











# SECURITY 3.0

Learnings from modern medicine and longevity

# MEDICINE 3.0

Dr. Attia's concepts for longevity<sup>3</sup>

- Longevity: multifaceted approach to extending lifespan and healthspan - the period of life spent in good health



[https://peterattiamd.com/wp-content/uploads/2022/12/Peters-book-cover-21-2\\_v1-1024x1024.jpg](https://peterattiamd.com/wp-content/uploads/2022/12/Peters-book-cover-21-2_v1-1024x1024.jpg)

# MEDICINE 3.0

“The four horsemen of death”

- Cardiovascular Diseases: Including heart disease and stroke
- Cancer
- Neurodegenerative Diseases: Such as Alzheimer's disease and other forms of dementia
- Metabolic Diseases: Including type 2 diabetes and obesity



# MEDICINE 3.0

Approaches and concepts for longevity

- Preventive and evidence based personalized strategy
- Exercise: Endurance, Muscular Exercises, Stability and Flexibility
- Sleep: minimum 8 hours of sleep
- Stress management: meditation, mindfulness
- Diet and Nutrition



# SECURITY 3.0

My concepts for cyber longevity

- Resilience
- Cyber Hygiene
- Prevention > Detection & Response



# SPEAKER DETAILS



- Founder, vCISO, Advisor, Investor and Public Speaker @ „ahead Security“
- Podcast Co-Host @ “BreachFM - Der InfoSec Podcast”
- prev. Global CISO @ Bitpanda
- prev. Deputy CISO / Head of ICT GRC & Awareness @ N26
- prev. Deputy CISO / VP Information Security @ UniCredit Bank AG

All views and opinions are mine and not the views of my employer<sup>1</sup>.  
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# REFERENCE LIST

1. Full disclaimer: The information, assessments and evaluations communicated by the speaker during the event and contained in this document represent the personal opinion of the speaker/author of this document. They are expressed as a private individual and are therefore in no way to be attributed to or related to the position of the speaker/author itself.
2. All images without reference created with GPT-4
3. “Outlive: The Science and Art of Longevity” - by Dr. Peter Attia // ISBN-10: 0593236599