



ISL Affiliate Summer 2025 Meeting

Institute for Successful Longevity

July 16, 2025



Affiliate Meeting Agenda

- UROP program presentation
- Welcome new ISL Postdoc Dr. Daniel Leme!
- Recent events and activities
- Affiliate Achievements
- Working Group updates
- Discussion on priorities for ISL in the coming year



UROP Program Presentation

ISL Team



Zhe He
Director



Lynn Panton
Associate Director



Nehja Guillaume
Administrative Assistant



Dhruv Kale
Web Developer



Victoria Valko
Outreach Assistant



Daniel Leme
Postdoctoral Research Fellow



New Postdoctoral Research Fellow



Daniel Leme
Postdoctoral Research Fellow



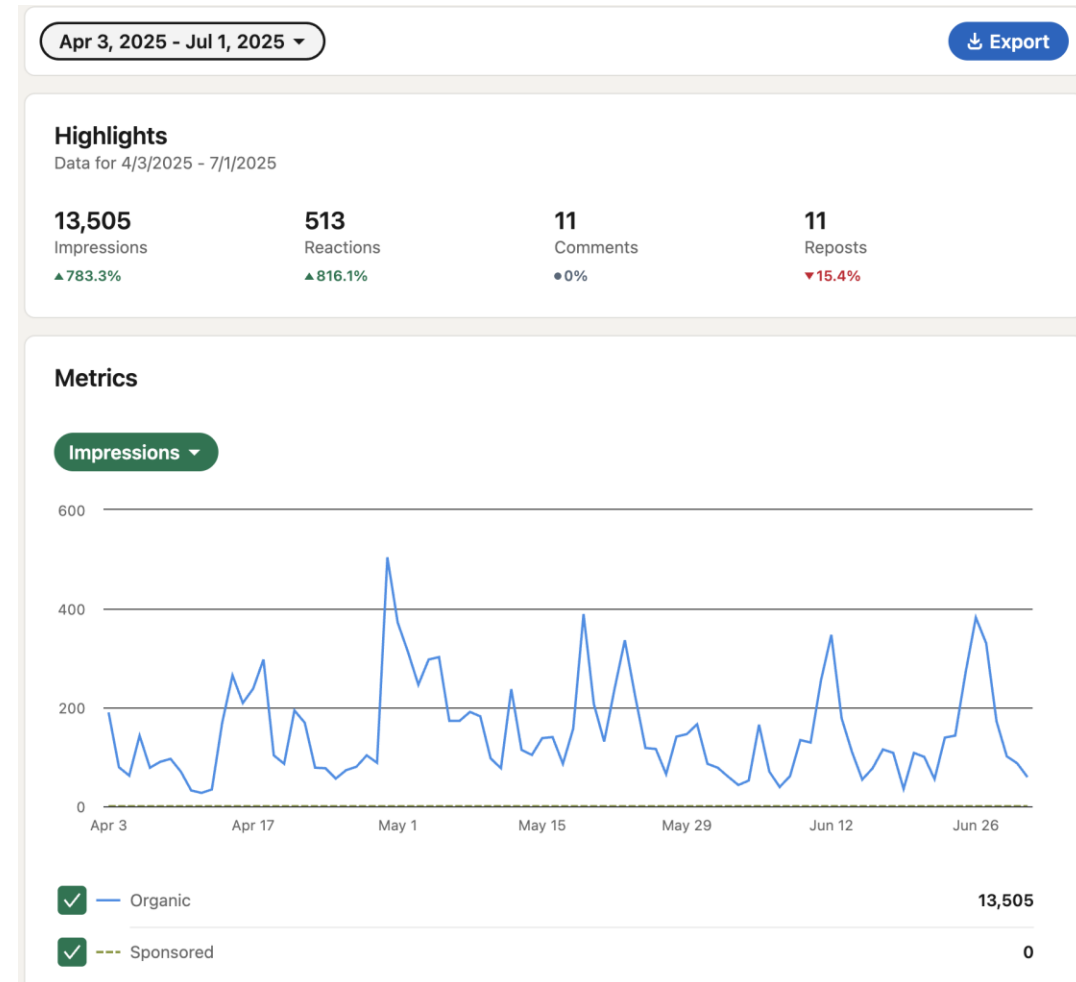
New Faculty Affiliate



(Joined in May 2025)

