



Glycation, Glycation inhibitors and Wellaging



H.E.A.T. International Congress on Anti-Aging Medicine
September 13-14, 2019

Dr Serge Ginter
Luxembourg

Wellaging

Risks

- CV Diseases
- cancer risk
- dementia
- osteoporosis
- exogenous risks: accidents, suicides ...

Prevention

Optimization

- Metformin
- Inositol
- Aspirine
- Melatonine.....

Aging

- progressive accumulation of molecular damage caused by environmental and metabolically generated free radicals,
- by spontaneous errors in biochemical reactions, and by nutritional components
- cellular dysfunction,
- reduced stress tolerance, diseases and ultimate death.

Journal of Free Radical Research, Volume 40, 2006 - Issue 12
Theories of biological aging: Genes, proteins, and free radicals
Suresh I.S. Rattan

MarioFit – Healthy Tips – The 4 Major Health Destroyers: Oxidation, Inflammation, Glycation, Abnormal Methylation

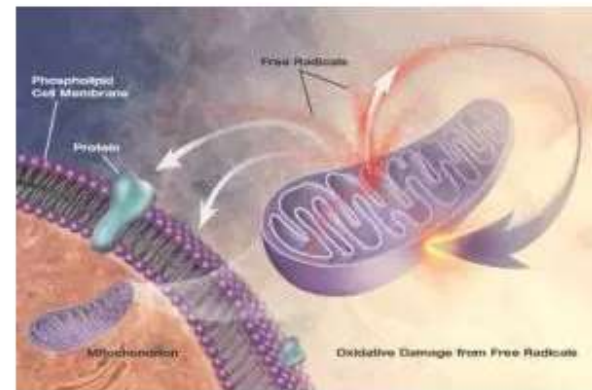
mariofit1 / November 6, 2013

Health Destroyers? Sounds like a war. And indeed there is a warfare inside our bodies. Experts in the field of genetics and longevity identified the 4 major aging markers that slowly kill our cells and promote a faster degeneration of our body. If we act to take control of any of these aging markers, we can slow the path of aging and reduce greatly our chances of developing the 21st century diseases – including cancer, heart and cardiovascular diseases, diabetes and obesity.

Below is a brief description of these 4 health destroyers and what might be a better solution to fight against them. A more detailed explanation you will find it on my website: www.mariofit.ca

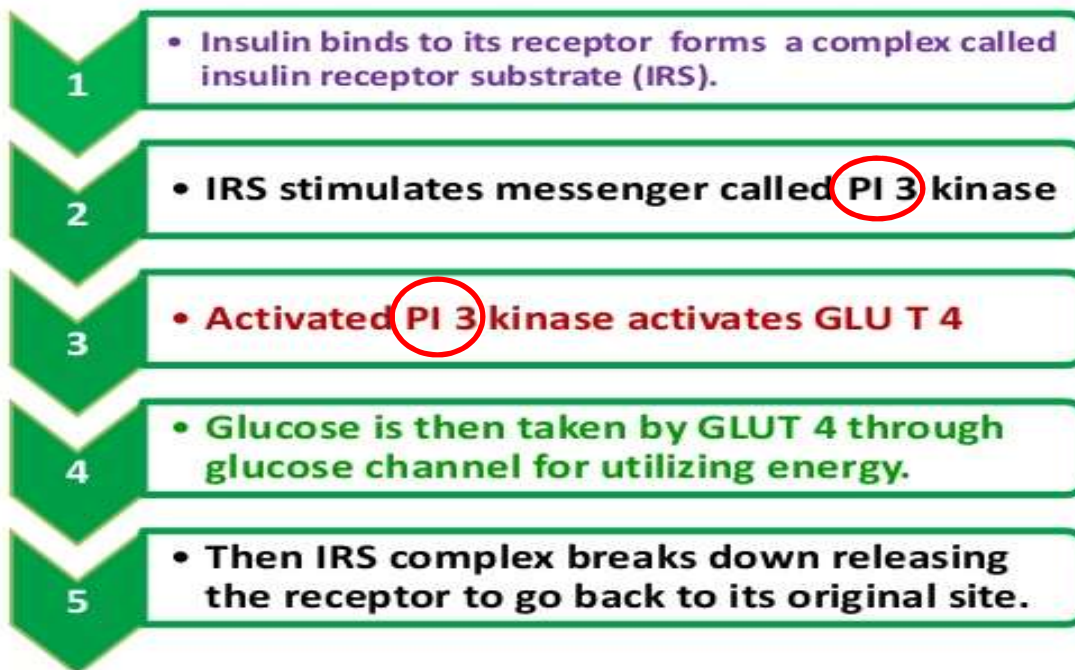
OXIDATION. Oxygen is essential for life. But when exposure to pollution, stress, unhealthy foods or too much physical exercise, free radicals are created overwhelming the body's limits to detoxify. Those free radicals are mostly chemically unstable reactive molecules of oxygen that are involved in breaking of bonds between other molecules.

In normal unpolluted environment, controlled production of free radicals in the body might help protecting us from some microbes and viruses. But in excess, those free radicals create an excessive oxidative stress, which attack all living molecules and cellular membrane, destroying the cells, lowering the immune system and promoting premature aging. It is like rusting inside our body that creating many degenerative diseases such as cancer, stroke, myocardial infarction, diabetes and others.



Glucose Metabolism

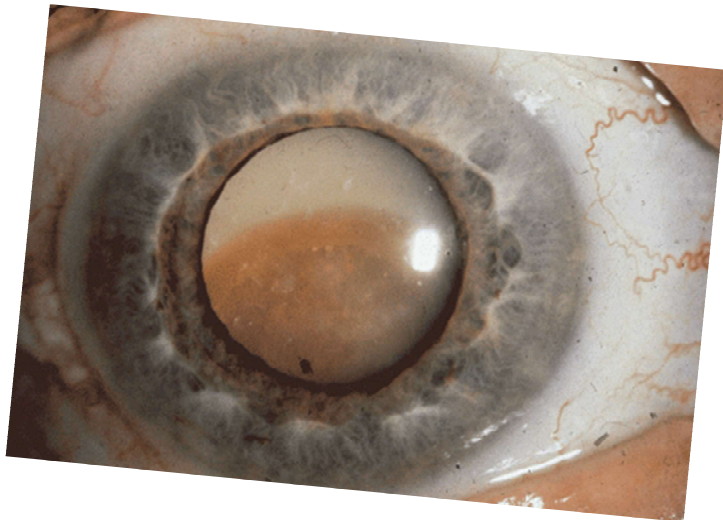
Glucose metabolism in a normal cell



The Maillard-Reaction

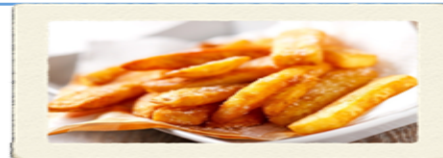
- The Maillard reaction is a chemical reaction between amino acids and reducing sugars that gives browned food its distinctive flavor.
- The reaction is a form of non-enzymatic browning which typically proceeds rapidly from around 140 to 165 °C.
- At higher temperatures, caramelization and subsequently pyrolysis become more pronounced and potential carcinogen called acrylamide can be formed.

