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# LONGEVITY HEALTH & LIFESTYLE MEDICINE

## TOOLS FOR SUSTAINABLE CHANGE

NASHWA KHOGALI-JAKARY, D.O.

INTERNAL MEDICINE

CAREPOINT INTERNAL MEDICINE

TROY, MICHIGAN



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# DISCLOSURES

**I have no disclosures or conflicts of interest related to this presentation**

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# OBJECTIVES

- **Define lifestyle medicine and its six foundational pillars**
- **Define longevity medicine and identify its core principles**
- **Compare and contrast lifestyle medicine and longevity medicine**
- **Explore practical applications for both lifestyle and longevity medicine in day to day medical practice**



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# LIFESTYLE MEDICINE

“A medical specialty that uses evidence-based therapeutic lifestyle interventions as the primary approach to prevent, treat, and often reverse chronic diseases”

American College of Lifestyle Medicine

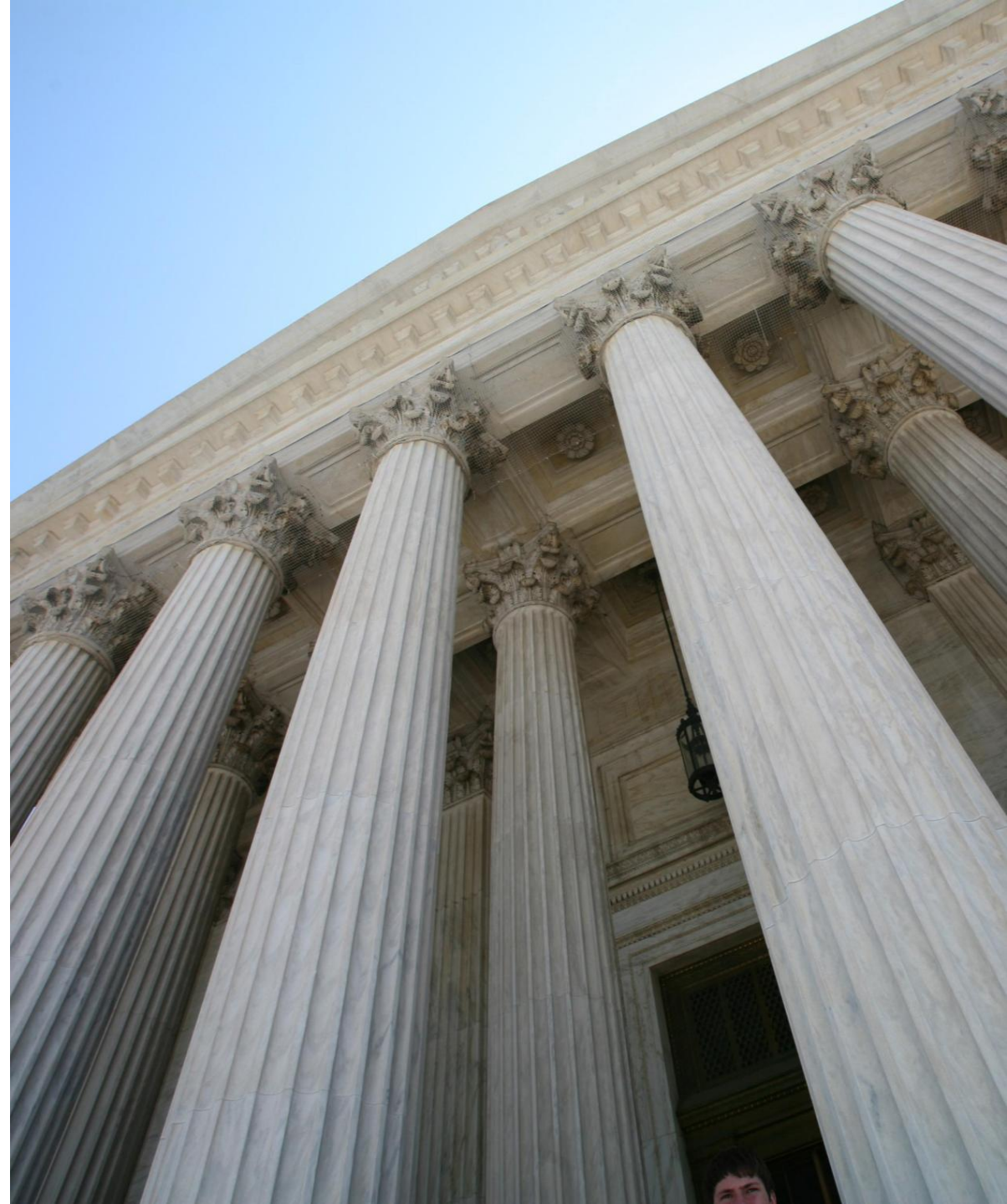
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# PILLARS OF LIFESTYLE MEDICINE