Social Media Initiative

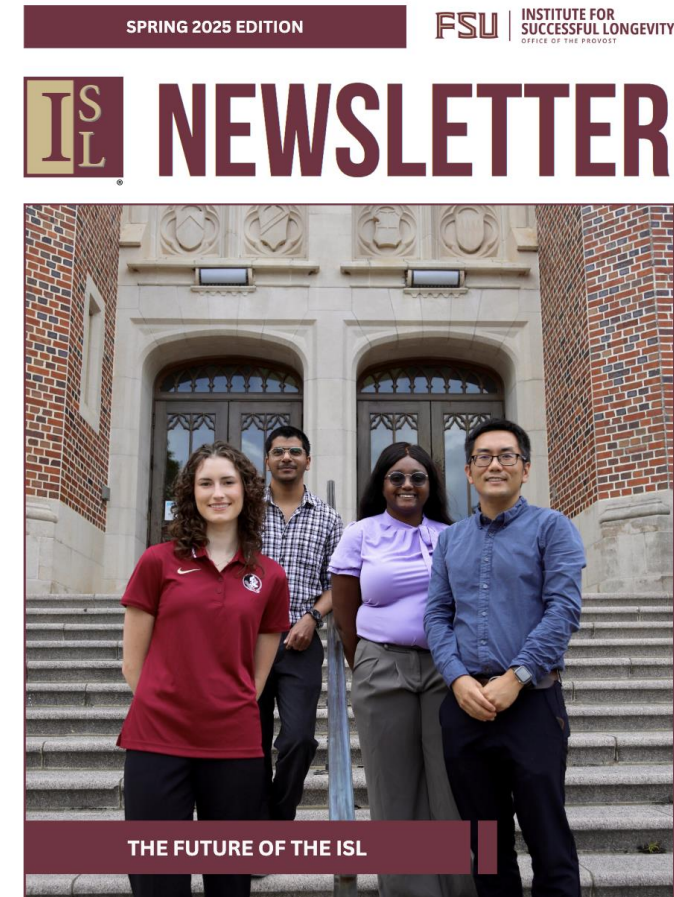
- Followers on social media platforms
 - Facebook: 276
 - LinkedIn: 142 (growing!)
 - YouTube: 53
 - Instagram: 45
 - X (Twitter): 7



LinkedIn statistics



Recent Newsletters



THE FUTURE OF THE ISL

Bi-weekly newsletters

Bi-annual newsletters (released in June 2025)

ISL Planning Grant 2025-2026

- Three Planning Grants Awarded

2025-2026
ISL PLANNING GRANT WINNERS



Dr. Yunjung Kim




Dr. Hongyuan Cao



Dr. Ravinder Nagpal

ISL Digests


- Heat initiative
- Financial scams



3 WAYS OLD PEOPLE BEAT

Florida's heat is rising and putting older adults at risk. This report explores the challenges they are facing and what we can do to help.

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WHY

Summer 2024 projections show heat is getting worse. By 2050, each year over 1 million people will be vulnerable, facing health and financial risks.

A new survey shows older adults are trying to cope with a changing climate, but many don't have the resources or conditions to do so.

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WHAT OLD ADULTS TELLING


Coping strategies used:

- Staying indoors during peak heat
- Wearing breathable clothing
- Drinking more water

Challenges faced:

- 17% struggle with heat
- 1 in 5 couldn't afford cooling
- 1 in 3 needed care
- 50% worry about health
- Most do not have air conditioning

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WHAT WE CAN DO TO HELP

Immediate steps:

- Help older adults create personalized Heat Safety Plans
- Provide information on cooling centers and hydration tips
- Increase awareness efforts for at-risk populations

Long-term solutions:

- Improve access to healthcare during climate events
- Offer financial assistance for older adults on fixed incomes
- Support home upgrades for heat resilience

Collective, local action can protect lives. Let's not leave our older neighbors to face the heat alone.