Maillard-Browning

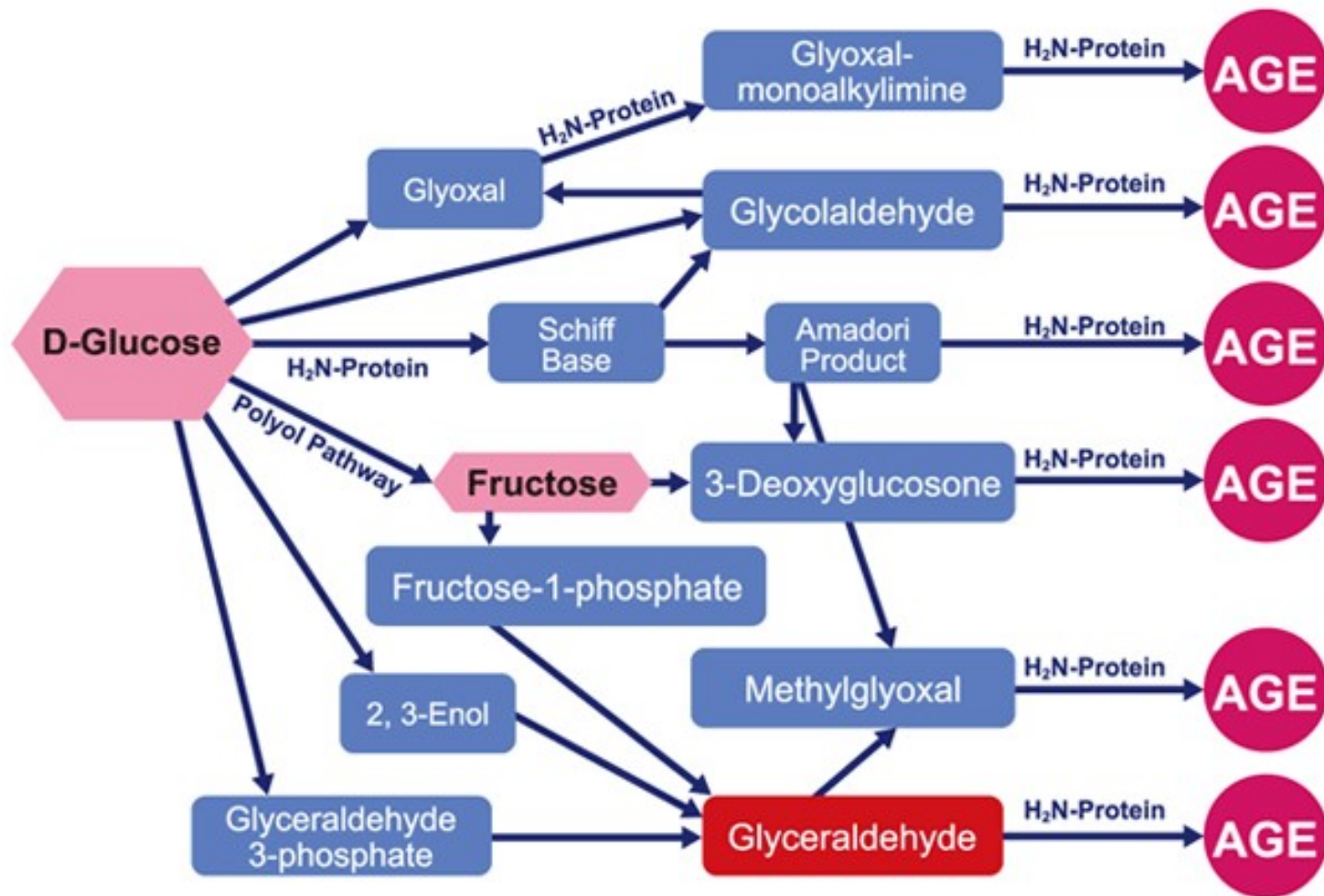


Glycation is also in food products

- Acrylamide
- Benzopyrenes
- Heterocyclic amines



Glycation



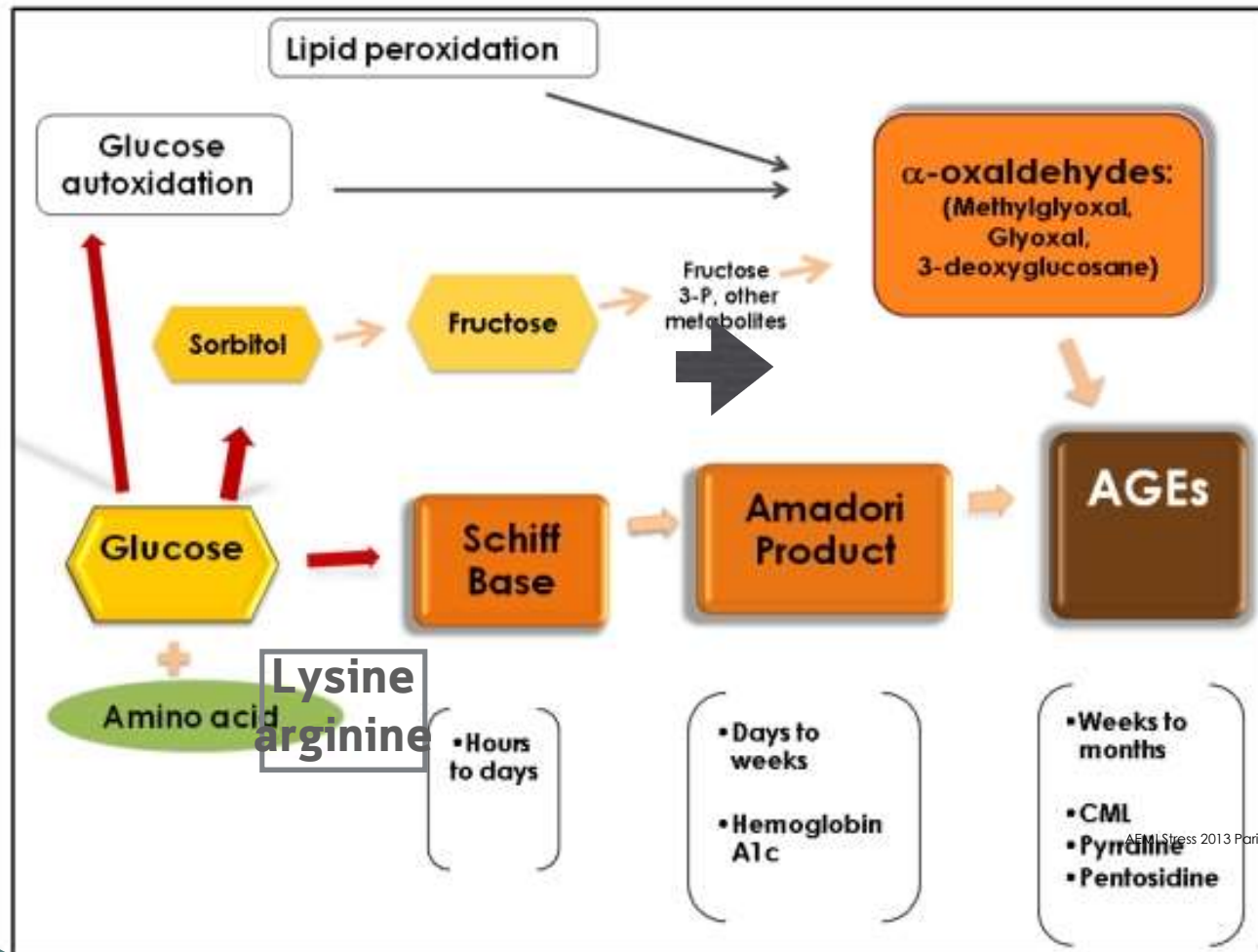
Heterogeneity of AGE

Glyoxale, Glycolaldehyde, Methylglyoxal , z.B.

- Carboxymethyl-Lysin (CML)
- Carboxymethyl-l-Arginin (CMA)
- Glyoxal-Lysin-dimer (GOLD)
- Methyl-glyoxal-Lysin-dimer (MOLD)
- Glyceraldehyde pyridinium-typ (GLAP)
- Pyrraline
- 3-DG-Imidazolone
- etc....

