Alexander D Paziotopoulos

MD, FAARFM | Inventor of Medical Maintenance Engineering
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CURRENT LEADERSHIP AND CLINICAL APPOINTMENTS

The Pazio Institute - Chicago, IL Apr 2017 - Present
Founder and CEO; Lead Physician
Founded and leads a longevity and functional medicine clinic focused on improving health and function. The practice is where Medical Maintenance Engineering (MME) was developed, implemented, and continues to be refined. Care combines detailed assessment, treatment and lifestyle plans, weekly check-ins, and repeat testing. Plans evolve with clinical results and what each patient can sustain, simplifying care or building on progress.

Institute for Medical Maintenance Engineering (iMME) Dec 2023 - Present
Founder
Founded to advance the wider use of Medical Maintenance Engineering. Developing the protocols, clinical tools, and support that help care teams turn assessment into action, coordinate follow-up, and continually adjust treatment and lifestyle plans using clinical results and patient feedback.

MD AT HOME - Chicago, IL Oct 2023 - Present
Medical Director
Medical practice focused on home health care.

MEDICAL ADVISORY APPOINTMENTS

Bryant Legal Group PC - Chicago, IL Jul 2026 - Present
Medical Advisory Board Member

Verséa Discovery, Inc. (mescreen) May 2026 - Present
Medical Advisory Board Member
Advises on mescreen clinical integration, research protocols, and clinical reporting.

PREVIOUS CLINICAL AND LEADERSHIP APPOINTMENTS

Whole Health Medical Group - West Jordan, UT Sep 2016 - Apr 2017
Physician

Meta Modern Medicine Physician Group - Chicago, IL Aug 2015 - Feb 2017
Chief Medical Officer, Founder and CEO

Chicago Integrative Care - Chicago, IL Jan 2015 - Aug 2016
Senior Clinician

Interventional Pain Management - Tinley Park, IL Oct 2014 - Sep 2015
Functional Pain Management Specialist

Immortal MD - Chicago, IL Aug 2013 - Feb 2015
Chief Medical Officer and Founder

MEDICAL EDUCATION AND RESIDENCY

Mercer University School of Medicine - Macon, GA Jun 2010 - Jul 2013
Family Medicine Residency, Medical Center of Central Georgia.
Completed the University of Arizona Integrative Medicine in Residency program.

St. Matthew's University School of Medicine - Grand Cayman Aug 2008
Doctor of Medicine (MD).

COMPLETED FELLOWSHIPS AND PROFESSIONAL CREDENTIALS

American Academy of Anti-Aging Medicine Dec 2013
Fellowship in Anti-Aging, Regenerative and Functional Medicine.
Diplomate, Nutritional, Metabolic and Functional Medicine.

Metabolic Medical Institute
Aesthetic Anti-Aging Medicine Fellowship.
Fellowship in Stem Cell Therapies.
Certification in Peptide Therapeutics.

SELECTED INVITED PRESENTATIONS AND KEYNOTES

Unicorn Summit Europe - Lisbon, Portugal May 30-31, 2026
Speaker - Innovation in Life Sciences: From Idea to Impact (May 31, 2026).

Panelist - Transformative Innovation: AI, Longevity, and Global Entrepreneurship (May 30, 2026).

2nd Edition of Aging and Longevity Conference - Rome, Italy Apr 9, 2026
Speaker, Technical Session I - Medical Maintenance Engineering: A Proactive Systems-Based Framework for Aging and Longevity.

Session Chair, Technical Session I.

6th TimePie Longevity Forum - Shanghai, China Sep 20-21, 2025
Speaker: Medical Maintenance Engineering for the Self-Optimized Biohacker.

Unicorn Summit - Estoril, Portugal Jul 1, 2025
Speaker - Engineering Longevity: Reversing Aging and Redesigning the Human Healthspan.

Longevity and Biohacking Convention - Andorra la Vella, Andorra Jul 5, 2024
Keynote speaker - Mitochondrial activation: Boost your energy centers and your ATP production.

Healthy Masters International Conference - Portugal 2023; 2022
Keynote speaker (November 2023); speaker (2022).

RAADfest 2017 - 2023
Annual speaker, including RAADCity presentations. 2022 presentation: Application of Medical Maintenance Engineering for the Extension of Human Life and Health Span.

Medical Center of Central Georgia Grand Rounds Jan 2013
Vitamin D Deficiency - Macon, Georgia.

PODCAST HOSTING AND MEDIA

Host and interviewer: The Pazio Institute Interview Series; You, Perfected.
Selected guests include Dr. Zach Bush and Dr. Joseph Antoun.

Selected guest appearances

The Lifestyle Medicine Podcast	2026
Longevity Optimization with Kayla Barnes-Lentz	2025
The Brian Keane Podcast	2025
The Gabby Reece Show	2024
The Darin Olien Show	2024; 2020
Tom Bilyeu's Health Theory	2020
WGN's Living Healthy Chicago	2021; 2015

PROFESSIONAL AFFILIATIONS

American Academy of Family Physicians	2010 - Present
American Academy of Anti-Aging Medicine	Aug 2008 - Present
Metabolic Medical Institute - Active member	Present

ADDITIONAL TRAINING

Certified Yoga Instructor - Moksha Yoga and Yoga Alliance	1998
Third-Degree Shaolin Black Belt - Chinese Shaolin Center	2009