



Brigham and Women's Hospital
Founding Member, Mass General Brigham

Longevity Symposium

Julia Loewenthal, MD

Associate Physician

BWH Division of Aging, Department of Medicine

Assistant Professor of Medicine, Harvard Medical School



Julia V. Loewenthal, MD



Medical school: **University of Virginia**

Internal medicine residency: **Brigham and Women's Hospital**

Geriatric medicine fellowship: **Harvard Multi-Campus Geriatrics Fellowship**

Integrative/lifestyle medicine fellowship: **Osher Collaborative Faculty Fellowship**

Current position:

- Geriatrician, BWH Division of Aging
- Assistant Program Director, BWH Internal Medicine Residency Program
- Director, Integrative and Lifestyle Medicine Education, BWH Internal Medicine Residency Program
- Primary care physician, part-time, Lutanen Health



DISCLOSURES

I have no relevant financial relationships with ineligible companies.



OBJECTIVES

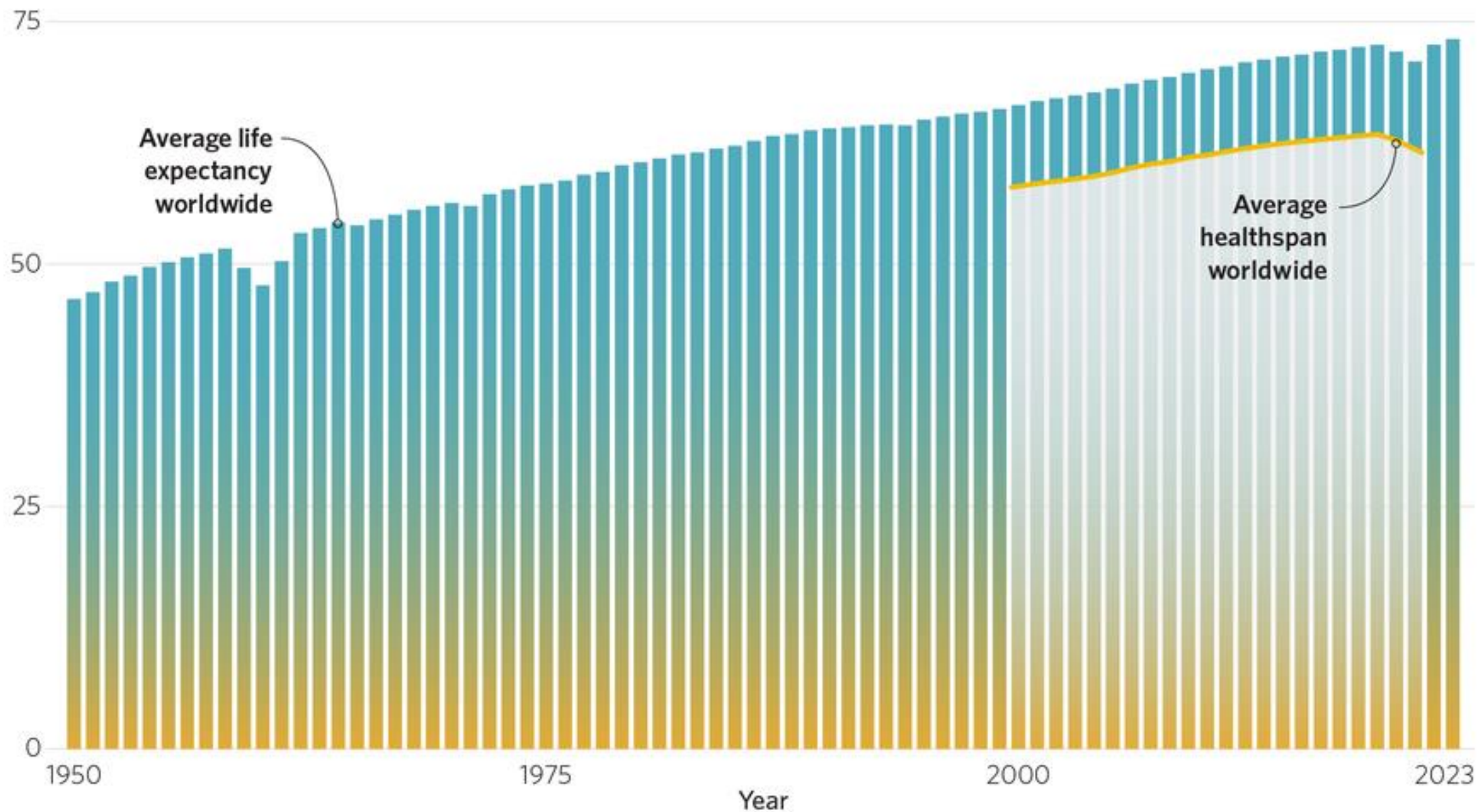
1. Introduce the Longevity Symposium.
2. Provide an overview of longevity medicine topics relevant to the practicing internist.





Life expectancy outstrips healthspan

The average lifespan of a human being has increased dramatically over the past century. Healthspan has increased less.



