



Grant E. Fraser M.D.



Grant Fraser M.D.

**Anti-Aging and Regenerative
Medicine, Precision Primary
and Acute Care**

Vitalism.io

April 10, 2025

Presented by Grant Fraser, M.D.

Proprietary and Confidential



Grant E. Fraser, MD
Anti-Aging Regen Med

ABOUT

Grant Fraser, MD

ABAARM, DABFM, FRACGP, FACRRM, GEM

Grant E. Fraser, M.D. is passionate about establishing meaningful partnerships with patients who are striving to improve their quality of life, reverse health conditions, and live longer and happier.

Easy to say; but difficult to achieve. Patients need an expert, eager to spend the necessary time and care to optimize health and reverse disease. Lifestyle, including sleep, stress, diet, and exercise are critical components. Luckily, this practice has expertise, not only in traditional and functional approaches, but also in how to implement lifestyle changes.

Australian Trained in Rural and Remote Medicine, Generalist Emergency Medicine, General Practice. United States trained in Family Medicine, Anti-Aging and Regenerative Medicine



Grant E. Fraser M.D.



The Longevity Medicine Consultation

Synthesizing the range of possibilities into personalized care.

- Focus on modifiable items
- The approach is to consider the combination of the individual's risk factors and the society-wide frequency in regard to causes of death and disability.

Things that kill (U.S. Recent #'s)

Heart disease: 703,000

Cancer: 608,000

Accidents (unintentional injuries): 227,000

Infections: 170,000 deaths

Stroke (cerebrovascular diseases): 165,000

Lower respiratory diseases: 147,000

Alzheimer's disease: 120,000

Diabetes: 101,000

Nephritis, nephrotic syndrome, and
nephrosis: 58,000

Chronic liver disease and cirrhosis: 55,000



Grant E. Fraser M.D.



Things that disable (not in order of frequency)

Vascular disease (heart disease, stroke, peripheral artery disease)

Traumatic injuries

Diabetes

Obesity

Musculoskeletal disease (sarcopenia, osteoporosis, back/neck pain)

Depression/Psychiatric Disease

Neurodegeneration (AD/PD/MCI)

Chronic lung disease (COPD, pulmonary fibrosis)

Heart, Liver, Kidney failure/hypofunction



Grant E. Fraser M.D.



Domain 1, 2, 3

- CAD/Stroke/Other Vascular Disease
- Metabolic Disease
- Malignancy

- Lipids, ApoB, Lp(a), Homocysteine
- Insulin sensitivity (HOMA-IR) or GTT
- Blood pressure optimization
- Omega 3 Index, Vitamin D
- Diet/Exercise/Visceral fat
- Don't smoke things (tobacco or others)
- Genetics if premature CAD in family (e.g. CARDIA-X from Vibrant labs)

- 70% of malignancies have no screening test and are either accidentally found, or if found based upon symptoms, likely to be stage 4 disease
- Get routine screenings, but rate reduction in death is not that great.
- Family history and risk factors need to be considered

- MRI/MRA
- CTCA
- Lessor options for vascular disease include CIMT, CT Cardiac Calcium



Grant E. Fraser M.D.



Domain 4

- Infections, T cell immunity
 - As one ages, becomes #2 cause of death
 - Vaccinations of value
 - Ways to enhance T cell immunity and the rationale to do so
 - Commonsense advice to avoid serious outcomes from bacterial infections



Grant E. Fraser M.D.



Domain 5

- Trauma, Sarcopenia, Osteoporosis, Frailty
 - Avoidance/Treatment of Osteoporosis
 - Avoidance of Trauma
 - Lifestyle to prevent frailty/sarcopenia



Grant E. Fraser M.D.



Domain 6

- Neurocognitive Decline
 - Family History of AD, LBD, PD
 - Genetics such as ApoE status and more
 - Lifestyle to prevent AD
 - Consideration of therapies that may risk reduce developing AD/LBD/PD, especially in higher risk individuals. Start therapy 20 years before disease would be expected to be symptomatic.



Grant E. Fraser M.D.



Domain 7

- **Hormone Normalization for Life**

- Sex Hormones
- Thyroid hormone
- Adrenal hormones (primarily cortisol)
- Human Growth Hormone



Grant E. Fraser M.D.



Domain 8/9/10/11

- Diet/Exercise/Sleep/Stress/Community Engagement
- Environmental
 - Molds
 - Metals
 - Organics/Pesticides
 - Plastics (BPAs/PFAs)
- Chronic Infections
 - H. Pylori
 - HSV
 - Lyme
 - Other tickborne
 - CMV
- Gut Health



Grant E. Fraser M.D.



Domain 12

- Periodontal Health

Perform this routine twice daily items 1-5

1. First Floss, use Reach Mint Floss (has no PFAS and is cheap)
2. Then use water flosser to the gums (waterpik) <https://amzn.to/3DfNxEX>
3. Brush with electric toothbrush, vibration superior to others, use Phillips Sonicare 2100
4. Fluoride Toothpaste - best choice is Colgate Cavity Protection with Fluoride <https://amzn.to/4hTxBr7>
5. Use Xylitol a few times daily via mints or gum <https://amzn.to/3Qvywlf>
6. See a Dentist/Dental Hygienist for formal dental cleaning and review every 6 months.
7. If missing teeth, have implants placed
8. Check oral microbiome and if Porphyromonas gingivalis is present eliminate it and confirm on repeat retesting. Testing available here: <https://fidalabus.com/at-home-test-for-individuals/>



Grant E. Fraser M.D.



Domain 13

- Nitric Oxide Optimization

- No alcohol containing mouthwash
- No proton pump inhibitors (avoid H2 blockers)
- BroccoMax 1 capsule daily <https://amzn.to/3Vp3DmC>
- humanN SuperBeets 3 capsules daily <https://amzn.to/3Tf0RgY>
- L-arginine 1000 mg daily (Nutricost) <https://amzn.to/4ijMROD>
- Cruciferous vegetables
- <https://trianglecompounding.com/product/berkeley-nitric-oxide-test-strips-single-pack-5-ct/>



Grant E. Fraser M.D.



Domain 14/15

- Mitochondrial optimization, autophagy/senolytic agents.

- Sirolimus/Rapamycin
- Methylene Blue
- NAC Ethyl Ester/Glycine
- Dasatinib/Quercetin/Fisetin



Grant E. Fraser M.D.



Domain 16

- **Supplements?**
- **Pharmaceuticals that benefit longevity**
 - **Worthwhile discussion on supplements, some have reasonable evidence of benefit, but taking 50 supplements is likely not the best strategy. Should be individualized.**
 - **Medications to consider (top candidates)**
 - Sirolimus/Rapamycin
 - SGLT2-inhibitors
 - GLP1's
 - Telmisartan
 - Acarbose
 - Metformin?
 - Methylene blue



Grant E. Fraser M.D.





Any Questions?
