

Prof. Marek Postuła, MD, PhD – Longevity-Focused Cardiologist

Prof. Marek Postuła is a cardiologist dedicated to longevity, serving as the Head of the Pharmacogenomics Laboratory at the Preclinical Research Center, Department of Experimental and Clinical Pharmacology at the Medical University of Warsaw. He is also the co-founder and president of the Polish Society of Longevity Medicine and a leading expert in longevity and aging research in Poland. His expertise extends beyond cardiology, as he gained international experience as a Fulbright Fellow at the Laboratory of Perioperative Genomics at Penn State College of Medicine, USA. Additionally, he holds a Master's degree in Health Economics from the London School of Economics and Political Science (LSE). Beyond research, he is actively engaged in popularizing longevity science and preventive medicine. Together with journalist Krzysztof Łoniewski, he co-hosts the radio program "Kierunek Długowieczność" (Towards Longevity) on Polish Radio Program 3 and the podcast "W stronę długowieczności" (Direction Longevity), available on Spotify. Prof. Postuła combines scientific research with practical applications, advocating for innovative approaches to extend healthspan and improve quality of life through precision medicine, pharmacogenomics, and personalized prevention strategies.