Longevity Symposium

Moderators: Drs. Julia Loewenthal and Jay Luthar

Longevity Overview

2:45-3:15 pm

Dr. Julia Loewenthal

Longevity Keynote

3:15-3:45 pm

Dr. Louise Aronson

Aging Biomarkers

3:45-4:15 pm

Dr. Lewis Lipsitz

Aging and the Cardiovascular System

4:15-4:45 pm

Dr. Ami Bhatt

Case-Based Discussion

4:45-5:30 pm

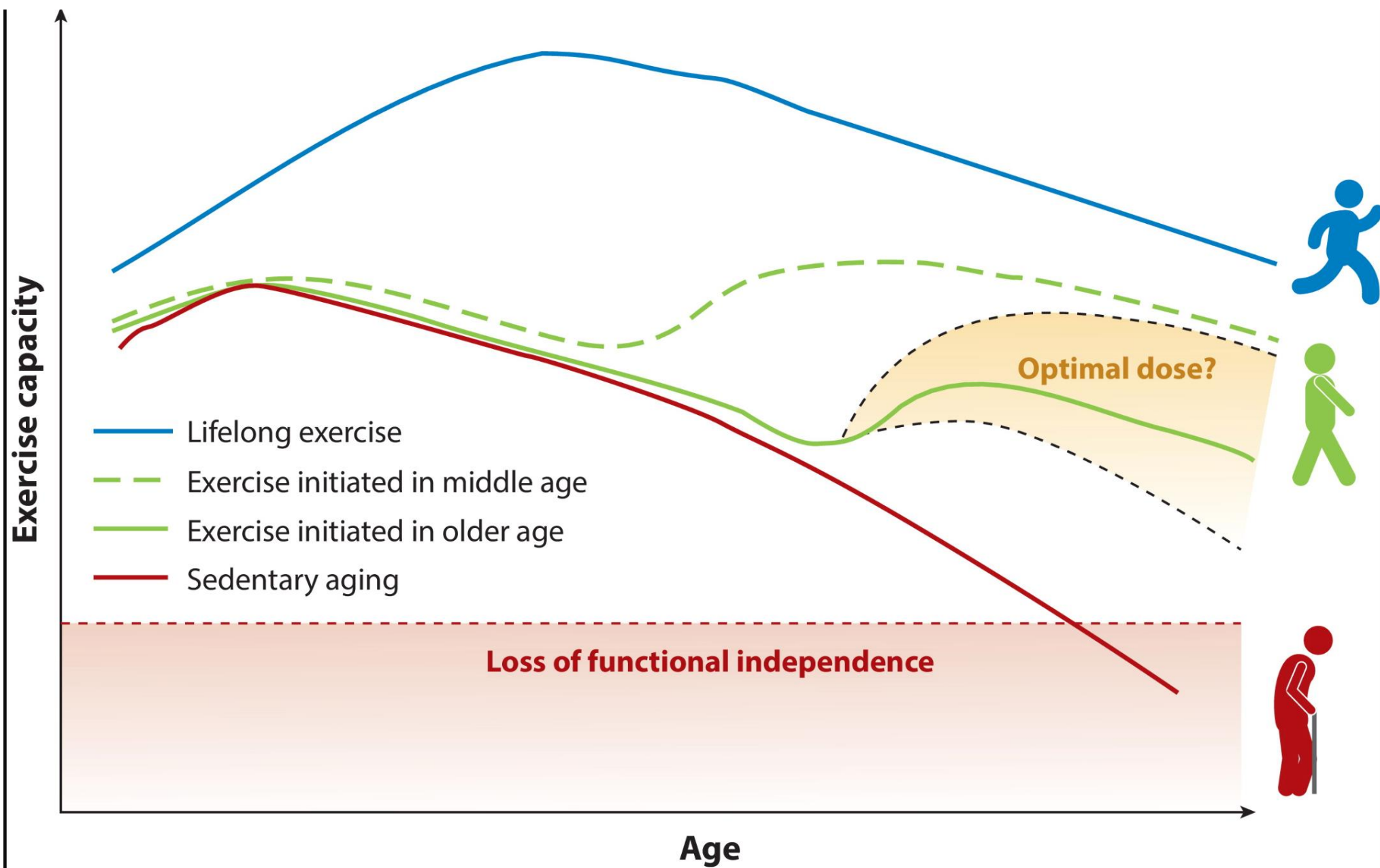
Drs. Julia Loewenthal and Jay Luthar



Speaker #1: Louise Aronson, MD MFA



- Relevance of longevity medicine for internists
- Geriatrics vs. lifestyle vs. anti-aging medicine
- Limitations/criticisms of longevity medicine
- Practical approaches to implementation



BRAVE NEW WORLD DEPT.

WHY ARE PEOPLE INJECTING THEMSELVES WITH PEPTIDES?

Health and wellness influencers are hawking unapproved treatments on the gray market. The future of the F.D.A.—and the health of consumers—is at stake.

By Dhruv Khullar

April 6, 2026



Speaker #2: Lewis A. Lipsitz, MD



- What are aging biomarkers?
- Define hallmarks of aging and geroscience
- Describe practical aging biomarkers in clinical practice



Biological Age

See how fast your body is really aging.



