, MPH, FAHA. Healthy Behaviors: Eat Better, Be More Active, Quit Tobacco, Get Healthy Sleep; Health Factors: Manage Weight, Control Cholesterol, Manage Blood Sugar, Manage Blood Pressure

11:30-12:15 PM Mental Fitness for Longevity and Resilience

Tedd Mitchell, MD, Chancellor and President Emeritus, Texas Tech System and Texas Tech University Health Sciences Center. The Hidden Costs of Social Media on Men's Mental Health; Protecting Mental Well-Being in a Noisy World

12:15-12:30 PM Ask the Experts Panel / Audience Q&A



Questions? Email aclark@urologyfoundation.org or call (214)695-1830

Faculty

Todd Whitthorne



Todd's gift of communication delivers an empowering combination of education and motivation which leads to powerful transformation. Leveraging an educational background in kinesiology and exercise physiology, fourteen years as a senior executive at the world-renowned Cooper Aerobics Center, and an Emmy-award winning broadcasting career, Todd helps organizations increase productivity and reduce absenteeism by empowering individuals to embrace healthy behaviors both personally and professionally. Todd currently is invested in companies focused on improving metabolic health, virtual checkups, and early cancer detection.

<https://www.toddwhitthorne.com>

Pat Fulgham, MD



Dr. Fulgham is a distinguished board-certified urologist in Dallas, Texas, with over four decades of expertise in urologic care. Dr. Fulgham practiced for 35 years with Urology Clinics of North Texas, treating thousands of prostate cancer patients and ultimately becoming a prostate cancer survivor himself. He served as Surgical Director of Oncology at Texas Health Presbyterian Dallas from 1997 to 2024. He is the Director of Clinical Trials at Urology Clinics of North Texas, where he leads innovative research. As President of the Urology Research & Education Foundation, a 501c(3) non-profit, he is actively involved in educating the community about prostate cancer.

<https://www.patfulghammd.com>

Eduardo Sanchez, MD, MPH, FAHA



Dr. Sanchez serves as Chief Medical Officer (CMO) for Prevention for the American Heart Association (AHA). Dr. Sanchez obtained his M.D. from the University of Texas (UT) Southwestern Medical School in Dallas, an M.P.H. from the UT Health Science Center at Houston School of Public Health, and an M.S. in biomedical engineering from Duke University. He holds a B.S. in biomedical engineering and a B.A. in chemistry from Boston University. Dr. Sanchez is residency trained in family medicine and is a Fellow of the American Academy of Family Physicians (FAAFP). He is also a Fellow of the American Heart Association (FAHA).

Tedd Mitchell, MD, Chancellor and President Emeritus, Texas Tech System and Texas Tech University Health Sciences Center



Dr. Mitchell is a physician, academic, author, and leader in higher education and health care. He served as the fifth chancellor of the Texas Tech University System (2018-2025), the eighth president of the Texas Tech University Health Sciences Center (2010-2019), the chairman of the Board of Trustees of the Cooper Institute (2010-2024), and the president of the Cooper Clinic (2006-2010). He received his Doctor of Medicine degree in 1987 from the University of Texas Medical Branch, where he is an Ashbel Smith Distinguished Alumnus. He trained in Internal Medicine at the University of Texas Medical Branch (John Sealy Hospital System).