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CREDITS: Dr. Amber DeJohn, ISL Affiliate



"Voice of Longevity" Podcast Series



- Many thanks to all the contributors!:
 - Dr. Ravi Nagpal
 - Dr. Daniel Leme
 - Dr. Joe Watso
 - Dr. Julia Sheffer
 - Dr. Yunjung Kim
 - Dr. Anne Barrett
- Thanks Victoria for interviewing the experts and editing the videos!



Institute for Successful Longevity

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The Institute for Successful Longevity (ISL) at Florida State University is committed to im...more

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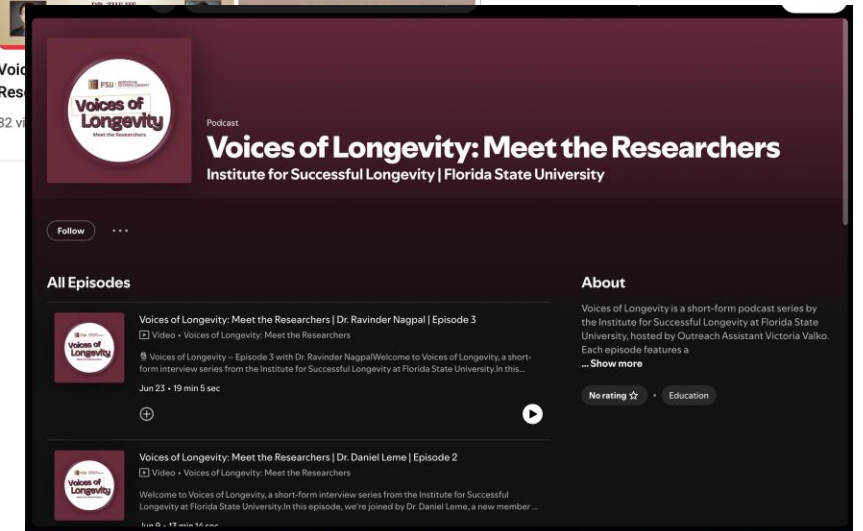
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Spotify page for iSL podcast

Florida Trend Magazine

● LONGEVITY

Chasing IMMORTAL

Florida's booming anti-aging industry promises vitality, but experts warn consumers to tread carefully among treatments — some of which may border on fiction.

BY BRITTNEY J. MILLER

Lynette Robbins knew something had to change. She was 76, and following a long career of entrepreneurship — including helping to build cosmetics company Mary Kay into a multimillion-dollar enterprise in the 1970s — she had semi-retired. The Villages. But her energy levels were dropping. Something was growing worse at setting boundaries. And, before she knew it, she accidentally drove her Mercedes down a golf course. “I didn’t realize I was in my car, and then I snapped,” Robbins says. “That scared the bejesus out of me.”

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● LONGEVITY



Karyn Esser, professor and chair of UF's Department of Physiology & Aging, says it's feasible that humans might one day be “modified to live longer,” but it's going to be “more complicated” and “more difficult” than in model organisms such as mice and worms.



Neil Charness, the former and founding director of the FSU Institute for Successful Longevity, urges caution in the anti-aging marketplace. “In many cases, I suspect they’re pretty shady operations,” he says of stem cell clinics. If a treatment isn’t FDA-approved, “then it’s considered an experimental treatment.”

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Florida is home to hundreds of “anti-aging” medical providers and clinics offering hormones, supplements and other products and services — but it’s a buyer-beware world.

medicine and regenerative therapies will revolutionize how we approach aging and longevity,” He says.

CLINIC BOOM

As scientists look to the future, the market is already moving full-steam ahead. While exact numbers are hard to come by, the American Academy of Anti-Aging Medicine's website lists more than 450 providers in Florida as members. Established in 1992, the Boca Raton non-profit promotes anti-aging therapies and offers education in the field with annual membership packages starting at \$199. It also offers a search engine for different anti-aging products and services available in the state. Or simply Google “Florida anti-aging clinics” and behold the resulting inventory, spanning page after page after page, showcasing hundreds of companies in every corner of the state, each offering their own supposed antidote to old age.

The BEST Program, a Fort Lauderdale anti-aging clinic founded in 2000, sees around 500 clients a year. Among its offerings — which range from \$150 to more than \$1,000 a month — are injectables and IV therapies of everything from Vitamin B12 to NAD+, or nicotinamide adenine dinucleotide, a molecule thought to play a key role in slowing cellular aging. The clinic also provides peptides, or short chains of amino acids, said to boost a variety of bodily functions from sex drive to muscle tone to energy levels.