What's Glycation

➔ Oxydativ Stress



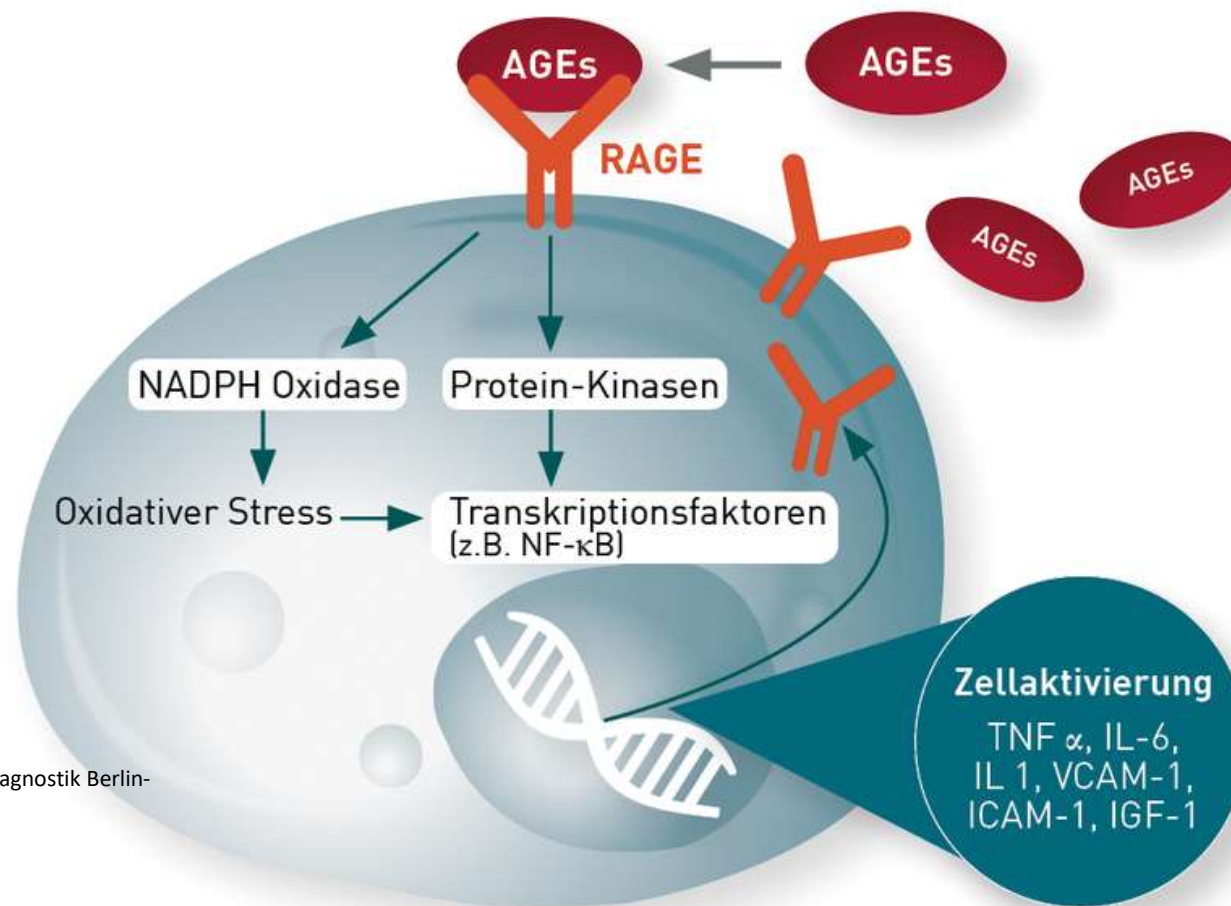
Proteins
Lipids
DNA
RNA
Hormones

Lysine
arginine

Advanced Glycation Endproducts (AGE) consequences

- oxidative stress
- hyperglycemia
- decreased leptin (reduces hypothalamic stimulation)
- hypertension via renin-angiotensin activation
- vascular damage
- AGE are inflammatory
- AGE worsen angiogenesis
- circulatory disorder
- higher cancer risk (perpetuated cell activation)
- higher dementia risk

Cellular transcription of AGEs?



Advanced Glycation Endproducts (AGE) consequences on fertility

- Glycans alter the zona pellucida
- Testosterone rises
- Estrogen drops
- Ovulation rate drops
- Fertilization rate drops
- Endometrial receptivity decreases
- Pregnancy rate drops
- Abortion rate is rising

AGEs and literature

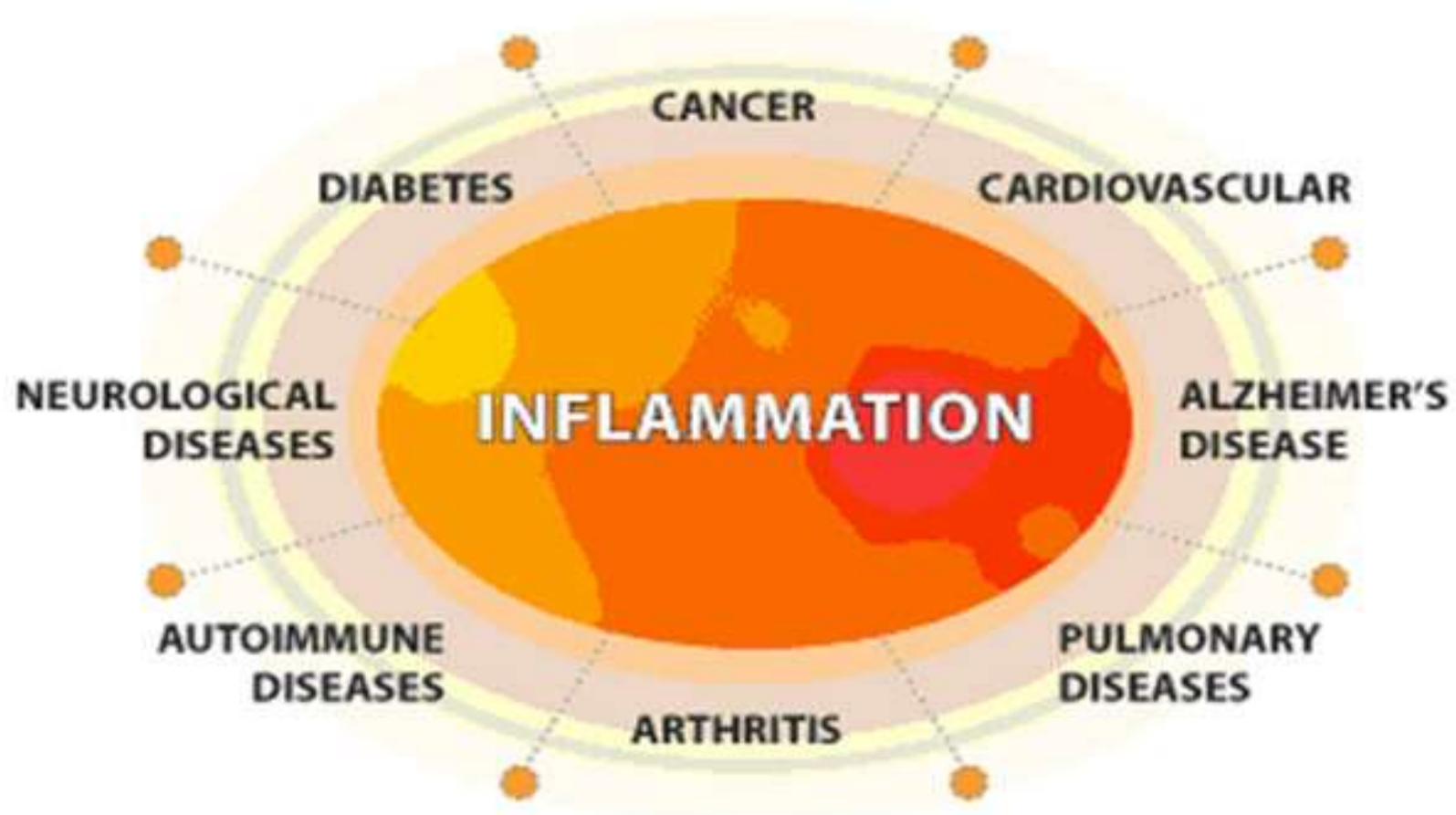
- **Accumulation of advanced glycation end products of the Maillard reaction with age in human **hippocampal neurons****
Takemi Kimura, Junichi Takamatsua, Kazuyoshi Ikeda, Akira Kondoc, Taihei Miyakawad, Seikoh Horiuchi
- **Photo-Enhanced Modification of Human **Skin Elastin** in Actinic Elastosis by Nε-(Carboxymethyl)lysine, One of the Glycoxidation Products of the Maillard Reaction**
Kumiko Mizutani 1, Tomomichi Ono 1, Kazuyoshi Ikeda 2, Ken-ichi Kayashima 1, Seikoh Horiuchi 2
- **Role of the Maillard Reaction in Aging of **Tissue Proteins****
ADVANCED GLYCATION END PRODUCT-DEPENDENT INCREASE IN IMIDAZOLIUM CROSS-LINKS IN HUMAN LENS PROTEINS*
- Elisabeth Brinkmann Frye‡, Thorsten P. Degenhardt‡, Suzanne R. Thorpe‡,§ and John W. Baynes‡,§¶
- **Age-related accumulation of Maillard reaction products in **human articular cartilage collagen****
N Verzijl, J DeGroot, E Oldehinkel, SR THORPE... - Biochemical ..., 2000 - biochemj.org
- **Inhibitors of the Maillard reaction and AGE breakers as therapeutics for **multiple diseases****
VP Reddy, A Beyaz - Drug discovery today, 2006 – Elsevier
- **Angiogenic Effects of Advanced Glycation End Products of the Maillard Reaction on Cultured Human Umbilical Cord Vein Endothelial Cells** M. Tezuka, N. Koyama, N. Morisaki, Y. Saito, S. Yoshida, N. Araki, S. Horiuchi
- **Inhibitors of Advanced Glycation End Product Formation and **Neurovascular Dysfunction** in Experimental Diabetes** Annals of the New York Academy of Sciences, June 2005, Volume 1043, The Maillard Reaction: Chemistry at the Interface of Nutrition, Aging, and Disease, Pages 784–792
- **Advanced glycation end-products accumulation compromises **embryonic development** and achievement of pregnancy by assisted reproductive technology** Masao Jinno^{1,*}, Masayoshi Takeuchi², Aiko Watanabe¹, Koji Teruya³, Jun Hirohama¹, Noriko Eguchi¹ and Aiko Miyazaki⁴

