1. Ryan Bradley, ND, MPH
Director- Center for Diabetes & Cardiovascular Wellness | Bastyr University
Clinical Research Assistant Professor | Bastyr University
Core Clinical Faculty | Bastyr Center for Natural Health
203 7th Ave S; Edmonds, WA 98020
(206) 778 -1722 (phone)
(206) 834-4131 (fax)
rbradley@bastyr.edu

2. Title:
"Endothelial Dysfunction: A Shared Mechanism of Dysfunction in Metabolic, Respiratory, Auto-immune, Renal and Coronary Diseases"

3. Short description:
This presentation will update attendees on the concept of endothelial dysfunction; its pathophysiology; its importance in disease risk beyond cardiovascular disease; and integrative treatment approaches.

4. Time allotment:
I would appreciate at least 60 minutes for this presentation.

5. **Abstract:**
Endothelial dysfunction is a common, cumulative pathophysiological mechanism that occurs secondary to dietary and environmental exposures, and occurs in nearly every vascular bed. This presentation will teach attendees about the importance of improving endothelial cell function to promote health beyond just cardiovascular disease. Recent evidence implicates endothelial dysfunction (ED) in the progression of metabolic disease, asthma, chronic kidney disease, sexual function, autoimmune disease, neurodegenerative disease, and coronary artery disease. Specific learning objectives include: 1. Learn the mechanisms of ED, and the exposures known to contribute to its development; 2. Learn how best to directly and indirectly assess ED, including a comparison of the methods available to clinicians; 3. Review the contribution of ED to adverse outcomes in conditions beyond cardiovascular disease; and 4. Discuss lifestyle, nutritional and pharmacological treatment approaches for ED that are supported by clinical trial evidence for use in practice. At the end of this presentation, all attendees will have gained a precise understanding of this common mechanism of disease, and how supporting vascular function can have diverse clinical benefits.

6. Bio:
Dr. Bradley received his ND from Bastyr University in 2003 and his MPH degree in Epidemiology at the University of Washington School of Public Health in 2009. He currently directs the Center for Diabetes & Cardiovascular Wellness at Bastyr University, a center of clinical care, community education, and research. In addition to clinical practice, where he applies an integrative approach to cardiometabolic risk reduction, he is a clinical researcher studying outcomes from naturopathic care, as well as biomarkers for, and natural treatments of, endothelial dysfunction. Dr. Bradley lectures on integrative medicine and research for national and international organizations including the American Diabetes Association, the International Diabetes Federation, and the Diabetes Action, Research, and Education Foundation.