“Almost every patient we have in the practice is on some sort of peptide,” says Melanie Rook, a nurse practitioner with BEST. “We have actual validated evidence that these (treatments) are working. . . . We don’t have the money to do the research to support these claims. It’s all anecdotal. But it’s definitely evident and clear, and the feedback is amazing.”

Stem cells and other regenerative therapies, which have growing use in biomedical research and therapeutics development, have also gone mainstream in the anti-aging industry. A 2016 study found 104 businesses marketing stem cell interventions in Florida — the second-highest cluster in any state at the time. Practitioners harvest the “miracle cells” from blood, tissues, bone marrow, embryos or umbilical cords. They’re administered to patients via infusion, injection or topical application in hopes of repairing and regenerating different parts of the body. Some companies claim their dietary supplements also enhance stem cell function.

Modern Aesthetic Centers — a med spa with several locations in Northeast Florida — touts on its website stem cell therapy as a solution for hair restoration, skin rejuvenation and vaginal renewal. The Keys Med Spa in Key

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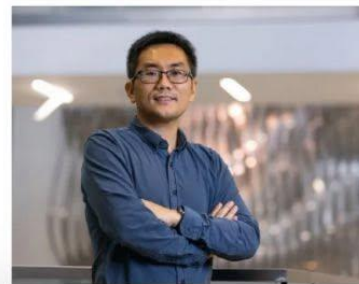
● LONGEVITY



Rupa Sikdar Lloyd, a health care lawyer with GrayRobinson, says most of her clients have at least “dipped their toes” into the anti-aging space — but they have to proceed carefully, particularly when marketing drugs and devices for off-label purposes.



Christian Leeuwenburgh, a professor in the University of Florida Department of Physiology and Aging and a researcher at the UF Institute on Aging, says there’s no quick answer on how to live longer and healthier. “It’s complicated.”



He, director of FSU's Institute for Successful Longevity, believes aging will one day be seen as a “manageable, measurable and potentially reversible condition.”

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photos: GrayRobinson top; Nate Guilty bottom left; Matthew McConnell bottom right

physician practices, med spas and startups — have at the very least “dipped their toes” into anti-aging treatments following consumer interest and demand. They must tread carefully, though. She says companies can find trouble if they try to market a drug or device for non-approved, off-label purposes.

“It’s not really about what is in the product. It’s more about what you’re saying the product does,” Lloyd says. “This is an area where many providers get caught in a trap because they start a therapy with a patient, (the) patient tells friends, the practice grows. And now the practice or med spa wants to advertise they offer this service since it has become popular among their existing patient base or clientele — but that advertising is what is illegal.”

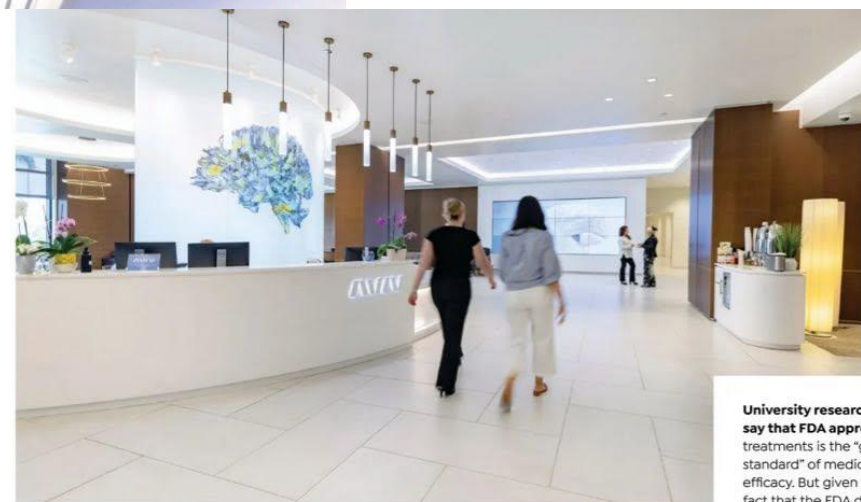
Several arms of government attempt to regulate the fast-growing industry. On the national level, the Federal Trade Commission has oversight over consumer commodities and helps the FDA combat deceptive anti-aging claims to protect consumers.

