



## The Science Behind Living Better Longer

A Presentation by the Buck Institute for Research on Aging

**SUNDAY, NOVEMBER 10, 2024**



### **Sidharth S. Madhavan, USC-Buck PhD Fellow**

#### **The Buck Institute for Research on Aging**

Mr. Madhavan, a USC-Buck Ph.D. Fellow, works in John Newman's laboratory at the Buck Institute in Novato. He graduated summa cum laude from Virginia Tech with a B.S. in Clinical Neuroscience with honors. There he completed a thesis investigating environmental effects on dementia progression in aging populations. During his Ph.D. thesis work, he has been working to understand how exercise- and diet-related metabolites can be harnessed to promote healthy aging. He studies how these metabolites can bind to and induce the clearance of damaged proteins in the brain and the gut. His experiments utilize and provide preclinical support for compounds currently being tested in clinical trials. Outside the lab, he loves trail running and backcountry hiking and volunteers with the Golden Gate National Parks Conservancy. He lives in Kentfield with his fiancée and a rescue terrier.

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*My Notes*

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Vibrant health and well-being are within reach at any age!

As we grow older, caring for our mental and physical wellness becomes not only more important but also an exciting and empowering journey. We are pleased to offer you the opportunity to connect with these important local organizations.

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*As we each deepen our understanding,  
we amplify our capacity for collective action.*

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