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Longitudinal analysis of biomarker data from a personalized nutrition platform in healthy subjects

The trend toward personalized approaches to health and medicine has resulted in a need to collect high-dimensional datasets on individuals from a wide variety of populations, in order to generate customized intervention strategies. However, it is not always clear whether insights derived from studies in patient populations or in controlled trial settings are transferable to individuals in the general population. To address this issue, an observational analysis was conducted on blood biomarker data from 1033 generally healthy individuals who used an automated, web-based personalized nutrition and lifestyle platform. Using the resulting dataset, a correlation network was constructed to generate biological hypotheses that are relevant to researchers and, potentially, to users of personalized wellness tools. The correlation network revealed expected patterns, such as the established relationships between blood lipid levels and novel insights, such as a connection between neutrophil and triglyceride concentrations that has been suggested as a relevant indicator of cardiovascular risk. Biomarker changes were assessed from baseline to follow-up, relative to platform use. Preliminary associations were found between the selection of specific nutrition and lifestyle interventions and biomarker outcomes. Across many biomarkers measured, there was a significant trend toward normalcy in participants whose biomarker values were out-of-range at baseline.

Biography

Gil Blander is internationally recognized for his research in the basic biology of aging and translating research discoveries into new ways of detecting and preventing age-related conditions. He leads a team of biology, nutrition & exercise physiology experts and computer scientists at InsideTracker. He received a PhD in biology from the Weizmann Institute of Science and completed his Post Doctoral fellowship at MIT, before going on to found InsideTracker. The InsideTracker platform analyzes key biochemical and physiological markers and applies algorithms and large scientific databases to determine optimal zones for each marker. The system then provides nutrition, exercise, supplements and lifestyle interventions that empower people to optimize their markers, increasing vitality, improving overall health, as well as athletic performance and extending life.

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