How old are you really?

You can't change your calendar age—but your biological age is a different story.

Your birthdate isn't the full story. Testing shows whether your body is aging faster—or slower—than your calendar age.

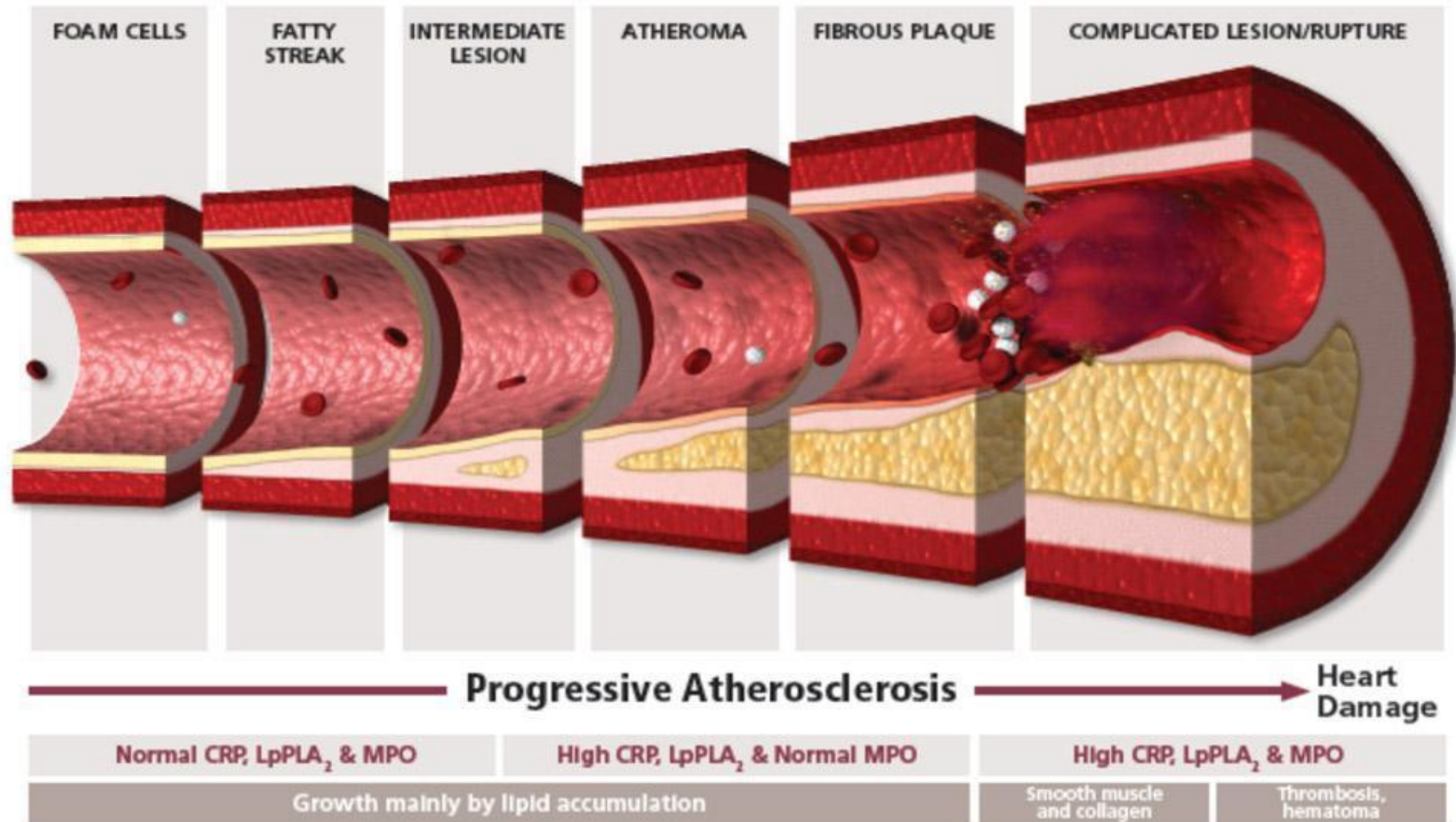
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Speaker #3: Ami Bhatt, MD



- Identify key cardiovascular modifiable factors that influence life expectancy
- Recognize how digital health and AI is changing cardiovascular aging

Coronary Atherosclerosis Timeline



Part 4: Longevity Clinical Cases



Julia Loewenthal, MD

Jay Luthar, MD, DipABLM



Practical

Pop

Frontier



MOC REFLECTIVE STATEMENT (BRIEF TAKE HOME NOTES FOR REFERENCE)

- Recognize the gap:** Preventive and longevity-focused care is underdelivered in current practice, while patient interest in longevity medicine is rapidly increasing.
- Apply what's evidence-based now:** Emphasize high-yield lifestyle and biomedical interventions while critically evaluating emerging biomarkers and therapies.
- Commit to practice change:** Integrate brief, practical assessments and improve counseling to address misinformation and better support patients' healthspan and lifespan.