- Nutrition
  - Physical activity
  - Restorative sleep
  - Stress management
  - Avoidance of risky substances
  - Social connections
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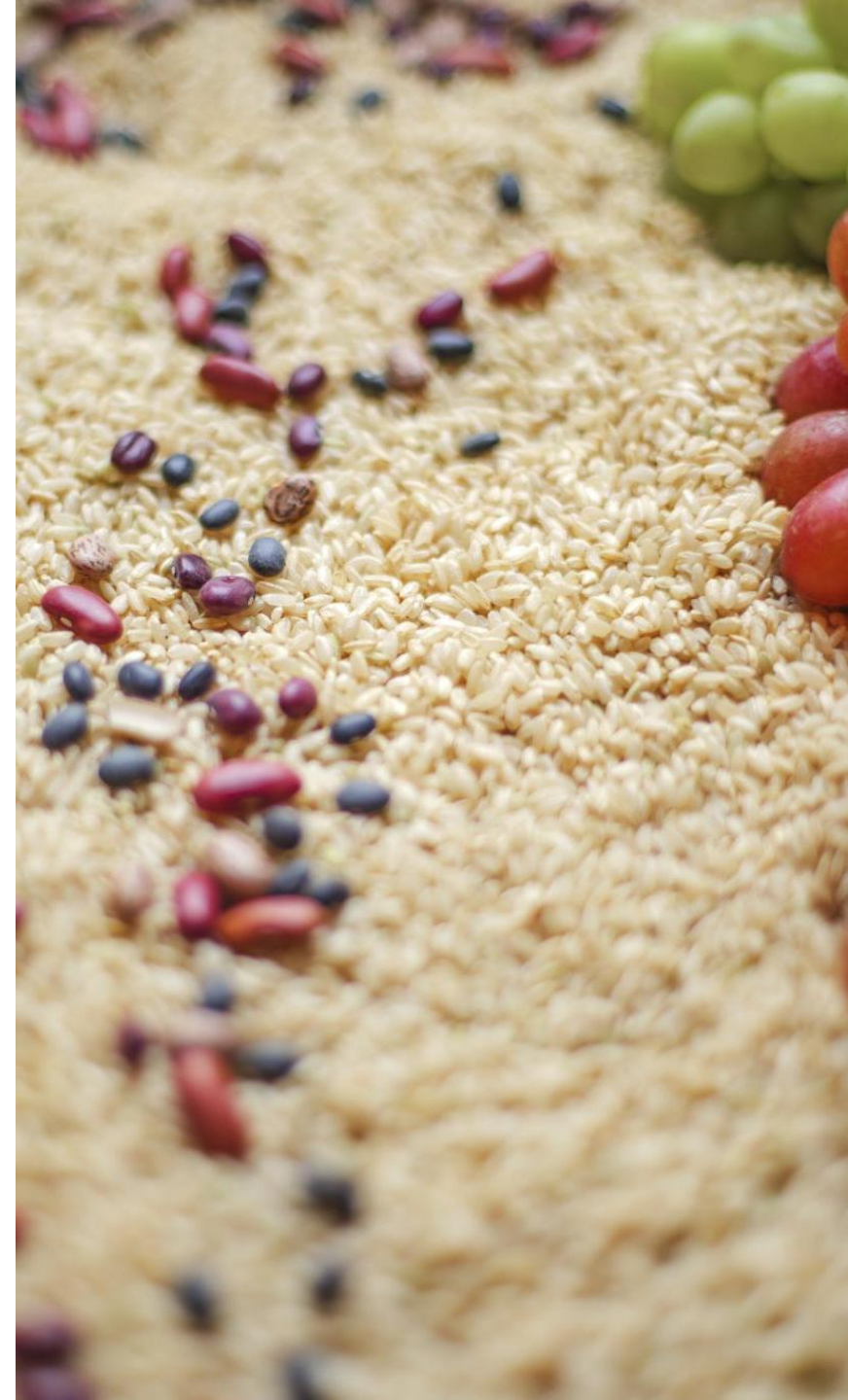
# LIFESTYLE MEDICINE: NUTRITION

## Developing Healthy Eating Patterns

A Whole Foods, plant-predominant diet rich in fiber antioxidants and essential nutrients

