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Title: Consumer Demand for Longevity Monitoring: Where Autophagy Fits In.

Summary: Scientists have shown that there are 12 hallmarks of ageing, including inflammation, dysfunctional mitochondria, shortened telomeres and impaired autophagy. At present, we can test for many of these but not yet dysfunctional autophagy. However, consumer demand for this will grow as awareness of autophagy's role increases. In this presentation, we will look at the at home health and longevity testing market and where autophagy testing will fit in.

Biography : Leslie graduated in 1997 from Harvard Business School. After being diagnosed with multiple autoimmune diseases and being told she had 5 years left to live, she began research herself and used novel therapies to reverse her autoimmune condition. She has been in remission for 19 years. Leslie then retrained as a health coach in 2016 to help others on their own self-healing journeys. She then began fundraising for Oxford University regenerative biotech spinout companies in stem cells, stem cell expansion, lysosomal storage disorders and ketones in 2018 and launched Oxford Healthspan in 2020. She promotes the idea of incorporating ways to activate autophagy into daily life as an autoimmune patient advocate and as Co-Founder of the non-profit, Oxford Longevity Project, which holds webinars and conferences for the public on how to incorporate breakthrough science, especially autophagy, into daily life.