

00:47:26 Peter F. Kador: Hello Everyone! Therapeutic Vision has developed multifunctional redox modulators, MFRMs, that are orally active neuroprotective drugs. In preclinical animal studies MFRMs independently reduce oxidative stress and metal imbalances that are linked to neurodegeneration in the retina, inner ear and brain. MFRMs prevented light induced retinal degeneration, noise induced, acoustic blast (ABP) induced), and antibiotic induced hearing loss, and the accumulation of Abeta plaque in the brain and eyes of transgenic Alzheimer's mice. In addition, In vivo, MFRMs demonstrated the ability to remove zinc from the neurotoxic Abeta:Zinc complex so it can be degraded by metalloproteinases. This suggests that MFRMs could also reverse Alzheimer's. dementia. Contact (pkador@therapeuticvisio.com) for details.

01:01:24 Thomas Seoh: Logged in from Northern Virginia suburb of Washington, DC

01:02:07 Pepper Landson: Hello from RTP in NC. What tremendous depth of expertise on the panel. Thank you and hello to my Kitalys friends!

01:02:40 Scot Faulkner: Hello from the PBM Foundation!

01:02:49 Maxine Weinstein: Maxine Weinstein Georgetown University

01:03:10 Mark Camenzind: Mark.Camenzind83@gmail.com, CEO Camenzind Solutions LLC. San Ramon CA USA. PhD chem 1983. Intl R&D advocate to Cure M.E., Myalgic Encephalomyelitis/cfs and participant in SolveME, OMF.NGO, Wearables, diagnostics, sensors,

01:04:06 Jerome Schentag: Hello to all. Jerome Schentag here from TheraSyn. We do oral proteins peptides and genes, with the capability to pass the BBB like it is not there. So chronic therapy becomes sufficiently convenient that we can logically do a clinical trial in ageing without need to inject or infuse. Always willing to chat with folks with interesting molecules that we can help with delivery to target sites in the brain.

01:04:28 Scot Faulkner: Our Photobiomodulation researchers and practitioners are conducting breakthrough studies in treating neurodegeneration.

<https://pbmfoundation.org/areas-of-pbm-study/#neurological>

01:05:30 Andy: Hello from Seattle and Indianapolis (work) and Houston (live).

01:05:39 Thomas Seoh: @Janette - love "Five Alarm Bio"

01:09:56 Mark Camenzind: Will Long Covid Lead to more cases of Alzheimers and earlier?

01:13:43 Thomas Seoh: What is latest scientific consensus about extent to which Alzheimer's is 'preventable' from lifestyle modifications like diet and exercise? I recall the FINGR trial out of Karolinska or Finland suggesting something like 40% preventable?

01:15:29 Thomas Seoh: @Mauro, all registrants of this session will get email notice of future sessions. You can see the Session 1 recording at www.healthy-longevity.org.

01:16:10 Tauseef Butt: Very informative session;

01:16:31 Tauseef Butt: Tauseef Butt, President, Progenra Inc

01:17:51 Thomas Seoh: @Tony/Saul: I think it was Dan Lieberman of Harvard, a former Metabesity speaker, noted that exercise is a 1st world

notion - most Blue Zones are walking and staying lightly or moderately active.

01:20:22 Michael Goldstrom: Michael Goldstrom, Los Angeles, behavioral health founder focused on adherence, proactive health, and healthspan through peer partnerships+cohorts+ai. Looking to partner for either preventive and/or in conjunction with trials.

01:23:45 Thomas Seoh: @Reinhold: absolutely. we have a pretty good understanding of how we can SHORTEN our Healthspan - smoking, drugs and alcohol, obesity, inactivity...

01:24:08 Mark Camenzind: Can Katilys enable saving a chat, three dots, ...?

01:24:45 Thomas Seoh: @Mark: yes, we post the chat logs along with putting the session up on YouTube

01:26:09 Thomas Seoh: Registrants will get an email with links, and can track them at www.healthy-longevity.org

01:29:00 Rolland Hebert: Rolland Hebert COO NEMOZYNE Seattle. We target DNA hypomethylation and in particular global DNA hypomethylation found in neurodegeneration. Loss of cellular identity central to the aging process. So far, no discussion of epigenetics and aging process. Epigenetics clocks and aging is of interest.Great discussion. Thanks

01:35:50 Blake Gossard: Hi, all! Amazing panel! Blake Gossard, Life Extension in Ft. Lauderdale, FL (BGossard@LifeExtension.com). We emphasize communicating the state of longevity science to the public, with emphasis on integrating lifestyle and nutritional approaches alongside judicious use of drugs and biomarker analysis to empower people to extend their healthspan, e.g., <https://www.lifeextension.com/protocols/neurological/age-related-cognitive-decline>

01:37:11 Thomas Seoh: @Reinhold - just my personal opinion, but "Blue Zones" are initially a description of a set, like "the world's 10 shortest spies". I think we do strongly believe staying active, being in a supportive family and social culture, eating fresh, unprocessed foods, balancing plants and seafood with meat, etc. are important. And we know from outside Blue Zones that various 1st World lifestyles burden wellness.