### Tips for Implementing into daily practice:

- What is Whole Foods plant based? What a farmer grows is what you eat
  - Eat until you're 80% full – wait 20 minutes then go back for more if you're still hungry
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# LIFESTYLE MEDICINE: PHYSICAL ACTIVITY

**Regular exercise MOVEMENT** – aiming for at least 150 minutes per week –balance, endurance, strength training, aerobic exercise

**Tips for Implementing into daily practice:**

- **PLAY!**
  - **Incorporate movement into your day-to-day activities – for every 50 minutes of sitting, walk around for 10 minutes**
  - **Seated elliptical or stationary bike while watching television**
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## **LIFESTYLE MEDICINE: RESTORATIVE SLEEP**

**Prioritizing 7-9 hours of quality sleep every night**

**Tips for Implementing into daily practice:**

- **Set an alarm for sleep**
- **Keep the temperature cool No more than 65 degrees Fahrenheit**
- **Take a warm shower prior to sleep**
- **Deep breathing exercises**
- **No TECHNOLOGY**
- **Sleep Study!**





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# LIFESTYLE MEDICINE: STRESS MANAGEMENT

Recognizing negative stress responses and implementing evidence-based techniques to reduce stress.

## Tips for Implementing into daily practice:

- Mindfulness and meditation
- Recognize the present moment
- 10 Deep Breaths prior to engaging in any new activity for the day.
- Recognizing perceived stress
- Journaling
- Talk therapy



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# LIFESTYLE MEDICINE: AVOIDANCE OF RISKY BEHAVIORS

Avoidance of tobacco, excessive alcohol use and other harmful substances

## Tips for Implementing into daily practice:

**Recognizing Triggers for use and having a plan for intervention**

**Quantify use – strategy for quitting – ex one less cigarette a day, etc**





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# LIFESTYLE MEDICINE: SOCIAL CONNECTIONS

Finding and maintaining healthy, supportive relationships that help to improve mental health by reducing stress, anxiety, and loneliness.

## Tips for Implementing into daily practice:

- **Date night – with friends, significant other**
- **Senior centers**
- **Group Fitness**
- **Encouraging – face to face interactions**
- **Social interest groups – knitting, mahjong, etc**



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# LONGEVITY MEDICINE

“Advanced, personalized preventive medicine powered by deep biomarkers of aging and longevity. It is a rapidly emerging field that integrates biogerontology, geroscience, and precision, preventive, and functional medicine to optimize healthspan and address aging processes”

Healthy Longevity Medicine Society





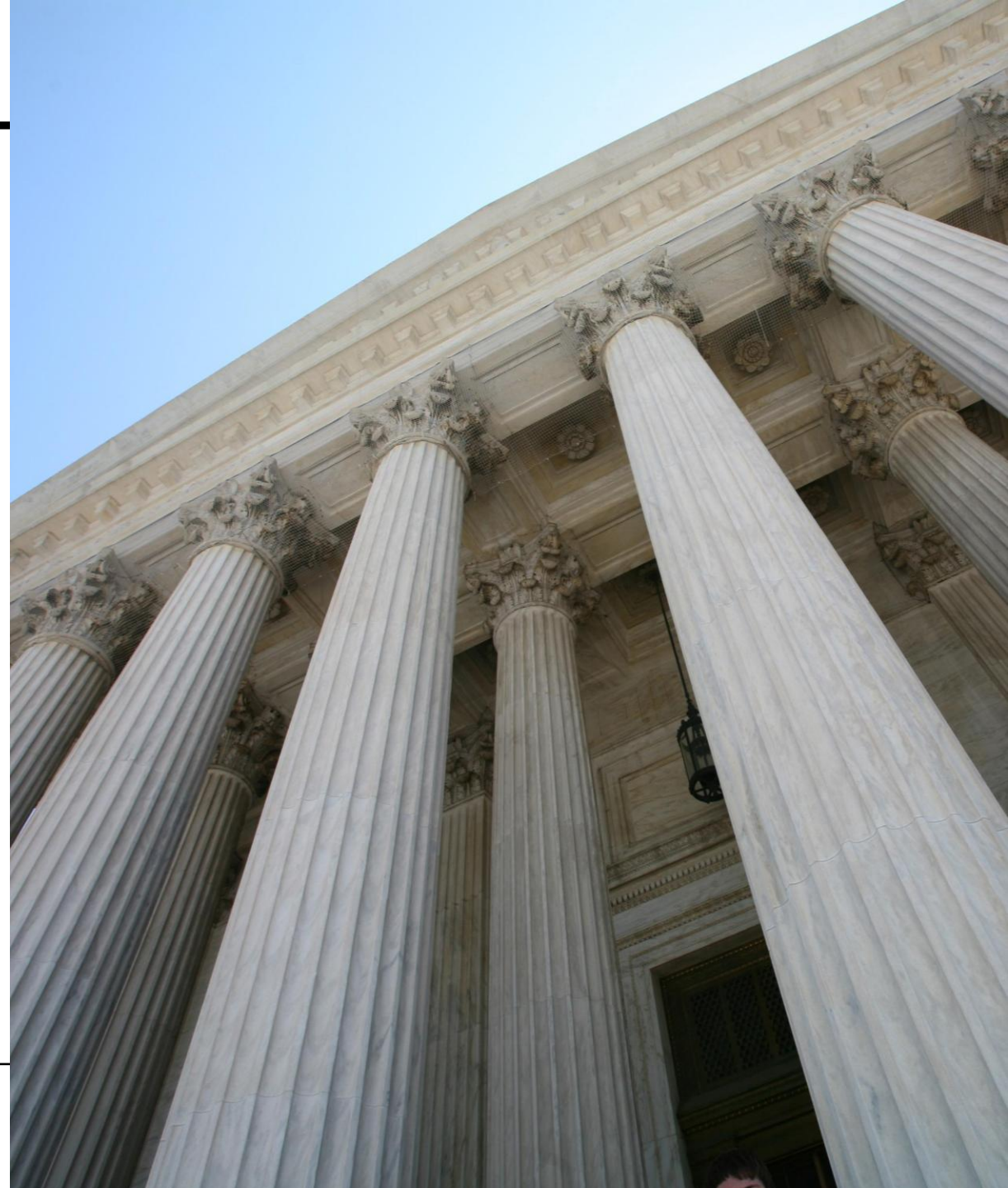
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# PILLARS OF LONGEVITY MEDICINE

