

00:31:21 Fred Schumacher: Fred Schumacher, Frederick Maryland interested senior citizen

00:31:24 Iman Al-Naggar: Hi. Iman Al-Naggar, University of Connecticut School of Medicine (UConn Health)

00:31:27 Colleen O'Donnell: Colleen O'Donnell Occupational Therapist from Detroit Mi Good Morning!

00:31:58 Irene Schauer: Irene Schauer, University of Colorado

00:32:45 David P Scieszka: Hi All, David Scieszka from Vertical Longevity Pharma.

00:33:17 Melinda Abraham: Hi,

00:33:25 Danay Saavedra: Good morning! Danay Saavedra from DRI, University of Miami

00:33:34 Thomas Seoh: Thomas Seoh, EVP Kitalys Institute, from a Northern Virginia suburb of Washington, DC

00:33:42 Melinda Abraham: Melinda Abraham, MPH, retired Registered Dietitian

00:34:12 Jerry Colca: Hi from Kalamazoo, MI- Jerry Colca

00:34:57 Dr Michael Zemel: Hi all. Michael Zemel, Kinexum CSO joining from Nashville TN

00:35:19 Patrick Noonan: Hello from Patrick Noonan, Greater Boston, MA area.

00:36:06 Mark Cabato: Greetings from Southern California! Mark Cabato, Immunis

00:36:09 Enrico: This is a great topic and an awesome panel!

00:38:19 Carocell Bio - Mike Davies: Do you really want to live for ever? Surely better to live healthily for as long as you can.

00:42:16 Thomas Seoh: @Mike Davies: agreed, that the focus is on extending healthspan, that portion of lifespan spent without debilitating diseases or conditions.

00:51:06 Carocell Bio - Mike Davies: Take a look at what Carcoell Bio have shown (www.carocellbio.com) - preclinical but have shown that they can delay aging of the skin. That way we stay looking young but will grow old internally!

01:06:04 cynthia payne: Do the large human studies referenced by speakers so far, in general, include males and females? Any differences between the two?

01:23:23 allen taylor: You have not commented on formation of advanced glycation end products and the compromises that they visit on proteostasis and lipid metabolism. Since methyl glyoxal is the major glucose derived inducer of AGEs, and glyoxalase diminished that, do you think that overexpressing glyoxalase or drugs that accomplish that, have a role in diminishing the age and diet related stress that leads to over nutrition related disease such as CVD and age related macular degeneration?

01:27:57 Thomas Seoh: @Allen, FYI, we did a virtual session on AGEs last summer with the Diabetes Technology Society: <https://www.linkedin.com/pulse/diabetes-technology-society-kitalys-institute-host-free-thomas-seoh-gjy9e/>

01:31:43 nancy garden kitchen UofA: will we get the slides sent to us?

01:32:49 Thomas Seoh: @Nancy: we typically post the recording, transcript and slide. Will confirm with panelists re their slides.

01:47:43 Thomas Seoh: So back to the general question: Is Insulin Resistance as a number a candidate for a basis health metric, like A1c, Blood Pressure, etc.? as an aging metric? What more do we need to know to decide?

01:49:54 francesca fieni: amazing panel.

01:57:42 ARTHUR SANTORA Endocrinology: How does one maintain the weight-reduction one can achieve with GLP-1 drugs without continuing them - for decades?

01:59:20 ARTHUR SANTORA Endocrinology: How well is Quest CardiolQ reimbursed by regular insurance or Medicare?

02:01:17 Neil Clegg Vancouver Bio Conscious: How can CGM's and their data be medically and insitutionally beneficial foe increased heaalthspan

02:02:22 Dr Ralph Abraham: When I assess insulin resistance scores using a number of different formulas (some using triglyceride, insulin, body weight, HDL etc etc) we get very different results in different patients. What parameters do you feel are most relevant to the discussion today?

02:04:10 Danay Saavedra: Excellent panel! Thank you so much. Considering insulin resistance, mitochondrial dysfunction, and chronic inflammation, which increase with age, could they be a cause or consequence?

02:05:00 ARTHUR SANTORA Endocrinology: A referred-care trial design would probably be applicable to a long term study of a GLP-1. That was used in the Hypertension Detection Follow-up program.

02:05:46 Beat Covid 19: what mitochondrial efficiency reducers available now? What about free radical increase?

02:06:04 Enrico: Would like to hear the panel thoughts about anti-myostatin role in the context of aging and insulin resistance in the muscle.

02:10:41 ARTHUR SANTORA Endocrinology: The Quest method uses HPLC-Tandem MS to measure both insulin

and C-peptide. While it is current state of the art, results using an antibody method in older studies.

02:16:53 francesca fieni: top session thaks!

02:17:01 Elizabeth Holt: Thank you

02:17:07 Patrick Noonan: Thank you. great session!

02:19:02 ARTHUR SANTORA Endocrinology: Why was pioglitazone never developed as a drug for hepatic steatosis? My guess is that it was off-patent when that was considered.

02:21:32 ARTHUR SANTORA Endocrinology: I agree that pioglitazone is a great drug for hepatic steatosis as Dr. DeFronzo states.