

Terry A. Grossman, MD

Anti-aging medicine

Disclosure Statement:

Terry Grossman, MD has indicated he is Medical Director for Health Innovations and Co-owner of Ray and Terry's Nutritional Products.

About the lecture:

While aging is a natural process, anti-aging medicine is a new medical specialty that looks to treat aging as a disease. By utilizing the twin pillars of prevention – done largely by patients themselves – and early detection – performed by medical professionals, it is possible to slow, stop and reverse the effects of aging. There are specific tests that can (and should) be done as part of anti-aging medical evaluation including determination of hormone levels, genomics tests, telomere length and measurement of biological age. In addition to visits with physicians, ancillary staffs, such as nutritionists and fitness trainers are highly desirable.

About Dr. Grossman:

Terry Grossman, MD is one of America's leading medical authorities in the field of anti-aging, longevity medicine and life extension therapies. He has co-authored two books with famed inventor and futurist Ray Kurzweil, TRANSCEND, Nine Steps to Living Well Forever (2009) and Fantastic Voyage: Live Long Enough to Live Forever (2004). Grossman has written numerous articles for health related magazines and lectures frequently on topics related to anti-aging medicine throughout the United States and internationally. A 1968 graduate of Brandeis University with a Bachelor of Arts degree in Physics and English, Dr. Grossman received his M.D. from the University of Florida School of Medicine in 1979. Following his postgraduate training at St. Joseph Hospital in Denver, he spent 15 years (from 1980-1994) working as a community family doctor in the Colorado mountains before moving to Denver to open Grossman Wellness Center in 1994. His clinic emphasizes advanced nutritional therapies and preventive, anti-aging medicine. Grossman has developed numerous cutting-edge protocols for measuring and modifying biological age and promoting longevity.

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