**Deep Biomarkers of Aging**  
**Precision Medicine**  
**Preventive Medicine**  
**Geroscience Integration**  
**Interdisciplinary Collaboration**

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Healthy Longevity Medicine Society



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# LONGEVITY MEDICINE: DEEP BIOMARKERS OF AGING

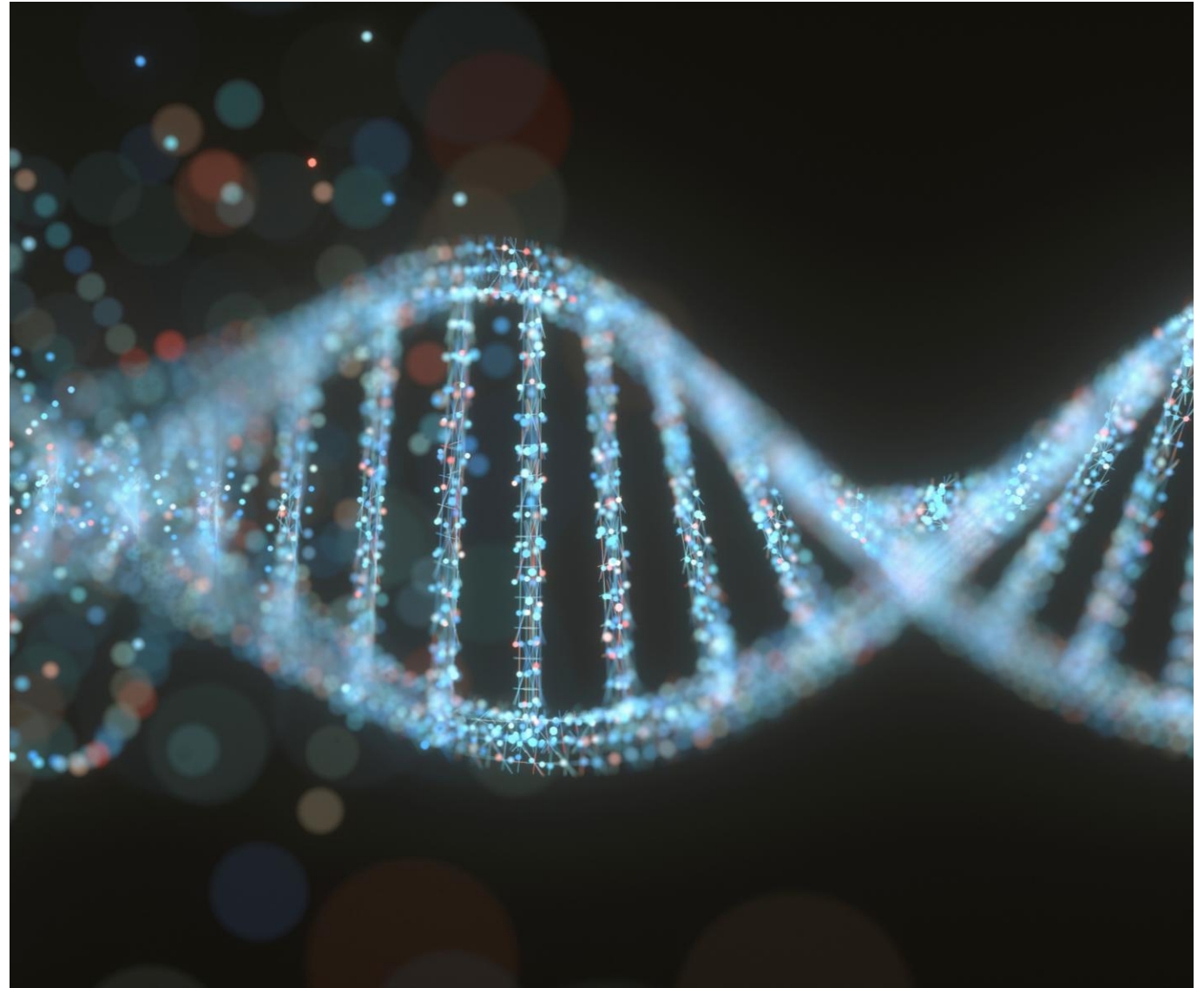
**Biomarkers that measure biological age and aging processes, rather than chronological age, to guide personalized interventions.**