In 2005, a federal court order required two Destin, Florida-based supplement companies — Great American Products and Physician’s Choice — to pay up to \$20 million after they claimed their products would provide anti-aging benefits. It was the largest monetary judgment ever obtained in an FTC health fraud case at the time.

“Early explorers searched without success for a Fountain of Youth, and modern marketers promise that it can be found in pills and sprays,” said Lydia Parnes, former director of the FTC’s Bureau of Consumer Protection, in a 2005 statement. “Those promises are illusory. Unfortunately, no pill or spray can turn back the hands of time.”

At the state level, the Florida Drug and Cosmetic Act is administered by the Florida Department of Business and Professional Regulation to regulate drugs and cosmetics. The Florida Department of Health oversees health care practitioners, investigates complaints and enforces laws through fines, practice restrictions, license suspension or revocation, and more.

It’s an especially busy gig for the DOH. Of the 50,000-plus complaints filed against health care practitioners and facilities in fiscal year 2023-24, the Division of Medical Quality Assurance



University researchers say that FDA approval of treatments is the “gold standard” of medical efficacy. But given the fact that the FDA doesn’t define aging as a disease, there’s little regulatory pathway for approving anti-aging treatments. Several anti-aging clinic providers pointed out that a lack of funding leads to gaps in research, which hurts scientific consensus regarding emerging treatments.

issued 505 cease-and-desist orders and referred 528 cases to law enforcement. It issued 263 emergency orders restricting or suspending health care licenses for practitioners posing immediate danger. Practitioners and facilities received more than 450 fines, 315 license suspensions and 260 license revocations among other disciplinary actions.

It’s unclear how many of those cases belonged to the anti-aging and longevity sector, but FLORIDA TREND found a handful. Cases against Florida’s anti-aging clinics ranged from a Winter Garden med spa offering unlicensed laser hair treatments — resulting in a \$1,000 administrative fine and continuing medical education — to unqualified employees at Cosmetica Plastic Surgery and Anti-Aging in Port St. Lucie performing “Brazilian butt lifts,” breast

U.S. Life Expectancy

In 1900, the average American’s lifespan was about 47 years old, according to the National Center for Health Statistics. That number has grown leaps and bounds since then. But life expectancy at birth dropped for the second year in a row in 2021 for the U.S., declining from 77.0 to 76.1 years — taking the American lifespan to its lowest number since 1996. That drop, plus a 1.8 year drop in 2020, was the biggest two-year decline in life expectancy since 1921-23 and is largely attributed to the COVID-19 pandemic and opioid-related deaths. By 2024, the number had crept back up to 79 years old.

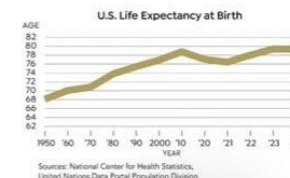


photo: Norma Lopez Molina

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Affiliates' Achievements

- **Dr. Mark Isaac** named Fellow of the Economic Science Association and received the inaugural 2024 ESA Distinguished Service Award!
- **Dr. Leo Liu** received 2024 Eberhard F. Mammen Young Investigator Award recipient by Seminars in Thrombosis & Hemostasis!
- **Dr. Zhe He** appointed to the Editorial Boards of Journal of Biomedical Informatics and JAMIA
- Developing Scholar Award: **Drs. Yanshuo Sun, Aaron Wilber, Robert Tomko**
- Inclusive Teaching and Mentoring award: **Dr. Yang Hou**
- Graduate Faculty Mentor Award: **Dr. Anne Barrett**
- Community Engaged Research Partnership Award: **Dr. Eren Ozguven**
- Distinguished Research Professor: **Drs. Qing-Xiang Aang, Antonio Terracciano**
- CRC Seed Grant awarded to **Drs. Yunjung Kim and Zhe He**
- Distinguished Teacher Award: **Dr. Robert Tomko**

Volunteer Registry Updates

- Demo of the updated Volunteer Registry system (Dhruv)
- Campaign for expanding the Registry (Nehja)



ISL FSU | INSTITUTE FOR
SUCCESSFUL LONGEVITY
OFFICE OF THE PROVOST

Become an ISL Research Volunteer

Help FSU's Institute for Successful Longevity advance the science of healthy aging.