February 23, 2004

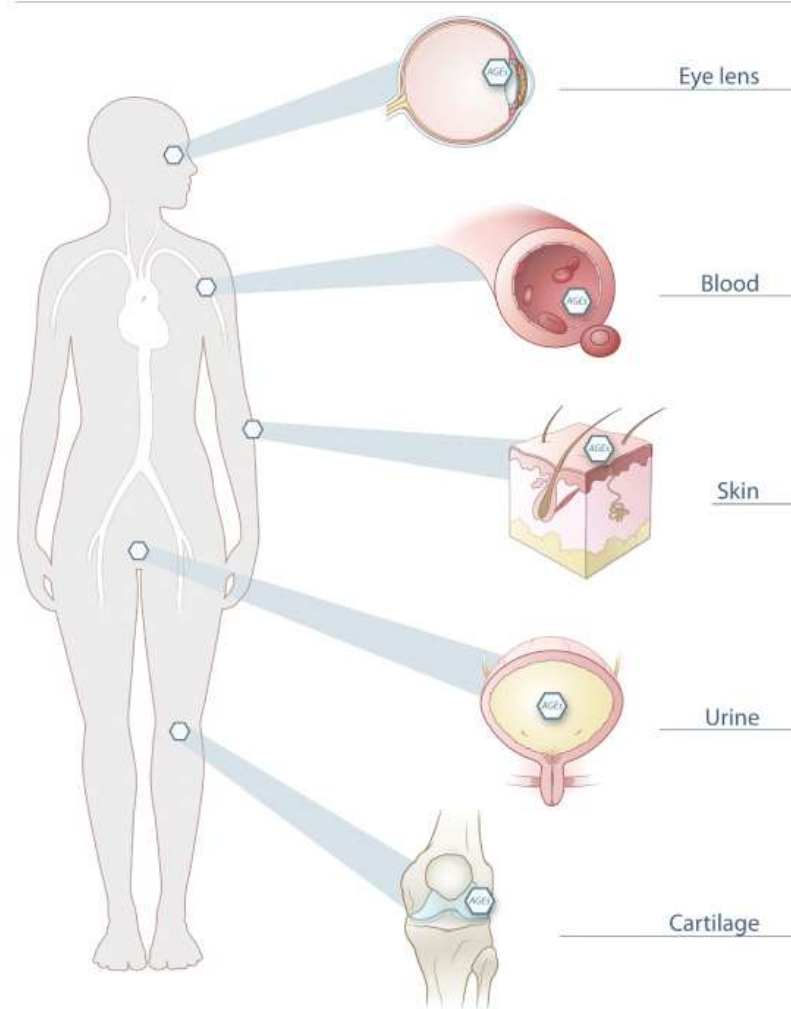


Atherosclerosis - An Inflammatory Disease

(Russell Ross,
N Engl J Med 1999)



Measurements of AGE



[Download high-res image \(539KB\)](#)

[Download full-size image](#)

Fig. 2. Measurements of advanced glycation end products (AGEs).

Skin autofluorescence (SAF)

- An emerging biomarker is advanced glycation end products (AGEs).
- AGEs are strongly associated with peripheral artery disease (PAD).
- Skin autofluorescence (SAF) is a noninvasive method to assess skin AGEs.
- SAF identifies PAD patients at highest risk for local and cardiovascular end points.



HbA1c

A close relation between the amounts
of red cell HbA1c and Hb-AGE

Therapeutics which Inhibit the Accumulation of AGEs

AGE Formation Inhibitors

aminoguanidine metformin, Aspirin has demonstrated the capacity to decrease AGE accumulation

angiotensin-converting enzyme (ACE) inhibitors have the added benefit of reducing AGE accumulation

The benefits of vitamin B compounds like Pyridoxamine, a vitamin B6 derivative, prevents the formation of AGEs from Amadori intermediates Thiamine and Benfotiamine are liposoluble derivatives of vitamin B1 which also exhibit AGE-lowering properties

Carnosine is a naturally occurring dipeptide which is known to exist in the brain as well as many other tissues. Importantly, it has a number of activities which aid in the reduction of AGE accumulation.

Cleavage of Pre-Formed AGEs

Novel therapeutics such as N-phenacylthiazolium bromide (N-PTB) and alagebrium chloride cleave cross-links

Blockade of Cellular Receptors of AGEs

Binding of AGEs to proteins such as the receptor for advanced glycation end products (RAGE)

Thiazolidinediones (TZDs) have recently been identified as RAGE antagonists

Inhibitors of Advanced Glycation End Products (AGEs)

Guanidines

AG (Aminoguanidine) (Pimagedine)

Metformin

Pyridoxamine (PM) est l'une des formes de la vitamine B6, avec la pyridoxine et le pyridoxal.

Atorvastatin (Lipitor)

Kremezin

Inhibitors of Renin-Angiotensin System (RAS)

Inositol

Aspirin

Carnosine

Acarbose

The best cross-link inhibitors currently available are
-carnosine, aminoguanidine, metformin
and acarbose

No cross-link breakers are commercially obtainable as yet, but these will be marketed within 2-3 years.

Soon after, combinations of inhibitors and breakers are due to follow.

Kremezin

AST-120 (Kremezin; Kureha Chemical Industry Co Ltd, Tokyo, Japan) is an orally administered adsorbent showing adsorption for certain organic compounds known to be precursors of substances that accumulate in patients with chronic kidney disease (CKD)

Inhibitors of Renin-Angiotensin System (RAS)

Cardiovasc Hematol Agents Med Chem. 2007 Oct;5(4):249-64.

Inhibition of renin-angiotensin system and advanced glycation end products formation: a promising therapeutic approach targeting on cardiovascular diseases.

Geronikaki A1, Gavalas A, Dislian V, Giannoglou G.

Author information

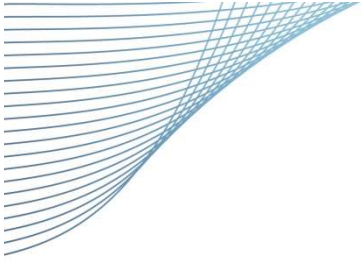
Abstract

Cardiovascular disease remains the leading cause of death worldwide. The renin-angiotensin-aldosterone system (RAAS) plays a key role in the regulation of blood pressure, through the actions of angiotensin (Ang) II. Excessive RAAS activity may lead to hypertension and associated target organ damage. Indeed, RAAS blockade with angiotensin converting enzyme inhibitors (ACEIs) and/or angiotensin receptor AT (1) blockers (ARBs) has proved to be successful treatment for arterial hypertension, heart failure and diabetes. Accumulating evidence suggests that arterial stiffness is an important and independent predictor of cardiovascular risk. More recently, a role for advanced glycation end-products (AGEs) in the development of arterial stiffening has been suggested. Advanced glycation end-products form by a nonenzymatic reaction between reducing sugars and biological proteins. Mechanisms underlying these alterations include AGE cross-linking of collagen and AGE interactions with circulating proteins and AGE receptors. New pharmacologic agents that prevent AGE formation, break cross-links, or block AGE receptors reduce vascular and myocardial stiffness, inhibit atherosclerotic plaque formation, and improve endothelial function. These agents promise to reduce the risk of isolated systolic hypertension, diastolic dysfunction, diabetes and thus, heart failure.

PMID: 17979687

A top-down view of a spiral-bound notebook with a light grey cover, lying on a textured, brown fabric surface. The word "INOSITOL" is printed in a bold, black, serif font on the notebook's cover. Surrounding the notebook are several wooden spoons of various sizes, each filled with different types of legumes. The legumes include yellow lentils, red lentils, green lentils, black lentils, white lentils, and chickpeas. Some spoons also contain a mixture of lentils and rice. The background is a dark, textured fabric, possibly burlap, which provides a rustic and natural setting for the ingredients.

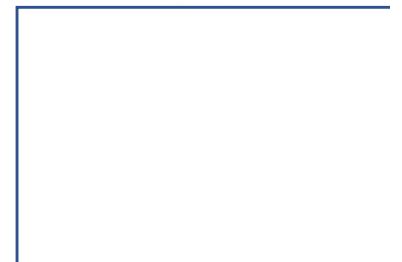
INOSITOL



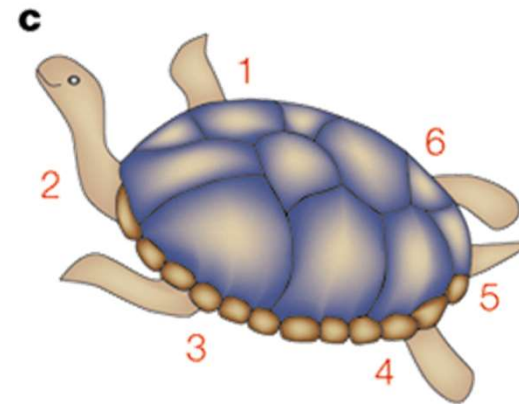
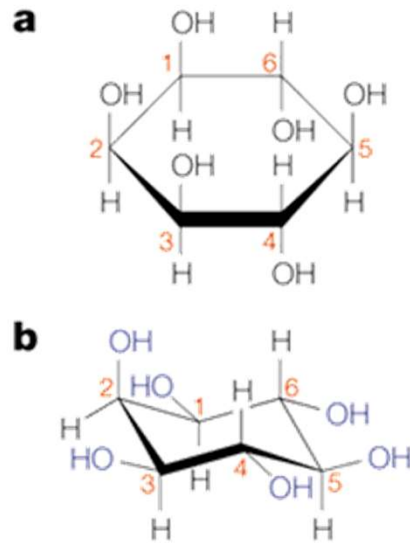
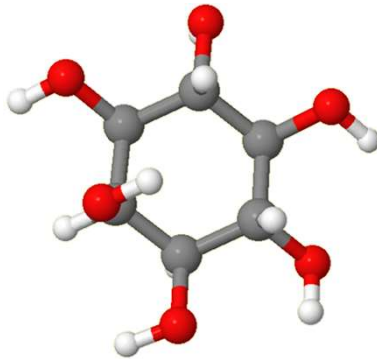
Inositols and AGE



