Metabolic Care

Precision Medicine.
Biomarker-Driven Longevity.

Dr. Sajad Zalzala

Longevity Medicine Physician

> *Advancing healthier, longer lives through personalized, evidence-based care.*

Longevity Medicine
Proactive care focused on healthspan and long-term risk reduction.

Precision Medicine
Biomarker-driven strategies tailored to individual health.

Clinical Leadership
Designing and scaling patient-centered clinical programs.

Digital Health Innovation
Technology-enabled, modern telemedicine care.

About Dr. Zalzala

Dr. Sajad Zalzala is a board-certified Family Medicine physician specializing in longevity, preventive and precision medicine, with a career spanning metabolic health, biomarker-driven prevention and digital healthcare.

His work translates emerging science and health data into personalized strategies that support healthier aging.

Areas of Focus

Patient Education
Turning complex evidence into practical guidance.

Metabolic Health
Evidence-informed approaches to metabolic health.

Biomarker-Driven Care
Longitudinal data informing personalized care.

Hormone Optimization
Individualized hormonal health support.

Program Development
Structured, scalable, patient-centered care models.

Patient-focused. Science-based.
Whole-person care.

MetabolicCare.com

Dr. Sajad Zalzala

Longevity Medicine Physician

Clinical Leadership

Founder & Medical Director

Root Causes Medical Consultants

Personalized longevity and preventive care guided by biomarkers and metabolic health.

Medical Director

SkinnyRx

Clinical oversight for GLP-1 weight management and metabolic risk reduction.

Co-Founder & Chief Medical Officer

AgelessRx · 2019–2025

Led clinical strategy and operations across a 50-state provider network.

Distinguished Training

Doctor of Medicine (MD)

Wayne State University School of Medicine · 2004–2009

Family Medicine Residency

Crittenton Hospital / Wayne State University · 2009–2012

B.S., Computer Science & Biological Sciences

Wayne State University · 1999–2004

Board Certifications

Family Medicine — American Board of Family Medicine · Board-Certified

Key Contributions

Research & Media Recognition

Published longevity research; featured in national media including Fox News, CNBC and Scientific American.

Digital Health Leadership

Advises on telemedicine and clinical systems, integrating technology into modern, patient-centered care.

> *"Longevity medicine turns complex science into personalized strategies that help people live healthier, longer."*