



Do you ever wonder how arctic ground squirrels and bears of Alaska are able to comfortably survive Alaska's long, dark winters? How do they preserve their muscle mass and bone density despite no food, water, or movement? What are these specialized physiological, genetic and gut microbial mechanisms that turn on during hibernation that make this unique adaptation possible? Could these mechanisms somehow play a role in improving our prospects for healthy aging?

In recognition of *November 2020 is Alzheimer's Disease Awareness Month*, the UA Center for Translational Research in Metabolism will be presenting a virtual webinar sponsored by the Alzheimer's Resource of Alaska on **Wednesday, November 18 at 1:00 p.m.** This webinar, titled "Exploring New Translational Research Frontiers in Hibernation Science and Brain Health," will describe the Center's focus on hibernation research and its translation to advance our understanding of metabolism and treatment for health issues related to aging. Metabolic health disorders are of particular concern to Alaska's rapidly growing older adult population. Age increases the risk for metabolic disease including Type 2 diabetes, disuse muscle atrophy, cardiovascular disease, stroke, vascular dementia and Alzheimer's disease.

Please register in advance for this meeting by [clicking here](#). After registering, you will receive a confirmation email containing information about participating in the meeting.

Join us for this informative discussion with Dr. Kelly Drew, Center Director and Principal Investigator, and Denise Daniello, Program Coordinator. Learn about this exciting research happening at the University of Alaska that may improve the prospects for healthy aging across the life span.

