



Learner Disclosure - Landing Page

Activity Title:	Introduction to DNA Methylation, Epigenetic Clocks, and Treatments
Format:	Enduring Material
Release Date:	August 01, 2026
Expiration Date:	July 31, 2027
Target Audience:	Physicians
Method of Participation:	Complete the course, pass the quiz, and submit the evaluation.
Medium:	Online module containing video, audio, or text

Activity Description

This addresses the significant gap in the application of epigenetic principles in clinical practice, which currently limits personalized medicine and disease prevention efforts. Despite strong evidence from recent research validating the role of epigenetic markers in predicting disease risk and biological aging, healthcare providers often struggle to translate this knowledge into patient care due to a lack of foundation in epigenetics from initial training, the rapid pace of research, and the absence of standardized clinical guidelines. By delivering current, relevant education through video modules, the activity will enable physicians to overcome these systemic and individual barriers, integrate epigenetic insights into their workflows, and leverage this advanced science for proactive patient counseling and the development of truly personalized treatment strategies, especially for vulnerable patients and those with a family history of chronic diseases.

Learning Objectives - After Attending This Program You Should Be Able To:

1. Analyze epigenetic markers and their relationship to disease risk
2. Differentiate between various types of DNA methylation patterns and their clinical significance
3. Evaluate the appropriateness of epigenetic testing for individual patients
4. Assess biological age markers in relation to chronological age and health status
5. Develop personalized treatment plans incorporating epigenetic data
6. Design preventive strategies based on epigenetic risk factors
7. Implement evidence-based interventions to modify epigenetic markers
8. Utilize DNA methylation algorithms in clinical decision-making

Principal Faculty

Mike Stone, MD

CME Accreditation & Designation of Credit Information



This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Scimple Education, LLC and Epigenetic Society. Scimple Education, LLC is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



Scimple Education, LLC designates this Enduring activity for a maximum of 6 *AMA PRA Category 1 Credits™* for physicians. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

Satisfactory Completion

Learners must complete an evaluation form to receive a certificate of completion. Partial credit of individual sessions is not available. If you are seeking continuing education credit for a specialty, it is your responsibility to contact your licensing/certification board to determine course eligibility for your licensing/certification requirement.

Claiming Credit

The learner may claim Continuing Medical Education (CME) credit **only once per topic**. The learner is responsible for keeping track of their claimed credits and reporting credit hours.



Disclosure of Financial Commercial Support

Commercial support is defined as monetary or in-kind contribution given by an ineligible organization to be used to pay all or part of the costs of a CME activity.

No commercial support was received for this activity.

Disclosure of Relevant Financial Relationships

Scimple Education, LLC requires all individuals involved in the planning and implementation of a CME activity to disclose all relevant financial information with ineligible organizations (entities whose primary business is producing, marketing, selling, re-selling or distributing healthcare products used by or on patients) prior to the start of the activity.

Mitigation Statement

All relevant financial relationships are mitigated prior to the start of the activity.

The following individuals disclosed relevant financial relationships with ineligible organizations:

Jeffrey Bland, MD (Faculty)	President for <i>Big Bold Health</i>
Terrie Moffitt, PhD, MBE (Faculty)	Consultant for <i>TruDiagnostic</i>
Albert Tzongyang Higgins-Chen, MD (Faculty)	Consultant for <i>TruDiagnostic</i> and <i>FOXO Biosciences</i>
Raghav Sehgal, MD (Faculty)	Consultant for <i>LongevityTech</i> and <i>Cambrian BioPharma</i>
Jessica Lasky-Su, ScD (Faculty)	Consultant/Researcher for <i>TruDiagnostic</i> and Consultant for <i>Precion</i> and <i>Ahara</i>
Matthew Gomez, MD	Employee for <i>TruDiagnostic</i>
Shay Davis (Staff)	Employee for <i>TruDiagnostic</i>

The following individuals had no relevant financial relationships to disclose:

Mike Stone, MD	Planner
Haney Mallemat, MD	Reviewer
Mike Stone, MD	Faculty
Jeffrey B. Graham, MD	Faculty
Sanjeev Goel, MD	Faculty
Bridget Briggs, MD	Faculty

How to Get Your Certificate

1. Complete by the deadline or expiration date.
2. Certificate will be emailed to you upon completion.

Questions

If you have any questions regarding this activity, please contact dina@simplecme.com

URL: <https://introductions-DNA-methylation.scimpleeducation.com/>

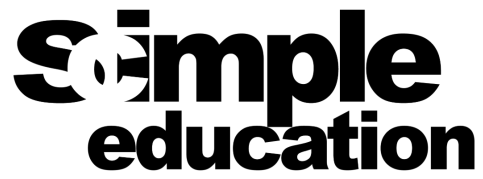
Internal ID Number: JP-IDMECT-End-26

List of Modules

Name of Speaker

Title of Talk

Mike Stone, MD	Module 1: The History of Biological Aging Clocks
Jeffrey Bland, MD	Module 2: A Discovery that Reframes Healthcare: Clinical Epigenetics
Jeffrey B. Graham, MD	Module 3: Introduction to Methylation
Bridget Briggs, MD	Module 4: Biochemical Methylation VS DNA Methylation



Jessica Lasky-Su, ScD

Albert Tzongyang Higgins-Chen, MD &
Raghav Sehgal, MD

Terrie Moffitt, PhD, MBE

Sanjeev Goel, MD

Module 5: Precision Aging: Using Omics & EMRs to Optimize Aging for Each Individual

Module 6: Introduction to SymphonyAge

Module 7: Introduction to DunedinPACE

Module 8: How To Use Epigenetic Testing In Your Clinical Practice