***In vitro* studies indicated that IP6 significantly reduced the formation of fluorescent AGEs**



INOSITOLS

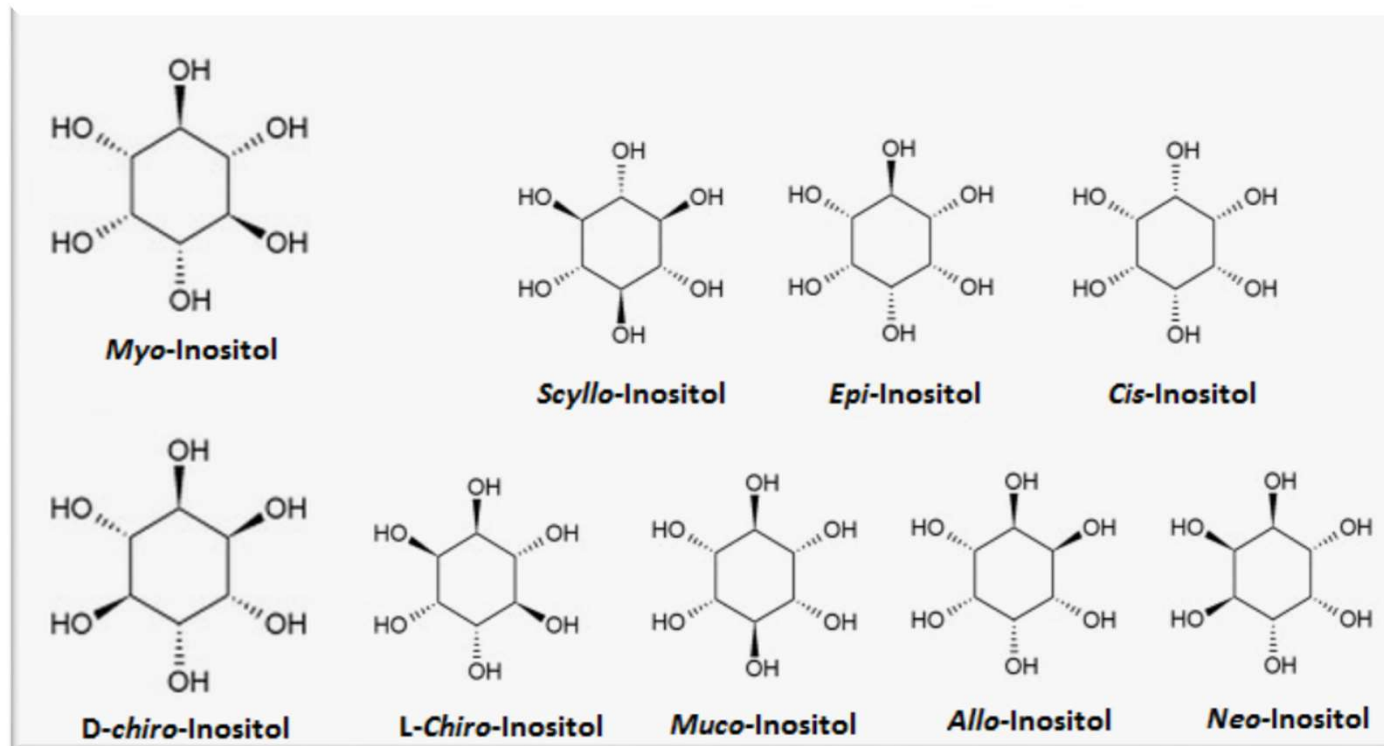


Nature Reviews | Molecular Cell Biology

Inositol is a 6-carbon, cyclic polyalcohol wrongly considered as belonging to the group of vitamins B

It exists in nine different stereoisomers

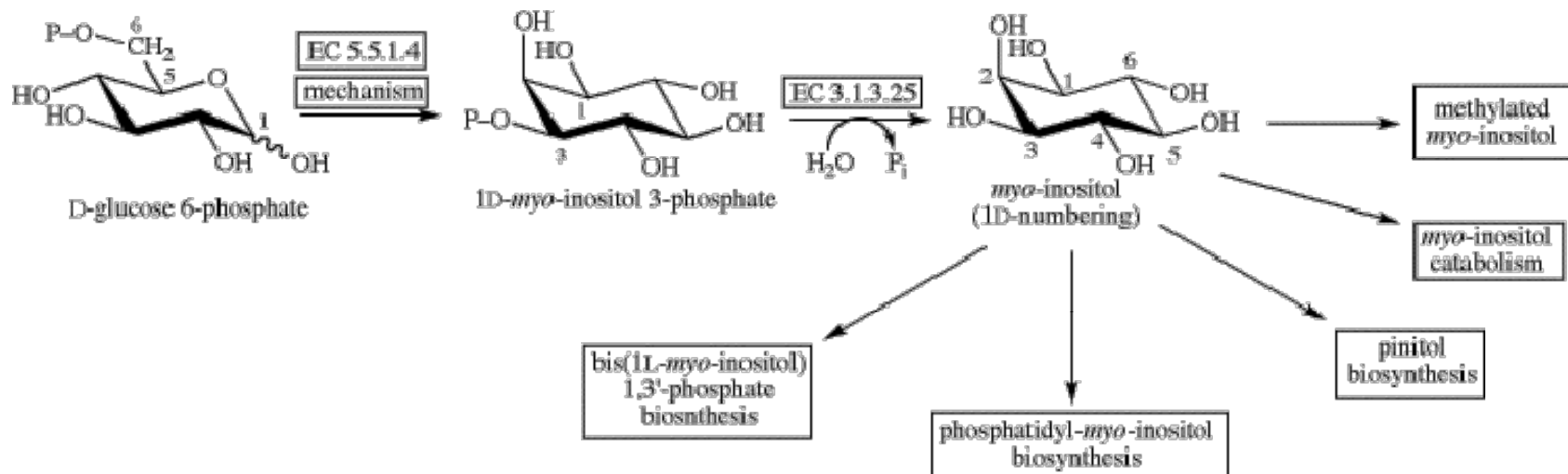
Inositol's isomers



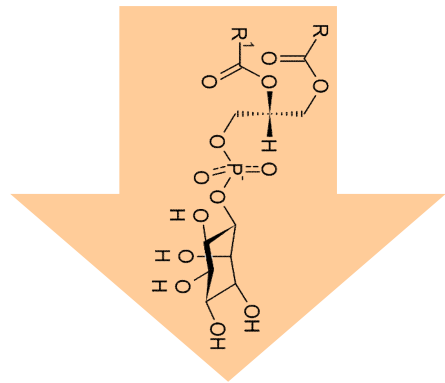
Myo-inositol is the most abundant in nature

Inositol and Diet

It is also an endogenous molecule directly synthesized by adrenal gland

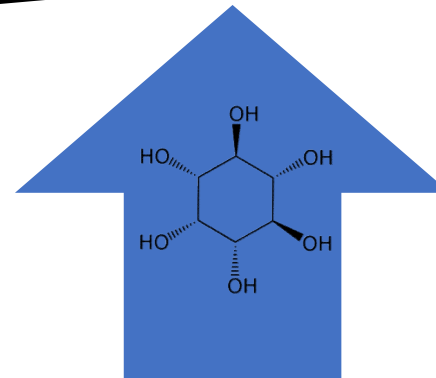


Inositols form



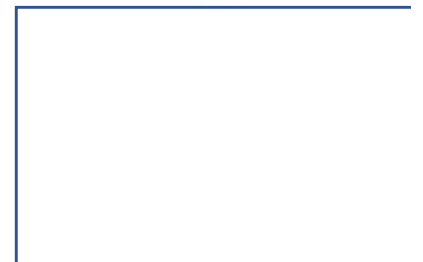
Inositol complexes
(abundant in cell membranes)

Free inositol
(abundant in body fluids)





