



MEN'S HEALTH & LONGEVITY SUMMIT

Heart Health, Hormones, Sexual Wellness,
and Mental Fitness



September 12, 2026
9 am to 12:30 pm



Texas Health Presbyterian Hospital
Fogelson Auditorium



Expert Insights.
Practical Solutions.



Empowering Men
at Every Age.

Your health today.
Your legacy tomorrow.

September 12, 2026, 8:30 AM – 12:30 PM
Fogelson Auditorium, Texas Health Presbyterian Dallas
8200 Walnut Hill Lane, Dallas, TX
Free event and free parking but pre-registration is required
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

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