

Walter M. Bortz II, M.D.

Fact Sheet

BIO

Walter M. Bortz II, M.D., is a Clinical Professor of Medicine at Stanford University School of Medicine. He is a graduate of Williams College and the University of Pennsylvania School of Medicine. In the spring of 2012 Dr. Bortz is teaching a new course at Stanford University entitled "*The Roadmap to 100: The Science of Living a Long Life.*"

Recognized as one of America's most distinguished scientific experts on aging and longevity, Dr. Walter Bortz's research has focused on the importance of physical exercise in the promotion of robust aging. Dr. Bortz has written over 130 medical articles for such publications as *JAMA*, *Annals of Internal Medicine*, *The New England Journal of Medicine*, *American Journal of Public Health*, and *Journal of Biological Chemistry*, as well as articles for lay publications such as *The New York Times*, *Washington Post*, *San Francisco Chronicle*, and *Town & Country*. He is a regular columnist for *Runner's World* and the *Diabetes Wellness Letter* and has authored or co-authored seven books.

Dr. Bortz is past co-chairman of the American Medical Association's Task Force on Aging, former President of The American Geriatrics Society and is currently Chairman of the Medical Advisory Board for the Diabetes Research and Wellness Foundation, as well as a Senior Advisor to Healthy Silicon Valley, a community collaborative effort which addresses the soaring incidence of obesity and diabetes.

An avid runner, the 82-year old Dr. Bortz runs an average of 16 miles per week and has run 41 marathons, including the 2008 New York Marathon and the 2010 Boston Marathon.

Public Speaking Topics

Dr. Bortz gives about 50 speeches per year to corporations, professional associations, educational groups, and other associations. Programs can be formatted as keynote addresses or as all-day events.

Health Wealth: 99 Ways to Maximize Bottom-line Corporate Performance

America's health care bill now exceeds the total GDP of France and it's getting worse. Dr. Bortz presents a new paradigm for reducing healthcare expenses while improving individuals' health.

We Live Too Short and Die Too Long

There are now over 5.7 million people in the United States over the age of 85, Dr. Bortz, estimates that our *potential* life expectancy is about 120 years. Based on *We Live Too Short and Die Too Long*, Dr. Bortz shares both the latest research, and his own findings gleaned while serving as a primary care physician for dozens of 100-year-old patients.

Dare To Be 100

A bestselling expert on aging and geriatric care, Dr. Bortz offers his prescription for achieving longevity while assuring our quality of life, explaining how and why we should all strive to be 100. Based on *Dare To Be 100*, Dr. Bortz overturns the myths of aging, arguing that its negative effects are due to disuse, not disease. Supported by his lifelong research, this unique and practical program explains his breakthrough 99-step plan for keeping active physically, mentally and spiritually.

Other topics include **Nutrition/Fitness**, **Diabetes**, **Heart Disease** and **Obesity** and **Healthcare Reform**.

Awards:

Paavo Nurmi Award, *Runners World Magazine* 1986
University of California, San Francisco - Institute for Health & Aging,
Distinguished Leadership Award 1990
Kenneth Cooper Award for Scientific Contribution to Active Living
George Sheehan Award - National Fitness Leader's Association 1996
American Society on Aging, Presidential Award 2002
Avenidas Lifetime Achievement Award, Palo Alto, CA 2007

Speeches & Guest Appearances (Partial listing)

Today Show
Good Morning America
CNN
US House of Representatives
Santa Fe Institute
Commonwealth Club
Bohemian Club
Million Dollar Round Table
New York Academy of Medicine
Harvard Medical School
Osgood File
700 Club
Smith Barney
University of Pennsylvania Medical School
Cisco Systems
Williams College
Lansing Community College
50 Plus Lifelong Fitness
Leakey Foundation
Stanford University
Dr. Oz (Radio)

Books

We Live Too Short and Die Too Long
Dare To Be 100
Living Longer for Dummies
Diabetes Danger
Diabetes Weight-Loss System
Next Medicine: The Science & Civics of Health
*The Roadmap to 100:
The Breakthrough Science of Living a Long
and Healthy Life*

Contact

For public appearances, keynote addresses, interviews, or to submit questions & comments:

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