Myo-Inositol Benefits

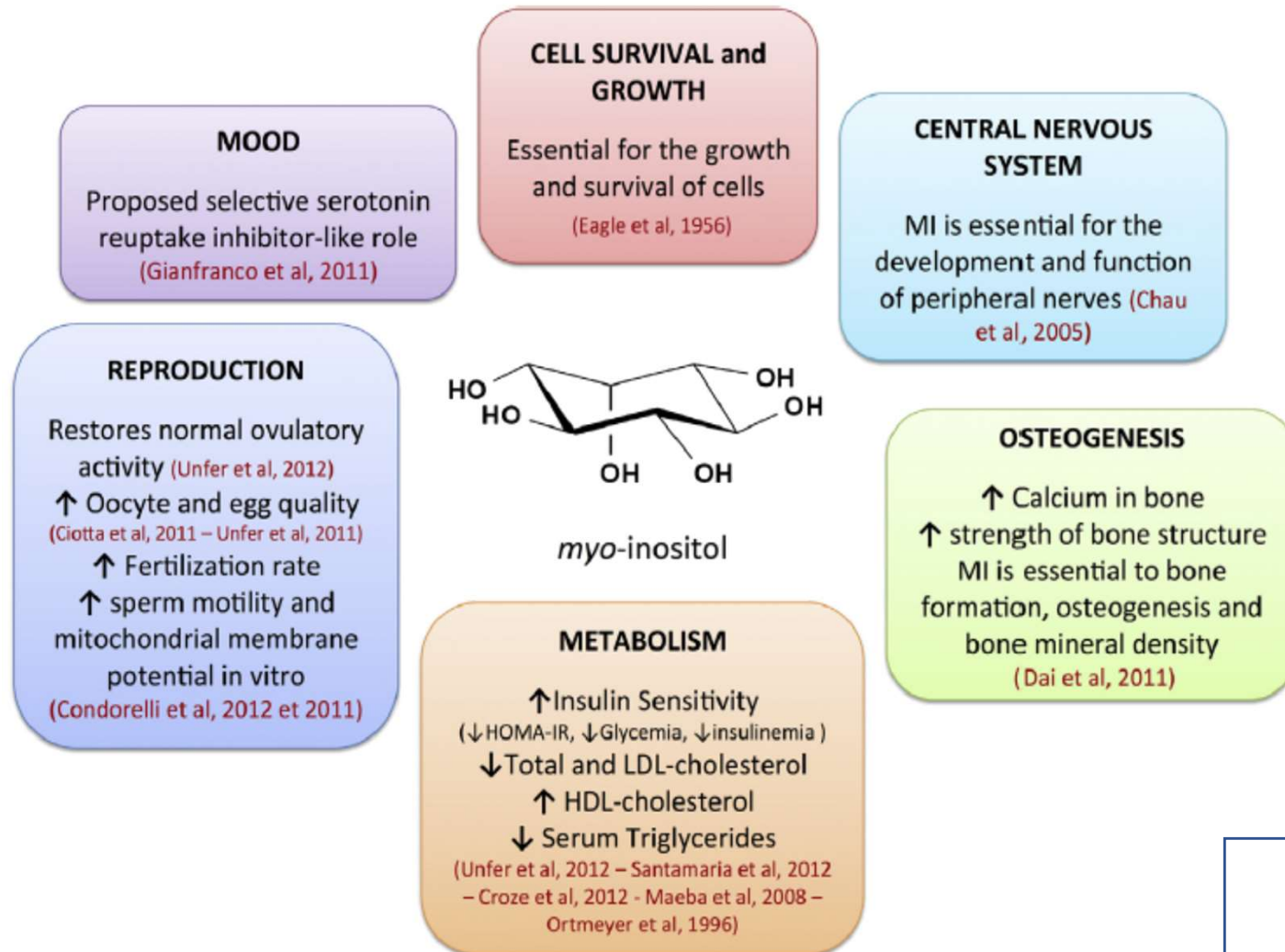


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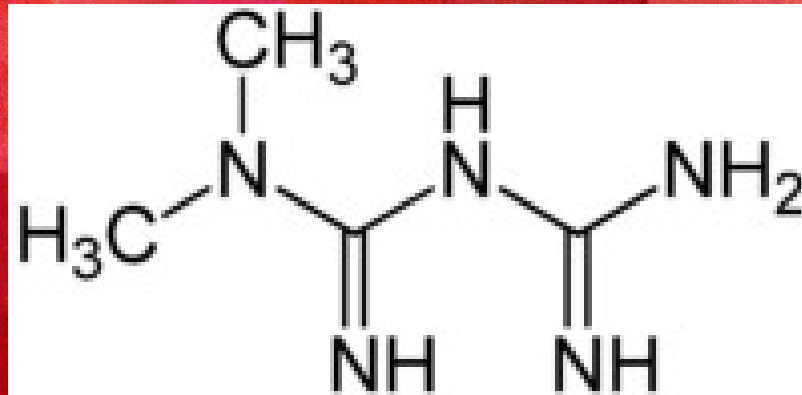
MI improves the insulin signaling reducing glycaemia



Other functions







N,N-dimethyl biguanide

METFORMIN

.....
the geroprotector

Metformin in Longevity Study (MILES)

This study is ongoing, but not recruiting participants.

Sponsor:

Albert Einstein College of Medicine, Inc.

ClinicalTrials.gov Identifier:

NCT02432287

First Posted: May 4, 2015

Last Update Posted: June 27, 2017

⚠ The safety and scientific validity of this study is the responsibility of the study sponsor and investigators. Listing a study does not mean it has been evaluated by the U.S. Federal Government. Read our [disclaimer](#) for details.

Information provided by (Responsible Party):

Jill Crandall, Albert Einstein College of Medicine, Inc.

Full Text View

Tabular View

No Study Results Posted

Disclaimer

[?](#) How to Read a Study Record

• Purpose

Metformin, an FDA approved first-line drug for the treatment of type 2 diabetes, has known beneficial effects on glucose metabolism. Evidence from animal models and in vitro studies suggest that in addition to its effects on glucose metabolism, metformin may influence metabolic and cellular processes associated with the development of age-related conditions, such as inflammation, oxidative damage, diminished autophagy, cell senescence and apoptosis. As such, metformin is of particular interest in clinical translational research in aging since it may influence fundamental aging factors that underlie multiple age-related conditions. The investigators therefore propose a pilot study to examine the effect of metformin treatment on the biology of aging in humans. Namely, whether treatment with metformin will restore the gene expression profile of older adults with impaired glucose tolerance (IGT) to that of young healthy subjects.

METFORMIN - CARDIOPROTECTIVE EFFECTS

Improves	Decreases
diastolic function	↓ hyperglycemia
↑ HDL-C	↓ TC, VLDL, LDL-C
↑ vascular relaxation	↓ oxidative stress
↑ tPA activity	↓ PAI-1 levels
	↓ von Willebrand factor levels
	↓ platelet aggregation and adhesion

Metformin inhibition of glycation processes

P Beisswenger¹, D Ruggiero-Lopez²

SUMMARY

A number of studies have shown that metformin is beneficial in reducing diabetes associated vascular risk beyond the benefits expected from its anti-hyperglycaemic effect. One of the main pathogenic mechanisms leading to chronic complications of diabetes is non-enzymatic glycation where damage is mediated through increased production of highly chemically reactive glucose and α -dicarbonyl compounds which lead to production of advanced glycation products (AGEs). We present laboratory and clinical data supporting the hypothesis that one important explanation of metformin's effect on diabetic complications could be its ability to reduce toxic dicarbonyls and AGEs. This effect could be related either to the binding of the α -dicarbonyls, methylglyoxal (MG) or 3-deoxyglucosone, or to an increase in enzymatic detoxification. Our studies presented in this manuscript document extracellular binding of MG by metformin to form a specific product (triazepinone) *in vivo*. This condensation product appears to be only one of several inactive end products resulting from this chemical reaction and we discuss the possibility that these or other condensation products (hydroimidazolones) could be indicative of inactivation of MG by metformin. Additional studies of other possible condensation products, as well as other potential cellular effects of metformin on MG production, will help to clarify this potentially important effect of metformin and provide a further rationale for using metformin to prevent long-term complications.

Key-words: Metformin · Glycation · Methylglyoxal · Diabetic complications · Triazepinone.

