# Katherine Ryan’s podcast explores biological age but misses deeper ageing discussions



Comedian Katherine Ryan appears well equipped to host a podcast probing the complexities of ageing, given her well-documented affinity for cosmetic enhancements like Botox and lip fillers. Yet, despite the intriguing premise of "What’s My Age Again?", the series seems to skirt deeper conversations surrounding the ageing process. Each episode revolves around a test where guests provide blood samples to compare their biological age with their chronological age, a concept championed by biologist Dr. Nichola Conlon, who interprets the findings.

While the idea of revealing one's biological age may evoke skepticism, with many regarding it as mere gimmickry, Ryan's premise is anchored in scientific inquiry. The podcast's format invites notable guests, such as comedians Joanne McNally and Romesh Ranganathan, and former England footballer Jill Scott, who share their personal histories alongside the age assessments. However, while each episode allows for reflections on personal experiences — such as McNally's childhood and her Botox treatments, which she ceased due to dissatisfaction with results — the discussions hinder more profound explorations of societal pressures regarding aging and beauty.

McNally's striking biological age of 20, at 41, depicts her as "an extreme outlier," according to Conlon. However, this revelation, albeit impressive, diverts attention from the pressing dialogues of ageing and self-image that one might expect from the show. Similarly, Ranganathan's journey of pursuing fitness after a health scare, revealing a biological age seven years younger than his chronological age, brushes upon significant themes but does not delve deeply into self-reflection or social commentary.

Moreover, Jill Scott's biological age falling significantly older than her chronological age creates an opening for discussions on the impact of sports on physical resilience and health. Yet even as guests discuss their experiences, the conversation rarely unpacks the emotional or social implications of their choices. Instead, the podcast frequently shifts to read lengthy advertisements promoting collagen supplements, products targeted at women navigating their middle years but lacking robust scientific validation for their alleged benefits. This discrepancy raises concerns about the sincerity of the thematic exploration, particularly in a marketplace flooded with celebrity podcasts.

Ryan herself has previously expressed her thoughts regarding cosmetic procedures, asserting that she embraces her choices without regret. In interviews, she has highlighted the incessant societal pressures surrounding beauty and ageing, challenging the stigmas tied to cosmetic enhancements. Her willingness to share her journey is commendable, yet it leaves one pondering whether her podcast could bridge the gap between personal narratives and broader societal dialogues regarding body image and ageing.

This interplay between individual choices and societal expectations forms the core of ageing discussions in modern culture. Dr. Kara Fitzgerald’s exploration of biological versus chronological age indicates that insights from such assessments could elucidate health risks and ageing processes, enhancing our understanding of wellbeing in later life. However, without a more substantial investigation into the emotional and social dimensions of ageing, Ryan’s podcast risks becoming yet another entry in an increasingly crowded field of superficial celebrity talk.

As Ryan's "What’s My Age Again?" continues to unfold, it stands at a crossroads. With its potential to meaningfully engage listeners on the realities of ageing, it has yet to step beyond surface-level discussions, missing an opportunity to create impactful conversations about the intertwining of personal health, societal pressures, and the challenge of growing older authentically.

### Reference Map

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4. Paragraph 4: [[2]](https://www.ft.com/content/3fe57089-5687-47ab-bff5-1696fa69e972), [[6]](https://www.theguardian.com/stage/article/2024/jul/27/katherine-ryan-my-love-language-is-intimacy-thats-what-my-comedy-is-about), [[7]](https://www.marieclaire.co.uk/entertainment/people/katherine-ryan-542674)
5. Paragraph 5: [[3]](https://www.independent.ie/style/comedian-katherine-ryan-ive-tried-for-a-long-time-to-be-the-person-who-didnt-ruffle-any-feathers-and-i-failed-miserably/40884110.html), [[4]](https://www.theguardian.com/stage/2021/nov/07/katherine-ryan-i-thought-plastic-surgery-was-aspirational), [[7]](https://www.marieclaire.co.uk/entertainment/people/katherine-ryan-542674)
6. Paragraph 6: [[5]](https://www.drkarafitzgerald.com/2022/01/10/how-old-are-you-really/)
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## Bibliography

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* <https://www.ft.com/content/3fe57089-5687-47ab-bff5-1696fa69e972> - A review of Katherine Ryan's podcast 'What's My Age Again?' highlights its superficial exploration of biological versus chronological aging. Each episode features a guest undergoing a blood test to determine their biological age, interpreted by biologist Dr. Nichola Conlon. Despite the scientific premise, the podcast fails to delve into deeper discussions about societal pressures or personal introspection. Guests like comedians Joanne McNally and Romesh Ranganathan, and former footballer Jill Scott, share personal anecdotes but reveal little new insight. The show lightly touches on topics like fitness and self-image and is marred by product advertisements, lacking depth in a saturated market of celebrity talk shows.
* <https://www.independent.ie/style/comedian-katherine-ryan-ive-tried-for-a-long-time-to-be-the-person-who-didnt-ruffle-any-feathers-and-i-failed-miserably/40884110.html> - An interview with comedian Katherine Ryan discusses her experiences with cosmetic procedures, including lip fillers and breast enlargement. She reflects on societal pressures and personal choices, expressing no regrets about her decisions. Ryan emphasizes her comfort with her appearance and challenges the notion that such procedures are manifestations of body issues. She also touches upon her approach to aging and self-image, highlighting a healthy mental space and a moderate approach to cosmetic enhancements.
* <https://www.theguardian.com/stage/2021/nov/07/katherine-ryan-i-thought-plastic-surgery-was-aspirational> - In this interview, Katherine Ryan discusses her views on plastic surgery and cosmetic procedures. She shares her experiences with Botox and breast implants, expressing no shame in her choices and challenging societal expectations. Ryan reflects on the cultural perceptions of cosmetic enhancements and her decision to be open about her procedures. She also mentions plans to remove her breast implants, viewing them as emblematic of a past era. The conversation delves into her personal journey with body image and the evolving standards of beauty.
* <https://www.drkarafitzgerald.com/2022/01/10/how-old-are-you-really/> - Dr. Kara Fitzgerald explores the concept of biological age, discussing how it differs from chronological age and the methods used to measure it. She highlights the role of DNA methylation in assessing biological age and introduces the Horvath clock, a tool that analyzes methylation patterns across the genome. The article delves into the science behind biological age assessments and their potential applications in understanding aging and health risks. Dr. Fitzgerald also touches upon the evolution of these assessments and their growing accessibility to the general public.
* <https://www.theguardian.com/stage/article/2024/jul/27/katherine-ryan-my-love-language-is-intimacy-thats-what-my-comedy-is-about> - Katherine Ryan discusses her approach to comedy, emphasizing intimacy and authenticity in her performances. She reflects on her personal life, including her decision to have more children and her experiences with motherhood. Ryan shares insights into her creative process, the importance of being genuine with her audience, and her views on relationships and companionship. The interview provides a glimpse into her personal and professional life, highlighting her commitment to intimacy and honesty in her work.
* <https://www.marieclaire.co.uk/entertainment/people/katherine-ryan-542674> - In this interview, Katherine Ryan discusses her views on relationships and personal independence. She shares her decision to take a 'manbatical' for ten years, focusing on personal growth and self-improvement. Ryan reflects on societal expectations regarding relationships and challenges traditional norms. She also touches upon her experiences with cosmetic procedures, expressing a healthy mental space and a moderate approach to enhancements. The conversation delves into her perspectives on aging, self-image, and the importance of personal autonomy.