

Curriculum Vitae

ASARE B. CHRISTIAN, MD, MPH, ABPMR, ABAARM

Board Certified, Physical Medicine & Rehabilitation (ABPMR)

Board Certified, Longevity & Anti-Aging Medicine (ABAARM)

Founder & Medical Director, Aether Medicine | Wayne, PA

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Professional Summary

Dr. Asare B. Christian, MD, MPH, is a physician leader in **cellular medicine, integrative pain management, regenerative therapies, hormone optimization, and longevity medicine**. Board-certified in Physical Medicine & Rehabilitation, he integrates cutting-edge diagnostics, peptide therapy, regenerative medicine, and functional medicine principles to resolve pain, restore performance, and extend healthspan. Founder of **Aether Medicine**, a boutique longevity and regenerative practice in Philadelphia's Main Line, he blends advanced training from Johns Hopkins, Harvard Medical School, and MIT Sloan to deliver personalized, data-driven care.

Dr. Christian is recognized nationally as a lecturer and educator in **pain, regenerative medicine, cellular medicine, and anti-aging strategies**, with contributions at A4M, AAPMR, PainWeek, IHS, and Rupa University. His clinical philosophy emphasizes the **intelligence of the cell**, root-cause diagnostics, and integrative, personalized therapeutics to optimize human potential across lifespan and healthspan.

Areas of Expertise

- Cellular Medicine & Regenerative Therapies (Peptides, PRP, Stem Cells, Exosomes, Prolozone, Ozone, MAH-UBI)
- Integrative Pain Management & Rehabilitation

- Neurotoxin Medicine (Botox, Xeomin, Dysport for pain, spasticity, migraine, and performance)
 - Peptide Therapy for performance, longevity, and cellular repair
 - Bio-identical Hormone Replacement Therapy & Pellet Therapy
 - Metabolic & Functional Medicine Diagnostics (PNOE, InBody, TruAge, 3x4 Genetics, GI-MAP, DUTCH testing)
 - Healthspan & Longevity Optimization Programs
 - Sports Medicine & Performance Optimization
 - Patient & Physician Education in Integrative Pain and Longevity Medicine
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Education & Training

- **Medical College of Wisconsin** – Doctor of Medicine (MD)
- **Johns Hopkins University School of Medicine** – Residency, Physical Medicine & Rehabilitation
- **Harvard Medical School** – Fellowship Training
- **Harvard T.H. Chan School of Public Health** – Master of Public Health (MPH)
- **MIT Sloan School of Management** – Certification, Artificial Intelligence in Healthcare
- **American Academy of Anti-Aging Medicine (A4M)** – Advanced Training, Anti-Aging & Regenerative Medicine
- **Fellowship in Anti-Aging, Metabolic & Functional Medicine (FAAMFM)** – Ongoing
- **Institute for Functional Medicine (IFM)** – Functional Medicine Certification
- **Seed Scientific Research & Performance Institute (SSRP)** – Advanced training in Cellular Medicine, Peptides, and Performance
- **Evexias** – Certified Hormone Pellet Therapy Provider

- **American Academy of Ozonotherapy** – Ozone & Prolozone Therapy Certification
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Professional Experience

Founder & Medical Director – *Aether Medicine, Wayne, PA*

- Established a premier concierge clinic integrating cellular medicine, regenerative therapy, and longevity programs.
 - Designed comprehensive **Healthspan, Longevity, Metabolic, Hormone, and Performance Programs** serving patients locally and nationally.
 - Leads a multidisciplinary team in advanced pain management, cellular optimization, and functional diagnostics.
 - Developed innovative protocols blending **pharmaceuticals, regenerative biologics, peptides, ozone, hormone therapies, and lifestyle foundations**.
 - Pioneered a **patient-first, data-driven model** to optimize pain relief, performance, and healthspan outcomes.
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Academic Contributions & Lectures

- **International & National Conferences:**
 - American Academy of Anti-Aging Medicine (A4M) – Faculty Speaker
 - PainWeek, Las Vegas – Faculty Speaker (“Hormones & Pain: A Cellular Perspective”)
 - Integrative Healthcare Symposium (IHS), New York – Faculty Speaker (“Painful Connection: The Role of Aging and Senescence in Pain”)
 - American Academy of Physical Medicine & Rehabilitation (AAPMR)
 - Longevity Fest, Las Vegas – “The Art & Science of Longevity”

- Longevity Mastermind NYC & Cannes Longevity Conference
 - **Physician Education:**
 - Lead Faculty, Rupa Health & Doctor's Data – 6-week integrative course on Pain & Migraine Management
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Publications & Media

- Publications in peer-reviewed journals on integrative pain, regenerative medicine, and cellular health.
- Frequent podcast guest on **longevity, regenerative medicine, hormone health, and pain optimization**.
- Media features in physician education platforms, highlighting his work in performance medicine, peptides, and regenerative health.

