

# 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



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.

Live Longer.  
Live Better.

 [www.urologyfoundation.org](http://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](http://urologyfoundation.org)**



**8:30-12:30 Free health screening** (A1c, lipid panel, glucose, PSA test for men over 40) simple quick fingerstick

**8:30-9:15 AM Registration, sponsor exhibits, coffee and light breakfast** (First 50 attendees to check-in will receive Dr. Kenneth Cooper's new book, *Grow Healthier as You Grow Older*)

**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.** 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**

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**

**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](mailto:aclark@urologyfoundation.org) or call (214)695-1830