

Introduction to Longevity Medicine for Physicians

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Narrated by

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Target Audience:

Medical students

Medical doctors pursuing continuing medical education

Professionals in biotechnology

Introduction to Longevity Medicine

Learning Objectives

- Learn about the emerging discipline of longevity medicine
- Learn about the recent clinical efforts and applications in aging and longevity
- Learn about the role of aging in a variety of diseases
- Get the very basic introduction to the underlying mechanisms of aging and longevity
- Learn to measure aging. Get introduced to the emerging science of aging clocks and deep aging clocks
- Learn about geroprotectors and potential longevity interventions
- Learn about the role of motivation and mindset in aging and longevity
- Learn to learn about aging and longevity by exploring the public information resources and conferences

Introduction to Longevity Medicine

Course Outline

- Longevity – core definitions
- What is longevity medicine?
- Epidemiology of aging
- From biogerontology to clinic: geroscience and longevity medicine
- What is aging?
- Mechanisms of aging
- Therapies and interventions in longevity medicine
- Psychology of aging
- Introduction to biomarkers of aging and biohorology
- Deep aging clocks
- Longevity network