Peer-reviewed journal articles

- Christian, A. B., González-Fernández, M., Mayer, R. S., & Haig, A. J. (2011). Rehabilitation needs of persons discharged from an African trauma center. *Pan African Medical Journal*, 10, 32.
- Christian, A., Bentley, J., Aryeetey, R., Ackuaku, D., Mayer, R. S., & Wegener, S. (2016). Assessment of rehabilitation capacity in Ghana. *Disability, CBR & Inclusive Development*, 27(1), 33–60.
- Geberemichael, S. G., Tannor, A. Y., Asegahegn, T. B., Christian, A. B., Vergara-Diaz, G., & Haig, A. J. (2019). Rehabilitation in Africa. *Physical Medicine and Rehabilitation Clinics of North America*, 30(4), 757–768.
- González-Fernández, M., Christian, A. B., Davis, C., & Hillis, A. E. (2013). Role of aphasia in discharge location after stroke. *Archives of Physical Medicine and Rehabilitation*, 94(5), 851–855. <https://doi.org/10.1016/j.apmr.2012.11.042>
- González-Fernández, M., Ottenstein, L., Atanelov, L., & Christian, A. B. (2013). Dysphagia after stroke: An overview. *Current Physical Medicine and Rehabilitation Reports*, 1(3), 187–196. <https://doi.org/10.1007/s40141-013-0017-y>
- Conference abstracts and posters (publication setting)

Evans, S. H., Gormley, M., Delgado, M. R., Tilton, A., Christian, A., Dabrowski, E., et al. (2020, March 4–9). AbobotulinumtoxinA treatment satisfaction and quality of life evaluations in pediatric lower limb spasticity: Exploratory interim results from a phase IV,

prospective, observational, multicenter study [Poster presentation]. International Society of Physical & Rehabilitation Medicine / Association of Academic Physiatrists, Orlando, FL.

- Gormley, M., Dabrowski, E., Tilton, A., Christian, A., et al. (2020, March 4–9). Efficacy and safety of abobotulinumtoxinA in pediatric lower limb spasticity: Interim results from a phase IV, prospective, observational, multicenter study [Poster presentation]. International Society of Physical & Rehabilitation Medicine / Association of Academic Physiatrists, Orlando, FL.
 - Gormley, M., Dabrowski, E., Tilton, A., Christian, A., et al. (2020, September 23–26). Efficacy and safety of abobotulinumtoxinA in pediatric lower limb spasticity: 2nd interim results from a phase IV, prospective, observational, multicenter study [Poster presentation]. American Academy for Cerebral Palsy and Developmental Medicine.
 - Gormley, M., Dabrowski, E., Tilton, A., Christian, A., et al. (2020, October 7–11). Efficacy and safety of abobotulinumtoxinA in pediatric lower limb spasticity: 2nd interim results from a phase IV, prospective, observational, multicenter study [Poster presentation]. World Congress for Neurorehabilitation.
 - Gormley, M., Dabrowski, E., Tilton, A., Christian, A., et al. (2021, January 16–17). Efficacy and safety of abobotulinumtoxinA in pediatric lower limb spasticity: 2nd interim results from a phase IV, prospective, observational, multicenter study [Poster presentation]. Toxins.
 - Gormley, M., Dabrowski, E., Tilton, A., Christian, A., et al. (2021, February 9–13). Efficacy and safety of abobotulinumtoxinA in pediatric lower limb spasticity: 2nd interim results from a phase IV, prospective, observational, multicenter study [Poster presentation]. Association of Academic Physiatrists.
 - Gormley, M., Dabrowski, E., Tilton, A., Christian, A., et al. (2021, April 17–22). Efficacy and safety of abobotulinumtoxinA in pediatric lower limb spasticity: 2nd interim results from a phase IV, prospective, observational, multicenter study [Poster presentation]. American Academy of Neurology.
 - Hedera, P., Esquenazi, A., Christian, A. B., Bowers, D., Picaut, P., Suarez, G., & Gracies, J.-M. (2018). Poster 78: Frequency and dosing of repeated abobotulinumtoxinA injections in non-gastrocnemius soleus complex muscles in adults with lower limb spasticity following a stroke or traumatic brain injury [Conference abstract]. PM&R, 10(Suppl 1), S32.
 - Odonkor, C. A., Christian, A. B., & Haig, A. (2016). Poster 497: Searching for an oasis in a physiatry desert: A global survey of the disability training and education landscape of healthcare trainees in West Africa [Conference abstract]. PM&R: The Journal of Injury, Function and Rehabilitation, 8(9 Suppl), S321–S322.
 - Online educational publication
Christian, A. B., Wang, J., & DeLisa, J. A. (2012). Burn rehabilitation [Knowledge Now entry]. PM&R KnowledgeNow. <https://now.aapmr.org/>
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Professional Memberships

- American Academy of Physical Medicine and Rehabilitation (AAPMR)
- American Academy of Anti-Aging Medicine (A4M)
- International Peptide Society
- Seed Scientific Research & Performance Institute (SSRP)
- American Academy of Ozonotherapy (AAO)
- American Public Health Association (APHA)
- Ghana Physicians and Surgeons Foundation

Leadership & Vision

Dr. Christian is building **Aether Medicine** into Philadelphia's premier longevity practice, blending precision diagnostics, regenerative therapies, and lifestyle medicine to redefine aging, optimize human performance, and extend healthspan. Through research, physician training, and patient-centered care, he advances the frontier of cellular and longevity medicine globally.

ADDITIONAL INFORMATION

U.S. Citizen

Available for FDA Scientific Government Expert (SGE) service

No conflicts of interest to disclose (unless otherwise stated)