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How has the Cooper Center Longitudinal Database grown?

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We now have 150,000 patients that are database, 126,000 of the Big Data Repository, and of course, from that went through our research institute, we've now published over 700 papers in peer reviewed journals around the world

What resistance did you face early on in your career?

0:22

Knew I had to have good scientific data published in peer reviewed journals to bridge that gap between faddism and scientific legitimacy, use exercise the practice of medicine, because when I started, exercise was a non-entity. It was a danger. As far as I was taught in medical school, past 40 years of age, you should never exercise because you'll have a heart attack, and with such criticism and resistance, border sensors tried to stop me from doing treadmill stress testing. It was very difficult getting started. But fast forward, no, it's not. It's nice to be recognized.