

**Managing Risk
in the Aging Population
With a Focus on Longevity**

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Thank You!



^{DR.}
Cindy!



Common Risk Factors that increase in the aging population

Chronic Medical conditions: Heart Disease, Renal Disease, Diabetes,
Alzheimer's, Vascular dementia, Stroke, Atherosclerosis

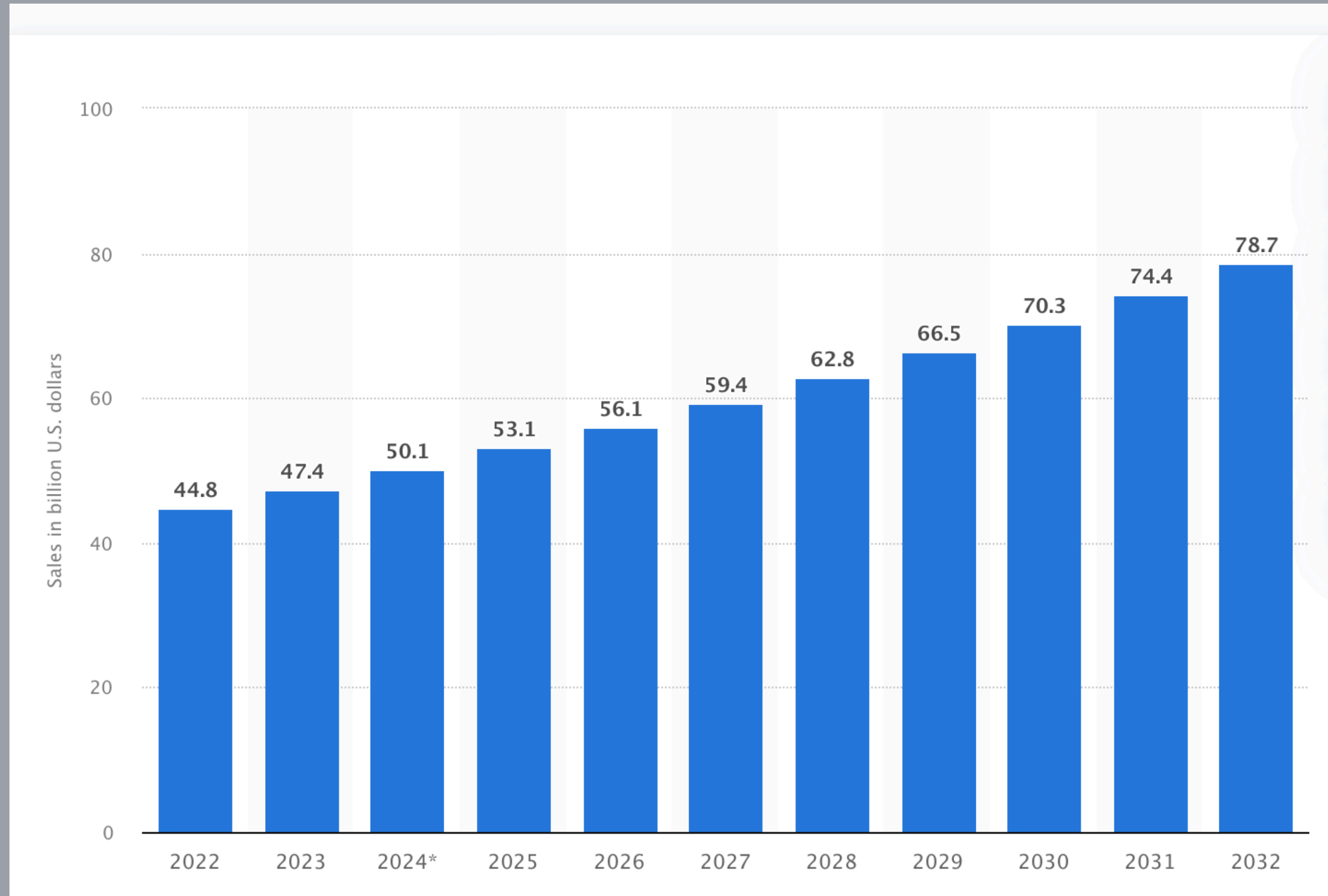


What we see out there for anti aging....



DR.
Cindy!

Size of the anti-aging products market worldwide from 2022 to 2032



<https://www.statista.com/statistics/report-content/statistic/509679>



How Kidney affects skin

Dry Skin: m/c complaints with kidney dz symptoms, and reduced function leads to changes in sweat/oil glands.

Pruitis: constant and intense itching.

Blisters: buildup of toxins causing blisters and eruptions.

Rash: indicates a buildup of waste products in the blood.

Discoloration of the skin: yellowish/brownish due to accumulation of pigments produced that the kidneys can't filter out.

Bruising/Bleeding: impaired kidney function leads to decrease in platelets and clotting factors.

Calcium deposits under the skin.



The background of the slide features a microscopic view of several cells. In the center, there is a prominent cell containing a brain-like structure, possibly a developing embryo or a specific type of neural cell. The overall color palette is a mix of soft pinks, purples, and whites, creating a clean and scientific aesthetic.

University of Zurich

Vitamin D, Omegas, Exercise

=

4 months

of biological age



Sedentary Lifestyle: Lower muscle strength, decrease inflexibility and increases in falls
Functional Disability




Obesity/High BMI
Unhealthy diet



Excessive alcohol use/ Substance misuse

Smoking



Cognitive deficits/Mental health problems
Depression: Limited social support, loneliness



Financial dependence/Lower socioeconomic status

