

MEN'S HEALTH & LONGEVITY SUMMIT

Heart Health, Hormones, Sexual Wellness,
and Mental Fitness



Heart Health



Hormones



Sexual Wellness



Mental Fitness

Free
Men's
Health
Screening



Live Longer.
Live Better.



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

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 on-line at urologyfoundation.org**



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 Men's Vitality and Healthy Aging: Prostate, Hormones and Sexual Health
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

10:45-11:30 AM Life's Essential 8: A Blueprint for Longevity and Heart Health
Eduardo Sanchez, MD, MPH, FAHA

- Health 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

Ted 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