

CURRICULUM VITAE

JEFFREY R. GLADDEN, M.D.

Personal

Date of Birth: February 28, 1954
Place of Birth: Jackson, Michigan, USA

Business Addresses

Gladden Longevity PLLC
2301 Cedar Springs Ave,
Suite 405
Dallas, Texas 75201

Living Beyond 120
26135 Plymouth Rd
Redford Charter Twp
Michigan, 48239

Education

Wheaton College, Wheaton, Illinois Bachelor of Science, Chemistry	1972 – 1976
Fuller Theological Seminary, Pasadena, California Special Student for two quarters	1977 Special Student
Temple University, Philadelphia Pennsylvania Doctor of Medicine	1978 – 1982

Postgraduate Training

Internship, Internal Medicine University Hospitals of Cleveland Case Western Reserve University Cleveland, Ohio	1982 – 1983
Residency, Internal Medicine University Hospitals of Cleveland Case Western Reserve University Cleveland, Ohio	1983 – 1985
Fellowship, Cardiology	1985 – 1988

Employment History

- The Gladden Longevity Clinic and Research Center for Health, Longevity & Performance Optimization
(Formerly, Apex Health, Longevity, and Performance Optimization) 2014- Present
Founder & CEO
2900 McKinnon St
Suite 1808
Dallas Tx 75201
- Living Beyond 120 PodCast, Co-Founder and Medical Director 2017 Present
Devoted to uncovering, illuminating and disseminating information on the optimization of Health Span, Human performance & Longevity
26135 Plymouth Rd
Redford Charter TWP
MI 48239
- Advanced Heart Care, P.A. Interventional Cardiology Group 1997 – 2016
Founder & CEO
4708 Alliance Boulevard, Suite 650
Plano, Texas 75093
- The Dallas Heart Group 1989 –1997
Partner & Director of Outreach
8440 Walnut Hill Lane, Suite 700
Dallas, Texas 75231
- Mesquite Heart Specialists Oct. 1988 – Feb. 1989
Cardiologist
1010 North Beltline Road, Suite 103
Mesquite, Texas 75149
- Knox Cardiology Jul. 1988 – Aug. 1988
Locum Tenens – Cardiology
812 Coshocton Avenue
Mt. Vernon, Ohio 43050

Honors

- Bachelor of Science with Honors 1976
Doctor of Medicine with Honors 1982

Elected to the Temple Medical Honor Society
Alpha Omega Alpha 1982

Board Certifications and Fellowships

Diplomat, National Board of Medical Examiners 1983
Board Certified, American Board of Internal Medicine 1985
Board Certified, American Board of Internal Medicine –
Cardiovascular Disease Sub-specialty 1989
Fellow, American College of Cardiology 1991
Board Certified, American Board of Internal Medicine -
Interventional Cardiology 1999
Board Certified, American Board of Internal Medicine –
Nuclear Cardiology 1999, 2008

Licensure

State of Texas 1988 Active
State of Oklahoma 1994 (Inactive)
State of Colorado 1985 (Inactive)
State of Hawaii 2018 Active

Professional Organizations

American College of Cardiology
American Heart Association
American Medical Association
Texas Medical Association
American Academy of Anti-Aging Medicine
Age Management Medicine Group
American Academy of Ozonology
Vistage Member 2015-2019
Strategic Coach Member 2002-present

Professional Responsibilities

Chief – Section of Cardiology Sept. 1991 – Aug. 1993
Medical City Dallas

Executive Medical Director of Cardiovascular Services Aug. 2006 - 2014

Director Cardiac Cath Lab Wise Regional Health Systems

Executive Medical Director of Cardiovascular Services Dec. 2008 - 2016
Director Cardiac Cath Lab Hopkins County Memorial Hospital

Director of Heart Attack and Stroke Prevention and Cardiac Aug 2104-2020
Rehabilitation The Heart Hospital Baylor Plano

Professional Activities

Advanced Heart Care 1997 – 2016
Founder, CEO

A North East Texas South East Oklahoma Cardiovascular group that I grew to 13
Interventional Cardiologists, including 4 Electrophysiologists and 1 non-
interventional Cardiologist, and 4 Mid-Level
Practitioners with offices in 8 fulltime locations and additional satellite clinics
throughout north Texas and southern Oklahoma.

Cofounder of The Heart Hospital Baylor Scott & White Plano 2004-Present
Board Member Heart Hospital Baylor Plano 2005 – 2008
Chairman Business Development 2007 – 2008
Active Staff Member & Investor 2007 - Present
Cofounder along with David L. Brown, MD with Gary Brock, COO Baylor
Healthcare System. A joint venture between 84 cardiovascular physicians and Baylor
Healthcare System in the development of a state of the art, specialty hospital on the
campus of Baylor Medical Center at Plano, Texas

Total Wire Corporation 2005 – 2018
Cofounder with Gary Zhou, PhD
Board Member CMO
A start up medical device company with a novel interventional imaging wire still in
Development. Facilitated three rounds of private equity investments. Company
ultimately was closed as we failed to overcome technological hurdles

Advanced Cath Imaging, LP 2005 – 2009
Founder and Managing Partner
Developed the inpatient cardiac cath lab at Wise Regional Health System Decatur,
Texas as a hospital and physician partnership. Successfully negotiated the sale of
the physician portion to the hospital in 2009. Ongoing vendor negotiations for
equipment, supplies, and implantable devices on Wise regionals behalf.

AHC Ventures Hopkins, LLC 2008 – 2017
Founder and Executive Director
100% physician owned and operated inpatient cardiac catheterization lab at

Hopkins County Memorial Hospital Sulphur Springs, Texas.

