

Unlocking the Secrets of Longevity

Presentation by ConciergeMD: Leaders in Longevity Medicine

Presentation Highlights

- **Introduction to Longevity Medicine:**
 - Overview of the benefits of personalized healthcare and ConciergeMD's expertise in longevity medicine
- **Longevity Trends, Breakthroughs & Strategies:**
 - Decoding longevity: Defining longevity & paths to optimizing health
 - Lifespan vs. Healthspan: How to increase quality of life rather than just years lived
 - Biological Age vs. Chronological age: How to slow down aging
 - Factors Influencing Biological Age Disparities: Why do some people age faster than others?
 - Longevity Biohacking: Tools to incorporate into daily life
 - Cutting Edge Therapies: Peptides & regenerative medicine
 - Functional Lab Testing: Which markers you need to be testing for longevity and disease prevention
 - Defining Personalized Medicine: Getting to the root cause of your symptoms & creating a treatment plan that fits your individual needs
- **Interactive Q&A:**
 - Open-floor for members to engage with our experts
 - Addressing specific questions and concerns related to longevity



Meet Our Longevity Speaker

Sogol Ash, NMD, MS | Clinical Director of ConciergeMD