## Examples:

**Epigenetic Clocks:** Tools like the Horvath clock assess DNA methylation patterns to estimate biological age.

**Proteomics:** Analyzing protein changes in the body to monitor aging-related processes.

**Inflammatory Markers:** Elevated levels of interleukin-6 (IL-6) may indicate accelerated aging.





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# LONGEVITY MEDICINE: PRECISION MEDICINE

Tailoring medical interventions to individual genetic, environmental, and lifestyle factors for optimal outcomes

## Examples:

**Genetic Testing:** Identifying gene variants (e.g., APOE4 for Alzheimer's risk) to guide prevention strategies

**Pharmacogenomics:** Adjusting medication based on genetic responses

**Lifestyle Plans:** Creating personalized nutrition and exercise programs based on genetic predispositions



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# LONGEVITY MEDICINE: PREVENTATIVE MEDICINE

**Early detection and prevention of age-related diseases through proactive measures**

**Examples:**

**Screening Programs:** Cardiovascular, DM, Cancer

**Vaccinations:** Influenza, shingles, MMR, Tdap

**Lifestyle Interventions:** Promoting healthy eating and exercise for chronic disease prevention





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# LONGEVITY MEDICINE: GEROSCIENCE INTEGRATION

Applying insights from geroscience to address biological mechanisms of aging and extend healthspan

## Examples:

**Senolytics:** Drugs that clear senescent cells to reduce inflammation and improve tissue function

**Caloric Restriction Mimetics:** Compounds like rapamycin that mimic the benefits of calorie restriction

**Gene Therapy:** Targeting genes involved in aging processes, such as SIRT genes



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# LONGEVITY MEDICINE: INTERDISCIPLINARY COLLABORATION

**Combining expertise from various fields to create innovative approaches to aging and longevity**

## Examples:

**AI in Diagnostics:** Using artificial intelligence to analyze biomarkers and predict aging-related risks

**Cross-Disciplinary Research:** Collaborating between biologists, clinicians, and data scientists to develop integrated protocols

**Education Programs:** Training healthcare professionals in longevity medicine concepts





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# LIFESTYLE & LONGEVITY MEDICINE

	Lifestyle Medicine (ACLM)	Longevity Medicine (HLMC)
Primary Focus	Chronic disease prevention and reversal	Healthspan optimization and aging process management
Interventions	Lifestyle changes (diet, exercise, sleep, etc.)	Advanced diagnostics, biomarkers, and geroscience-based therapies
Personalization	General lifestyle recommendations	Highly personalized care based on genetic and biomarker analysis
Technology Integration	Limited	Extensive use of AI, wearable tech, and advanced diagnostics
Goal	Prevent chronic diseases	Delay or reverse aging-related decline

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# THANK YOU !

Questions? Feel free to reach out!

[nashwa101@gmail.com](mailto:nashwa101@gmail.com)

517-214-5104

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# REFERENCES

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