GCM Services, LLC 2008 – 2015

Founder and President

Developed to consult and manage cardiovascular projects at various facilities which include staff education at multiple levels, Door to Balloon (D2B) development and process improvement, STEMI network development as recommended by ACC/AHA Mission Lifeline®, Chest Pain Center Accreditation, and congestive heart failure programs (H2H). CHF 360 program design and development for reducing CHF readmissions. Vendor negotiations for equipment, supplies, and implantable devices for multiple facilities to create substantial cost savings beyond local hospitals buying groups' discounted prices. Development and strategic planning of cardiovascular services locally and regionally with numerous hospitals

Board Member Red River Regional Medical Center 2008 – 3/1/2015

Participated as a board member in the transition of RRRMC into a private, community owned hospital from a corporately owned facility.
Sold Hospital in 2015

Scientia Cardio Access 2012 Current

CEO from 2015-2019, Investor, Board Member, Principle and CMO for Product Development

Developed a disruptive Radial Artery Access Guide Catheter

Acquired Disruptive Interventional Guide Wires from Scientia Vascular

Scientia Vascular 2011-Current

Board Member, Investor Developing a disruptive Interventional Neuro Radiology Guide Wires and Micro Catheters. Currently in sales with numerous FDA approved products in the Neuro Interventional space. The company's products is redefining acute stroke care.

Heart Hospital Baylor Scott& White Plano 2014-2020

Director of Heart Attack and Stroke Prevention and Cardiac Rehabilitation

Vasper Member of the Medical Advisory Board 2014-Current

Novel Interval Training equipment used in Cardiac Rehab and with Athletes

Ambrose Cell Therapy 2018-current

Board Member

Verified Youth A new Telomere Optimization Company 2020

Publications

Heckenlively JR, Bastek JV, Pearlman JT, Gladden J, Teraski P: HLA Typing in Retinitis Pigmentosa, Br J Ophthalmology, 1981, Feb 65 (2):131.

Gladden J, and Lindenfeld J: Admission Heart Rate Predicts Complications in Patients with Acute Inferior Myocardial Infarction, Clinical Research, 1987, Vol. 35(1):104A.

The GUSTO Investigators: An International Randomized Trial Comparing Four Thrombolytic Strategies for Acute Myocardial Infarction, New England Journal of Medicine, 1993, Vol. 329:673-682.

Current Professional Organizations and Certifications

Founded Gladden Longevity 2014
(Formerly Apex Health, Human Performance & Longevity Optimization)
Certified by Cenegenics
American Academy of Anti-Aging Medicine CME Courses
Member of A4M
Certified in the use of Signaling Peptides
Certified in the use of Pulse Shock Wave Therapy
Trained in the medicinal uses of O3 Therapy

Empowering Questions:

How Good Can We Be?
How Good Can Our Lives Be?
How Do We Make 100 the New 30?
How Do We Live Well Beyond 120?

Areas of Longevity Clinical Activity:

Telomere Length and Immune Function Optimization
Epigenetic Age Optimization
Stem Cell Therapy
Mitochondrial Function Optimization
Proteostasis Protein Transcription, Folding, and Lysis
Senescent Cells, Senolytics and Senomorphics
Immune System Optimization
Intracellular Nutrient Sensing
Inflammaging

Longevity Genetics
Hermetic Stress
Stress Mitigation
Mental Health Optimization

Areas of Functional Medicine Clinical Activity

Bioidentical Hormone Replacement
Regenerative Medicine Stem Cells and Signaling Peptides
Functional Age Reversal
Genetic Predispositions, Health and Disease, Cardiovascular, Cancer, Dementia etc.
Genetics of Athletic Performance
Genetics of Athletic Injury
Nutrigenomics Optimizing Genetic Expression through Optimizing the Epigenetic Environment
Gut Biome Optimization
Gut Digestive Function Optimization
Leaky Gut Resolution
Cardiovascular Function Optimization
Detoxification Optimization
Mental Health Optimization
Cognitive Function Optimization
Sexual Health & Performance Optimization
Preemptive Cancer Detection, Treatment & Prevention
Preemptive Cardiovascular Disease and Treatment

Athletic Performance Optimization
Balance, Agility & Fast Twitch Muscle Fiber Training
Endurance Training
Bone Density Optimization
Thyroid Optimization
Body Composition, Muscle Mass, Percent Body Fat and Weight Optimization
Mitochondrial Function Optimization ATP Production Re-Dox state Optimization
Meditation, Mindfulness & Spirituality and the effects on Health and Longevity
Ozone Therapy, Sauna, Insufflation, 10 pass, & Joint Injection
Neuro-Degenerative Disorders Dementia, Parkinson's, ALS, MS
Regenerative Medicine with Signaling Peptides
Regenerative Medicine with Stem Cells

Research Areas of Interest:

Signaling Peptides
Stem Cells
Molecular Hydrogen
Epigenetic Age Reversal
Telomere Length Optimization

Personal

Children:

Christopher 5/18/84

BS Mechanical Engineering University of Colorado, Boulder Co

Ph.D. Mechanical Engineering University of California Berkeley, Berkeley Ca

Director of Engineering Glint Photonics San Mateo Ca.

Lives in Denver Co

Wife Mara

Grandson Walker

Haley 12/07/95

BA Event Management Sales and Business High Point University, High Point NC

Client Relations Gladden Longevity

Lives Boulder Co

Jackie 6/16/97

BA in Creative Writing, Johns Hopkins University Baltimore Md.

Aspiring Singer

Lives Westminster Co

Hobbies;

Snowboarding with the kids!!

Loves Heli and Snow Cat access to deep powder and trees

Cross Country Mountain Bike rider

Loves Riding with Chris and Mara

Runner

Standup Paddle Surfer

Body Surfer,

Guitarist

Game Player

“An Athletic Nerd with a passion to Optimize Our Ability to Experience Life Fully”