

The 106 Year Lifespan: Concierge Medicine and Longevity Planning

*Dr. Dan Carlin
CEO & Founder, WorldClinic
September 21, 2017*



Presented by



fa-mag.com



pw-mag.com

Do you want to live to 106 or beyond?



**You have the power to ensure
you and your clients have
long, healthy, active lives.**



Presented by



Here's some food for thought ...

Insurance \neq Healthcare

**Are you very confident that,
going forward, you'll be able to access
high-quality physicians when
you need them?**

**How confident are you that
you'll be able to receive cutting-edge
medical care (free of conflicts of interest)?**

**How confident are you that your
physicians will be truly engaged and
100-percent committed to your
well-being?**

If you have any doubts at all, you should seriously consider the alternative.

Let's get started exploring the world
of concierge medicine and how it
can maximize your longevity





acarlin@worldclinic.com

worldclinic.com/publications

603-526-9003

“When you have your health,
you have many problems.

When you don't have your health,
you have but one problem.”

— *A highly intelligent person*

**The US healthcare system is
broken. It is crisis focused and
prevention punitive.**

The Consequences

- Loss of access
- Loss of holistic primary care
- Loss of informational continuity

So where should you turn?



Concierge medicine

1. A current healthcare concern



2. Current primary care model is substandard



3. Your primary care physician is retiring or transitioning his or her practice to concierge medicine.

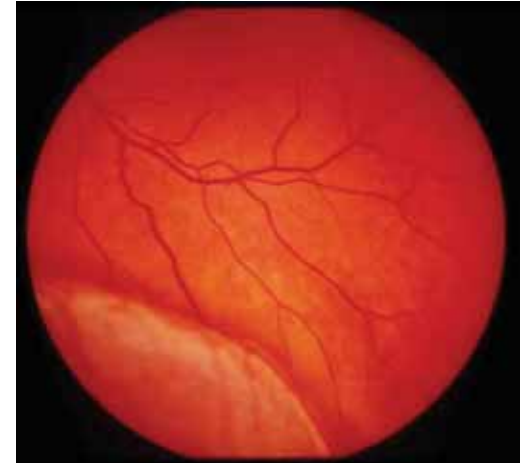


What is concierge medicine?

- Retainer agreement—a membership fee
- More time with your physician
- Professional and economic loyalty
- NOT assembly-line medicine