P Beisswenger, D Ruggiero-Lopez. Metformin inhibition of glycation processes.
Diabetes Metab 2003;29,6S95-6S103



Reaction of Metformin with Dicarbonyl Compounds. Possible Implication in the Inhibition of Advanced Glycation End Product Formation

Daniel Ruggiero-Lopez,*[‡] Marc Lecomte,* Gérard Moinet,[†] Gérard Patereau,[†]
Michel Lagarde* and Nicolas Wiernsperger*

*DIABETIC MICROANGIOPATHY RESEARCH UNIT, LIPHA-INERM U352, INSA-LYON, VILLEURBANNE; AND

[†]LIPHA S.A., CHILLY MAZARIN, FRANCE

ABSTRACT. Dicarbonyl compounds such as methylglyoxal and glyoxal are extremely reactive glycating agents involved in the formation of advanced glycation end products (AGEs), which in turn are associated with diabetic vascular complications. Guanidino compounds such as aminoguanidine appear to inhibit AGE formation by reacting with α -dicarbonyl compounds. The aim of this work was to study whether the antihyperglycemic agent metformin (a guanidine-like compound) might react with reactive α -dicarbonyls. Metformin was incubated at pH 7.4 and 37° in the presence of either methylglyoxal or glyoxal and reaction products analysed by HPLC coupled to mass tandem spectrometry. AGE formation on albumin by methylglyoxal and glyoxal in the presence or absence of metformin was also studied by measuring the fluorescence at 370/440 nm after albumin-AGE isolation by ultrafiltration. As a standard for mass spectra analysis, a metformin-methylglyoxal adduct was chemically synthesised and characterised as a triazepinone (2-amino-4-(dimethylamino)-7-methyl-5,7-dihydro-6H-[1,3,5]triazepin-6-one). The results obtained showed that metformin strongly reacted with methylglyoxal and glyoxal, forming original guanidine-dicarbonyl adducts. Reaction kinetic studies as well as mass fragmentation spectra of the reaction products were compatible with the presence of triazepinone derivatives. In the presence of metformin, AGE-related fluorescence after albumin incubation with either glyoxal or methylglyoxal was decreased by 37% and 45%, respectively. These results suggest that besides its known antihyperglycemic effect, metformin could also decrease AGE formation by reacting with α -dicarbonyl compounds. This is relevant to a potential clinical use of metformin in the prevention of diabetic complications by inhibition of carbonyl stress. *BIOCHEM PHARMACOL* 58;11:1765–1773, 1999. © 1999 Elsevier Science Inc.

KEY WORDS. advanced glycation end products; carbonyl stress; dicarbonyl compounds; glycooxidation; metformin; triazepin

met down regulate inflammation & oxidative stress

level normalisation of :

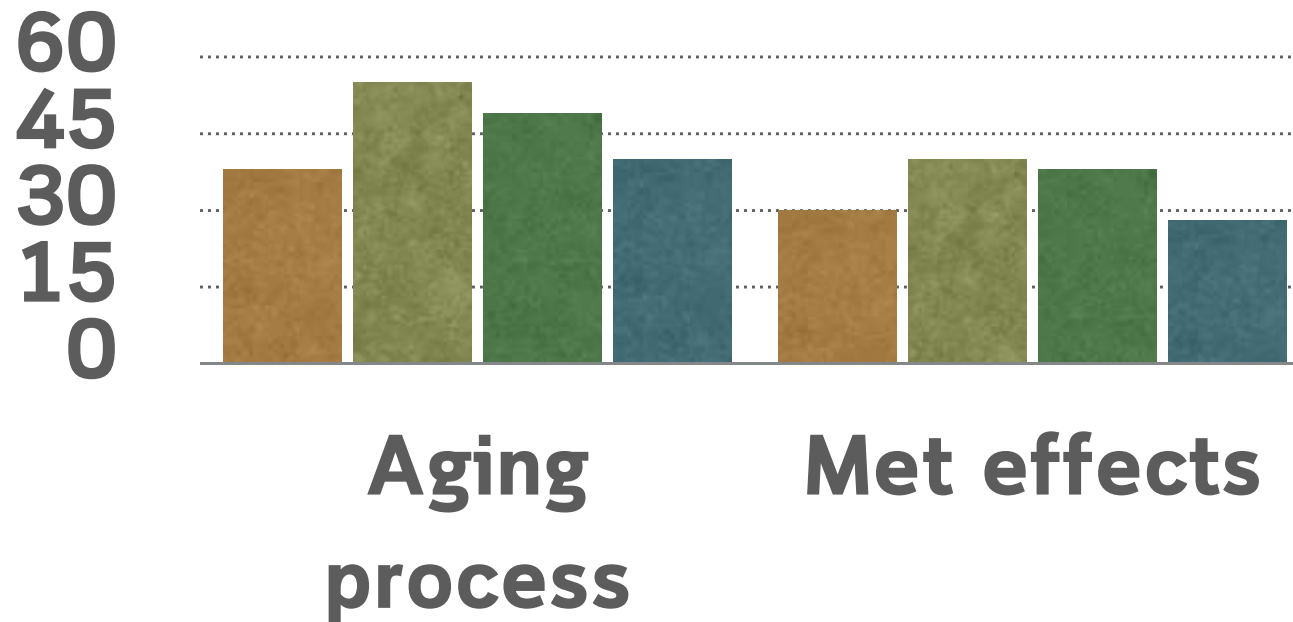
**myeloperoxidase
glutathione
catalase
peroxydase**

**metformin reduces vascular permeability and cellular
infiltration**

Protective Effect of Metformin against Acute Inflammation and Oxidative Stress in Rat.
Pandey A, et al. Drug Dev Res. 2016.

metformin acts on the major pillars of aging

metformin reduces blood sugar and works on multiple pathways involved in cell growth, inflammation and metabolism — all of which constitute the major pillars of aging.