01:46:14 Thomas Seoh: @Larry: Maybe AI, Virtual Reality measurement devices, can track the impact of learning new things.

01:46:44 Mark Camenzind: You have limited brain space. So I think learning useful things like more about medical is more important than learning a new language you are not likely to use ever. Eventually, "Your Hard Drive is Full" then becomes less usable.

01:47:11 Michael Goldstrom: sustaining new or difficult behaviors: developing autonomy, competency, and relatedness - in other words, allowing people to get better with others and believe they are improving helps them sustain them. So they may not be Vladimir Horowitz, but if they feel they're closer to becoming him, they'll continue.

01:47:49 Alex Bangs: Believe that you can continue to learn - fixed vs growth mindset (Dweck and others)

01:49:00 Thomas Seoh: @George, Zan and I were speaking with Tom Perls at BU recently, and they have a publication coming out looking at race differences

01:51:49 Mark Camenzind: Hopefully, having AllofUS track 1 million Americans for 10 years, with extra effort to have diverse patients, should help assess race factors. Using AI etc can help crunch the data incl ideally biomarkers, genetics, ideally also wearables for steps per day etc, should give better data set. AllofUS is still accepting people. Our family got enrolled 3-4 years ago.

01:52:16 Michael Reyes: Michael Reyes, Founder and CEO of Halo Life Science, focuses on developing molecules and metabolites that address the underlying causes of chronic illnesses. Our work particularly aims to improve glucose management, cell health, and mitochondrial function.

01:52:18 Girish Harinath: autophagy!

01:53:05 Michael Reyes: Mitophagy and Autophagy!

01:54:51 Thomas Seoh: right, senolytics and mitophagy in brain, e.g. Evandro Feng and colleagues

02:11:40 Colleen O'Donnell: what about long term effect of combat environments such as Agent Orange and Vietnam and current older vets

02:14:41 Mark Camenzind: Senator Sanders is seeking \$1B or more per year for 10 years to address the millions in USA with Long Covid. This needs to get passed to fund all you experts in neurodegeneration due to Long covid and other infect associated chronic conditions like ME/cfs, chronic EBV etc.

02:15:41 Thomas Seoh: @Anonymous in Q&A, some thought leaders may disclose that they are on metformin or rapamycin, etc., but most probably don't state, due to not wanting to even seem to be promoting off label use, for others.

02:17:05 Mark Camenzind: We need to extend AllofUS to 20 years!

02:17:55 Ahsan Habib: What critical elements might we be disregarding when diagnosing diseases such as Alzheimer's and Parkinson's within culturally diverse communities? Why aren't we able to diagnose the disease earlier to enable more effective management strategies? Considering the global impact of these diseases, which populations are affected more significantly.

02:18:28 Mark Camenzind: Depression is not cause of most ME/cfs, per many studies. See SolveME.org. It is disease related, but does need more R&D for ME/cfs and Long Covid together, since they are often almost the same.

02:18:57 Thomas Seoh: @ Mark yes, and initiatives like Lee Hood's Human Phenome Project, as a Human Genome Project v.2.0.

02:22:20 Mark Camenzind: Thanks! I did know of Bucks but not Lee Hood's Phenome project. Hope people can collaborate with him to help us all aging as healthy as possible. His Link is [linkedin.com/in/leehood111](https://www.linkedin.com/in/leehood111)

02:23:42 Mark Camenzind: Need more focus not just on drugs, but more on biome and regulating better via healthy diets, perhaps probiotics.

02:29:22 Michael Goldstrom: Thank you, superb panel.

02:29:42 Mark Camenzind: Much aging can be made worse by neuroinflammation. Nice article on using ultrasound stimulation to modulate immunity is at:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10330863/>

02:29:45 Mark Camenzind: Focused ultrasound neuromodulation of the spleen activates an anti-inflammatory response in humans

02:31:43

Richard Ballerand:

Excellent session, many thanks