Three categories of conditions

1. Acute problems

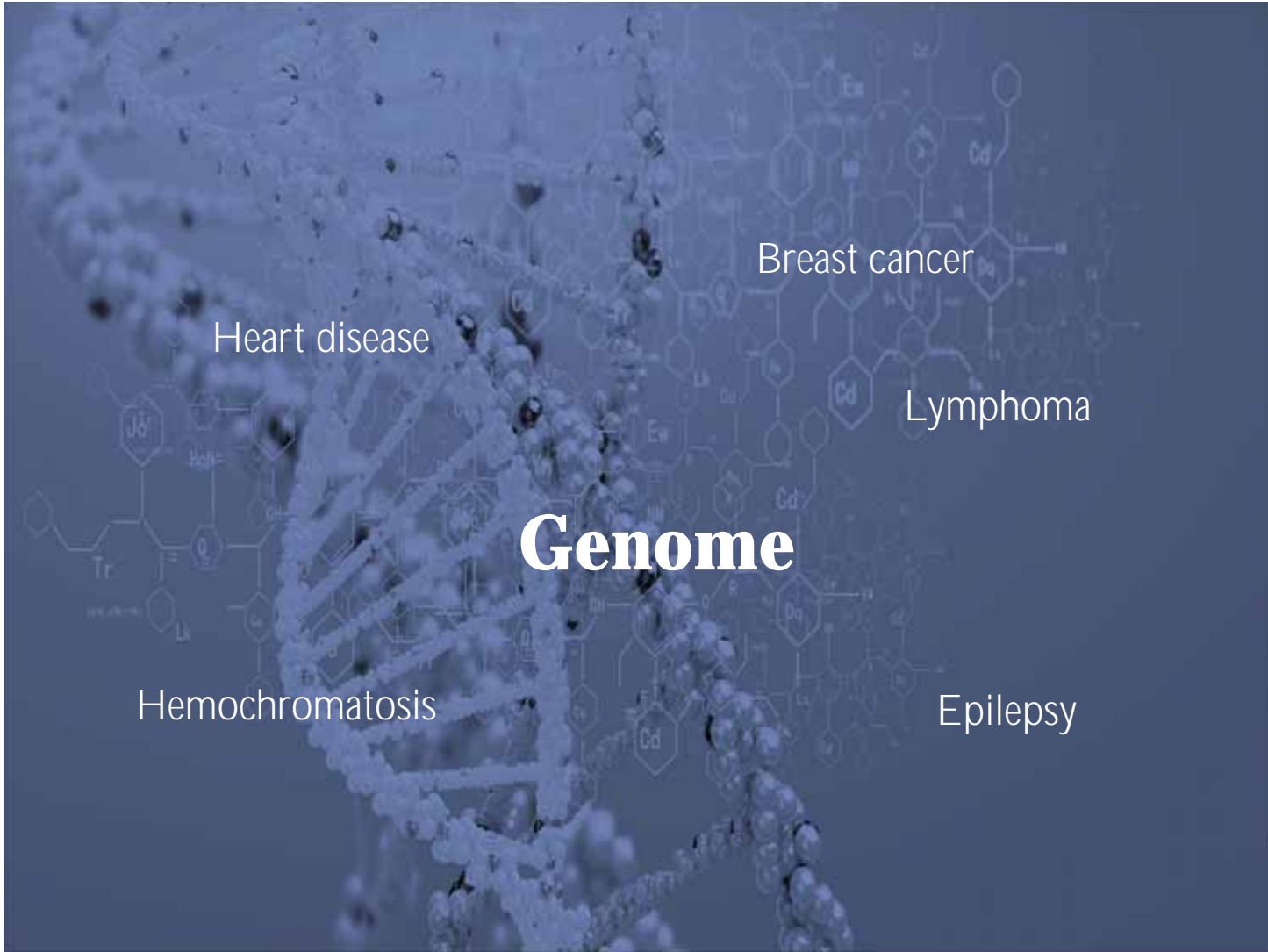


2. Chronic conditions



3. Longevity Plan





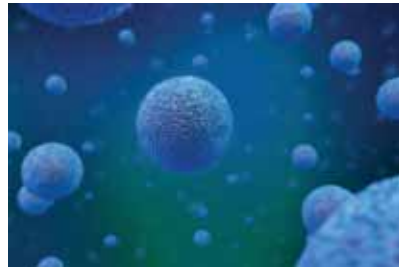
WORLDCLINIC
Continuous Connected Care

Presented by



Private
Wealth

Diet, Exercise, Lifestyle (and stem cells)



Biomarkers



- *BRCA1/2* mutated carrier cancer risk^b

| | Breast Cancer | Ovarian Cancer | Male Breast Cancer |
|--------------|---------------|----------------|--------------------|
| <i>BRCA1</i> | 60%-80% | 30%-45% | 1%-5% |
| <i>BRCA2</i> | 60%-80% | 10%-20% | 5%-10% |

- *BRCA1* and *BRCA2* contribute to ~40% hereditary breast cancer
- 5% to 10% of patients with breast cancer carry *BRCA1* or *BRCA2* mutations

a. National Cancer Institute^[5]; b. Bove BA. *Breast Cancer: Prognosis, Treatment and Prevention*. 2008 pg 525-584.^[8]

| | | |
|---|---------------|-------|
| AST (SGOT) | 24 | IU/L |
| ALT (SGPT) | 23 | IU/L |
| Lipid Panel | | |
| Cholesterol, Total | 175 | mg/dL |
| Triglycerides | 54 | mg/dL |
| HDL Cholesterol | 73 | mg/dL |
| Comment | | |
| According to ATP-III Guidelines, HDL-C >59 mg/dL is a | | |
| negative risk factor for CHD. | | |
| VLDL Cholesterol Calc | 11 | mg/dL |
| LDL Cholesterol Calc | 91 | mg/dL |
| Heavy Metals Profile I, Blood | | |
| Lead, Blood | None Detected | ug/dL |
| The Centers for Disease Control and Prevention recommend that | | |
| blood lead levels be less than 10 ug/dL. | | |

Tommy's Outcome

+10 years of life

+10 years legacy

Longevity care and concierge medical practices

| Category | Continuous Connected Care | Physician Concierge Practice | Conventional Physician Practice | Private Health Advisory |
|--|---|--|---------------------------------|-------------------------|
| Genome risk map | ✓ | Possibly | — | — |
| Predictive biomarkers | ✓ | Possibly | — | — |
| Integrated nutrition plans | ✓ | Possibly | — | — |
| Lifestyle plan (e.g. exercise and mental well-being) | ✓ | Possibly | — | — |
| Calendared tracking of key metrics | ✓ | Possibly | Limited | — |
| Response plan to changes in key metrics | ✓ | Possibly | Limited | — |
| Supporting technologies | Phone, email, app integrated with scheduling and logistics infrastructure | In person, phone, email, app integrated with scheduling and logistics infrastructure | Phone | — |

The concierge physician is:

- A health care advocate, leads with prevention
- A reliable point of easy access
- Diagnoses the simple, navigates the complex
- Provides continuity
- Is loyal to you, not...

**You have the power to ensure
you and your clients have
long, healthy, active lives.**



acarlin@worldclinic.com

worldclinic.com/publications

603-526-9003



CE CREDITS

This webcast qualified for the following continuing education credits:

CFP Board – 1 hour

CIMA[®], CIMC[®] or CPWA[®] – 1 hour

If you would like to receive credit for participating in this webcast, please follow the directions below.

***NOTE: YOU WILL HAVE 10 DAYS TO REPORT COMPLETION OF THIS WEBCAST VIA OUR WEBSITE. FINANCIAL ADVISOR MAGAZINE WILL THEN REPORT TO THE CFP BOARD AND CIMA ON YOUR BEHALF. AFTER 10 DAYS THE WEBCAST WILL NO LONGER BE AVAILABLE FOR REPORTING.**

1. Visit our website at http://www.fa-mag.com/ce_center.php
2. Select the designation you would like to report the webcast to.
3. If you have already registered to complete and report CE credits with us, please login using your username and password. If you are new to our CE Center, please complete a registration form in its entirety. (Note: You will need to supply your ID# generated from the CFP Board or IMCA.)
4. Once you are logged in to your CE Center account, SCROLL TO THE BOTTOM OF THE PAGE to find the list of CE exams and webcasts we offer. (Please read the important information on that page regarding the CE reporting process.)
5. Click on the webcast you are interested in and complete the short questionnaire and print the “Certificate Of Completion” page for your records.
6. The webcast credit will be reported by *Financial Advisor* magazine the first week of the new month for the previous month. Allow 10 business days for the credit to be posted on your account.

If you have any questions regarding CE credit reporting, please email Sherri Scordo at sherri@fa-mag.com

To view the slides and a recording of this webcast please visit:

<http://www.fa-mag.com/WorldClinicWebcastSept21>

For upcoming webcasts, please visit: <http://www.fa-mag.com/webcasts.html>

Please send your questions, comments and feedback to: dawn@fa-mag.com

Sponsored by



Presented by

