

Potential Countermeasures for Loss of Muscle Mass and Function

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9:00 – 10:00 a.m.

Discussion period, 10:00 – 10:45 a.m.

Lecture Hall

Center for Advanced Space Studies

3600 Bay Area Boulevard at Middlebrook Drive

Houston, Texas

Dr. Tarnopolsky will discuss the potential role for exercise, creatine and conjugated linoleic acid as countermeasures to aging-induced sarcopenia, corticosteroid-induced side effects, and immobilization-induced atrophy.

Following the seminar, members of the audience may wish to stay for an optional discussion period from 10:00 – 10:45 a.m.

Sponsored by USRA Division of Space Life Sciences

