

DEXA Plus Founder Tony Orlando Joins Elite Panel at NYC's Longevity Circle

DEXA+ shared cutting-edge insights on the role of DEXA, RMR, & diagnostics and optimizing aging at this exclusive gathering of longevity thought leaders in NYC.

ROMEO, MI, UNITED STATES, May 1, 2025 /EINPresswire.com/ -- Tony Orlando, Founder of [DEXA Plus](#) and nationally recognized expert in body composition and metabolic health testing, joined an exclusive panel at the Longevity Circle Private Event in Manhattan. Orlando served as a featured expert on the panel discussion titled, "The Role of Testing in Longevity: What to Measure, When and Why?"

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DEXA, RMR, and VO₂ testing are the foundation of true preventative care. Together, these tools expose hidden metabolic risks and give a clear roadmap for health, performance, and longevity.”

Tony Orlando, Founder of DEXA+

The Longevity Circle Private Event brought together thought leaders, physicians, researchers, and innovators at the forefront of health optimization, longevity science, and preventative medicine. Tony Orlando shared his insights on how advanced diagnostic tools like DEXA scans and Resting Metabolic Rate (RMR) and VO₂ testing are

transforming the way individuals and clinicians approach aging — offering a powerful, data-driven strategy to optimize body composition, prevent disease, and extend lifespan.

"Longevity isn't guesswork anymore," said Orlando. "The right testing, at the right time, provides a roadmap to build strength, resilience, and metabolic flexibility. I'm honored to join such an esteemed group of leaders to discuss how we can use this data to truly change lives." Joining Orlando on the panel were Joe Joyce, of [COSMED](#) USA and Dr. Jonathann Kuo. Joyce brought further insight into the value of Vo₂ testing as one of the most important longevity markers. Dr. Jonathann Kuo, Founder and Chief Medical Officer of Extension Health a state of the art Longevity Center based in NYC, discussed clinical applications and the importance of both body composition, RMR, VO₂ and other cutting edge testing that has proven to significantly extend life.

As Founder of DEXA Plus and [DEXASCAN.COM](#), Orlando has helped pioneer the integration of body composition and metabolic testing into medical and wellness practices across the country, empowering individuals to take control of their health with precision.

The panel discussion explored:
The most critical biomarkers to track
for healthy aging

How DEXA and RMR fit into a complete
longevity strategy

When to implement testing throughout
different stages of life

Why early detection of subtle
metabolic shifts is key to extending
lifespan and vitality

DEXA Plus is a leading provider of
advanced health optimization
solutions, specializing in DEXA (Dual-
Energy X-ray Absorptiometry)
technology. Founded by Tony Orlando,
DEXA Plus offers state-of-the-art
equipment and comprehensive
support to healthcare providers, wellness centers, and performance specialists aiming to
enhance patient care and business growth.

COSMED the global leader in metabolic testing technology, provides gold-standard RMR and VO₂
equipment trusted by hospitals, clinics, and performance centers worldwide.

The Longevity Circle event is a private, invitation-only gathering of leading voices shaping the
future of personalized medicine and longevity-focused care.

For more information on DEXA Plus and Tony Orlando's work, visit DEXAPlus.COM.

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Tony Orlando and Joe Joyce, Dr. Kuo presenting at the
Longevity Circle Event in NYC discussing the
importance of DEXA, RMR, Vo₂ and other longevity
tests to extend healthspan. Panelists discussed these
tests and the vital health information the tests
provide.

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