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# Lichfield Science & Engineering Society

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LICHFIELD **GARRICK**  
*Theatre & Studio*

PRESIDENT

Dr Zsuzsanna Nagy

MD, MA, DPhil

**8:00 pm on Wednesday, 10th October 2017**  
**in the Studio Theatre of the Lichfield Garrick, Castle Dyke, Lichfield**

## **HEALTHY AGEING: IS IT POSSIBLE, AND HOW?**

**Professor Janet M Lord BSc, PhD, FMedSci**

Professor of Immune Cell Biology

Director of the Institute of Inflammation and Ageing

University of Birmingham

One in three children born today are expected to live to 100. The question is can we ensure that healthy lifespan keeps pace with increased longevity, so that we can enjoy rather than endure old age. Professor Lord will discuss demographic change, current understanding of why we age and lifestyle and drug based approaches to a healthy old age.

Professor Lord is director of the Institute for Inflammation and Ageing at Birmingham University Medical School. Her primary research focus is on the effect of ageing upon immune function and how this predisposes older adults to infection and chronic inflammatory diseases such as Rheumatoid arthritis. She also researches the role played by stress (physical and psychological) in modulating immunity in old age and has worked on the role depression plays in worsening patient outcomes after hip fracture.

In 2013 she was awarded the Lord Cohen medal for her outstanding research in human ageing by the British Society for Research in to Ageing. She was elected a Fellow of the Academy of Medical Sciences in 2015. She is committed to communicating her science to the public and in 2016 made the programme "How to Stay Young" with Angela Rippon for the BBC.

For further information, please see our website at [www.LSES.org.uk](http://www.LSES.org.uk)  
Students and Members Free.

Visitors £5.00. Tickets are not issued in advance, please pay at the door.

Members must sign in. Those signing in before 7:50 pm will have precedence over all visitors.

This lecture is expected to finish by 10.00 pm.