Requirements

- Open to adults aged 55+
- No research experience needed
- Choose the studies you want to participate in
- Help advance the science of healthy aging
- Some studies offer payment

Learn more here >

<https://isl.fsu.edu/registry/volunteer>
<https://linktr.ee/fsuisl>



Meeting with Joint Advisory Board

- ISL Team met with JAB on July 7, 2025



Barbara Boone
Tallahassee Chamber of
Commerce



Sheila Salyer
Senior Services Manager,
City of Tallahassee



Lisa Bretz
Area Agency on Aging for
North Florida (Advantage
Aging Solutions)



Marie Cowart



Dr. Jarrett Terry



Dr. Miles Taylor



Dr. Chris Mulrooney



Dr. Lisa Granville



Dr. Neil Charness

- *What do you see as ISL's greatest opportunity in the next year?*
- *What programs or activities should we strengthen or sunset?*
- *What new partnerships could advance our mission?*
- *How can ISL be more impactful in the community?*

JAB Suggestions

- Community partners can present their programs to ISL affiliates
- ISL could train undergraduate students to teach older adults how to use LLM tools (ChatGPT, Gemini, etc.) in senior centers
- ISL could continue pursuing collaboration with St Joe Retirement Communities to promote Successful Longevity for Bay County.

Working Group Updates



CLINICAL RESEARCH

Led by Dr. Julia Sheffler and Dr. Emily Pritchard | Read more [here](#)

The ISL Clinical Research Working Group is developing a Canvas-based Research Assistant (RA) training course to support aging-related research. The course will offer customizable modules covering topics like CITI certification, clinical interviewing, and data management, with assessments to verify completion. This initiative aims to streamline the RA onboarding process for faculty. The group is also working on new strategies to recruit for and manage the ISL participant registry. Faculty interested in contributing or sharing existing materials are encouraged to contact Dr. Sheffler.



ADVANCED TECHNOLOGY

Led by Dr. Zhe He | Read more [here](#)

The ISL Advanced Technology Working Group is exploring how emerging technologies such as artificial intelligence can enhance the quality of life for older adults. Their focus includes innovations that support daily living, health monitoring, and cognitive and social engagement. For the 2024–2025 period, the group has hosted seminars on aging-related technology, collaborated with startups, and fostered interdisciplinary research among computer scientists, engineers, and healthcare professionals.



BASIC SCIENCES

Led By Dr. Ravinder Nagpal | Read more [here](#)

The ISL Basic Science Working Group investigates the biological, psychological, and social mechanisms underlying aging. By uncovering new knowledge in these areas, the group seeks to inform groundbreaking treatments and prevention strategies. Current efforts focus on promoting collaborative, high-risk, high-reward research grants and encouraging cross-departmental sharing of research resources and methodologies.

Upcoming Events

- Senior Center Annual Lifelong Learning Extravaganza (L3X) kick-off events (8/11 and 8/12)
- ISL Lecture Series
- Brown Bag talks



Opportunities for ISL

- FSU Health academic health center
- FSU ASPIRE Strategic Plan (Healthy Florida/Healthy Aging pillar)
- Federal initiative on “Making America Healthy Again”
- Emerging technologies
 - AI and personalized medicine
 - Smart homes and remote health monitoring
 - Digital health tools to promote healthy aging’
- Population growth
 - Growing older adult population
 - Alignment with state and national priorities on aging
- Community partnerships
 - Ties with local organizations



ISL Priorities for 2025-2026

- To improve ISL's impacts:
 - Organize high impact events on aging and longevity
 - Build high-quality content for social media, podcast, and website
- To support aging research:
 - Connect with other research-related units
 - Engage students at different levels (creating a database of students who are interested in engaging in aging research)
 - Expand the volunteer registry
 - Create a clinical skill training site
- To improve community partnerships:
 - Interview community partners

Discussion

- What do you see as ISL's greatest opportunity in the next year?
- What programs or activities should we strengthen or sunset?

FSU

Thank you!