caloric restriction
mimetic

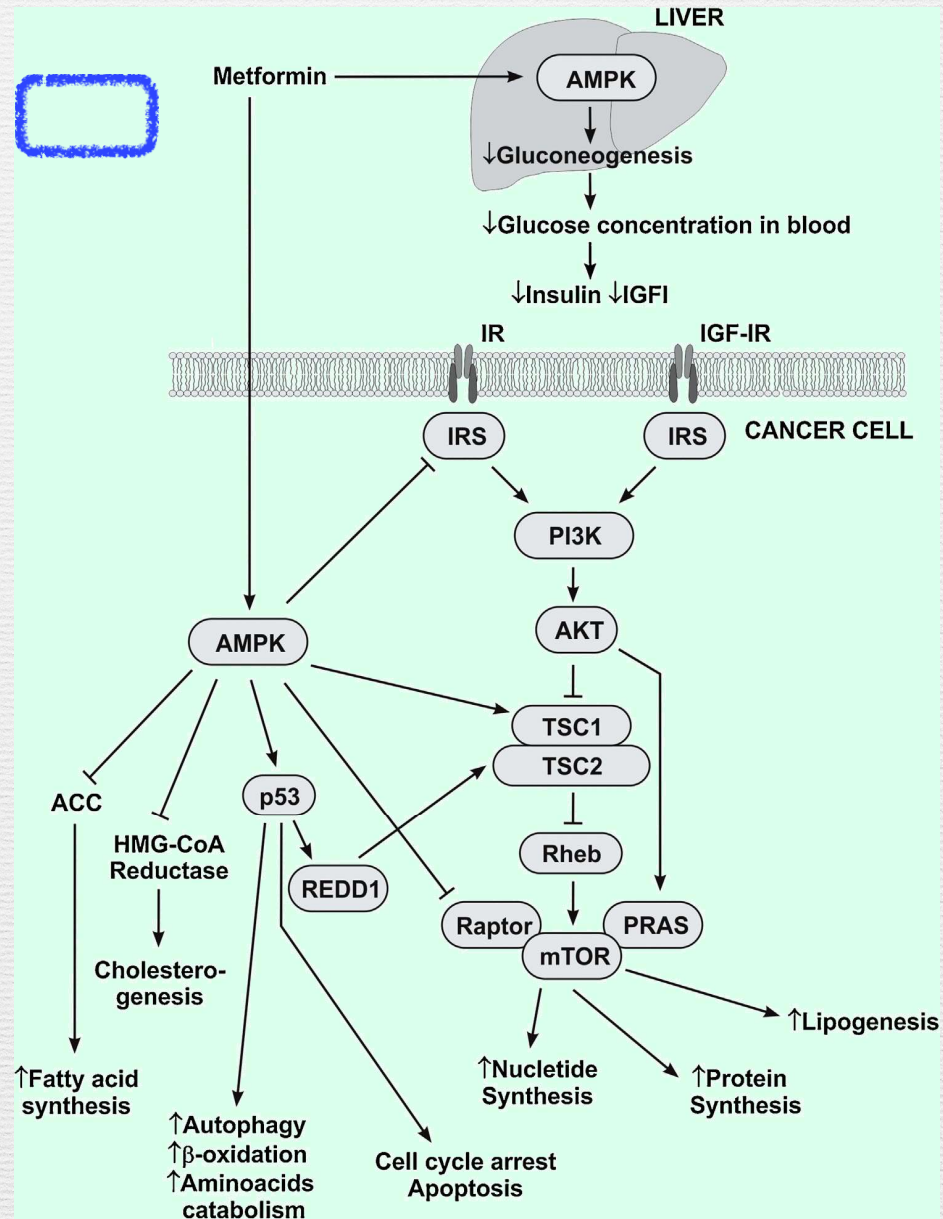
anti insulin/igf1

AMPK

P53

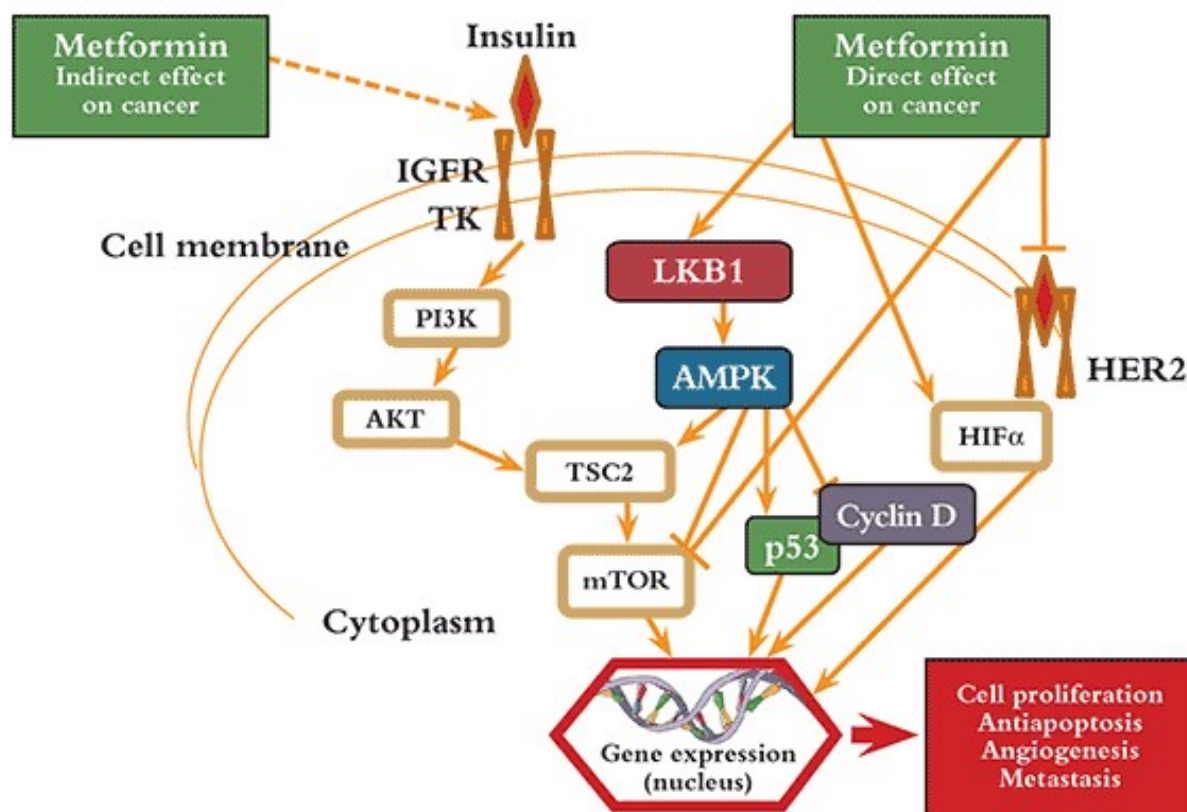
autophagy

apoptose



Metformin induces degradation of mTOR protein in breast cancer cells

Figure 1. Major Potential Antitumor Mechanisms of Metformin



AKT: *v-akt murine viral oncogene*; AMPK: *5' adenosine monophosphate-activated protein kinase*; HER2: *human epidermal growth factor receptor 2*; HIFα: *hypoxia-induced factor alpha*; IGFR: *insulin-like growth factor receptor*; LKB1: *serine-threonine liver kinase B1*; mTOR: *mammalian target of rapamycin*; p53: *tumor suppressor protein*; PI3K: *phosphoinositide 3-kinase*; TK: *tyrosine kinase*; TSC2: *tuberous sclerosis complex 2*.

Metformin induces degradation of mTOR protein in breast cancer cells
Mohamed Alalem, Alpna Ray & Bimal K. Ray

© 2016 The Authors. Cancer Medicine

Anticancer Drugs

Aspirin

Other antiinflammatory drugs (?)

statins

metformin

Vitamine D

Hormones: E2, Progesterone, Testosterone,
Melatonin

bisphosphonates

denosumab

metformin & cancer prevention

**Metformin for cancer and aging prevention :
is it a time to make the long story short ?**

“The problem with metformin ?

**is it's cheap, it's widely available,
it has a great safety profile,
and anyone can use it”**

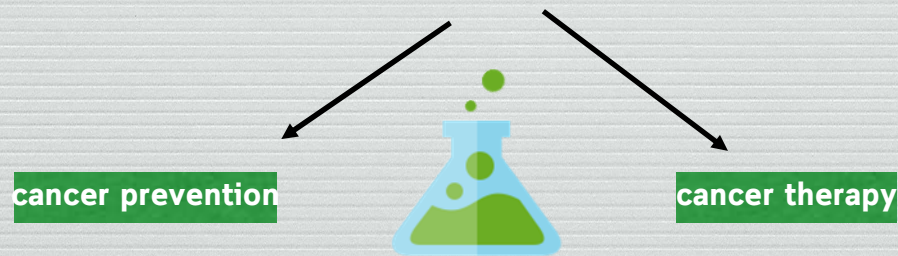
Metformin for cancer and aging prevention: is it a time to make the long story short?

Vladimir N. Anisimov¹ Oncotarget, Vol. 6, No. 37

November 18, 2015

Blagosklonny MV. Validation of anti-aging drugs by treating age-related diseases. Aging (Albany NY) 2009;28;1(3):281-8.

Metformin, an old drug, brings a new era to cancer therapy.



**in vivo the
metformin's role
in attenuating
tumorigenesis**

[Metformin, an old drug, brings a new era to cancer therapy.](#)
Review article
He H, et al. Cancer J. 2015 Mar-Apr.

Aspirin

Diabetes Res Clin Pract. 2007 Aug;77(2):337-40. Epub 2007 Mar 26.

Aspirin inhibits the formation of pentosidine, a cross-linking advanced glycation end product, in collagen.

Urios P, Grigoroa-Borsos AM, Sternberg M.

Abstract

Aspirin showed an inhibitory effect on the formation of pentosidine, a cross-linking advanced glycation endproduct, in collagen incubated with glucose in vitro. IC(50) was evaluated at 10mmol/l. Aspirin might act by metallic ion chelating (as did EDTA and DTPA) and by oxygen radical scavenging. Since aspirin was reported to inhibit retinopathy in diabetic dogs, it could act partly by inhibiting advanced glycation endproduct accumulation in long-lived proteins like collagens.

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Aspirin Stimulates Insulin and Glucagon Secretion and Increases Glucose Tolerance in Normal and Diabetic Subjects

Piero Micossi, MD, Antonio E Pontiroli, MD, Steven H Baron, MD, Raul C Tamayo, MD, Frieda Lengel, Maurizio Bevilacqua, MD, Umberto Raggi, MD, Guido Norbiato, MD and Piero P Foà, MD, PhD

[+](#) Author Affiliations

Address reprint requests to Dr. P. P. Foà, Department of Research, Sinai Hospital of Detroit, 6767 West Outer Drive, Detroit, Michigan 48235.

Diabetes 1978 Dec; 27(12): 1196-1204. <https://doi.org/10.2337/diab.27.12.1196>

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Aspirin and AGE

Diabetes Res Clin Pract. 2007 Aug;77(2):337-40. Epub 2007 Mar 26.

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The activation of AMPK (AMP-activated protein kinase) also leads to an increase in fat burning and decomposition of fat in the

Antidiabetic Antiglycation Drug ?

- The activation of AMPK (AMP-activated protein kinase) also leads to an increase in fat burning and decomposition of fat in the liver. ***(S. Galic et al., Hematopoietic AMPK β 1 prevents inflammation and hepatic insulin resistance in obesity. Journal of Clinical Investigation. 2011;121:4903-15)***
- Salicylates activity on AMPK could counteract a diabetic condition. Indeed, there is evidence of an effect in type 2 diabetes mellitus ***(Warum Ass und Metformin vor Krebs schützen. Meyer, Rüdiger in Dtsch Arztebl 2012; 109(17): A-840 / B-724 / C-720).***

Vitamin D and AGE

Mol Cell Endocrinol. 2019 Jan 5;479:87-92. doi: 10.1016/j.mce.2018.09.004. Epub 2018 Sep 22.

Vitamin D attenuates the effect of advanced glycation end products on anti-Mullerian hormone signaling.

Merhi Z¹.

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Vitamin D attenuates the adverse effect of advanced glycation end products on human granulosa cells: implications for women with PCOS

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Thank you for your attention!



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