

TruAge Report

QA Test

Age: 84 Sex: Female

ID# : JGX872U

Collected : 04/03/2024 | Reported : 04/16/2024

DEVELOPED WITH HARVARD

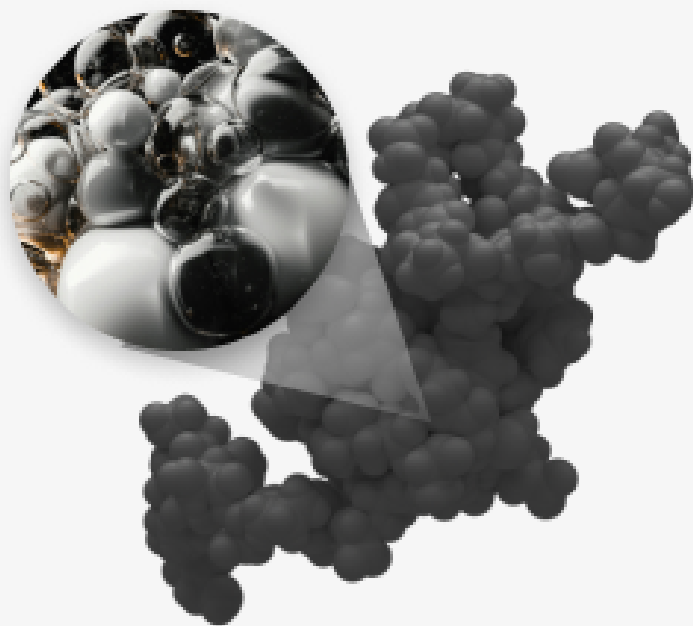
OMICmAge

OMICm Age

 72.57

Chronological Age

 83.59



Your OMICm age is a deeper reflection of your biological age, considering the effects of lifestyle, environment, and genetics on your DNA and the aging process.

In contrast your chronological age is the number of years you have lived, a straightforward measure of time since birth. The difference between OMICm Age from chronological age highlights underlying health insights, guiding tailored wellness strategies.

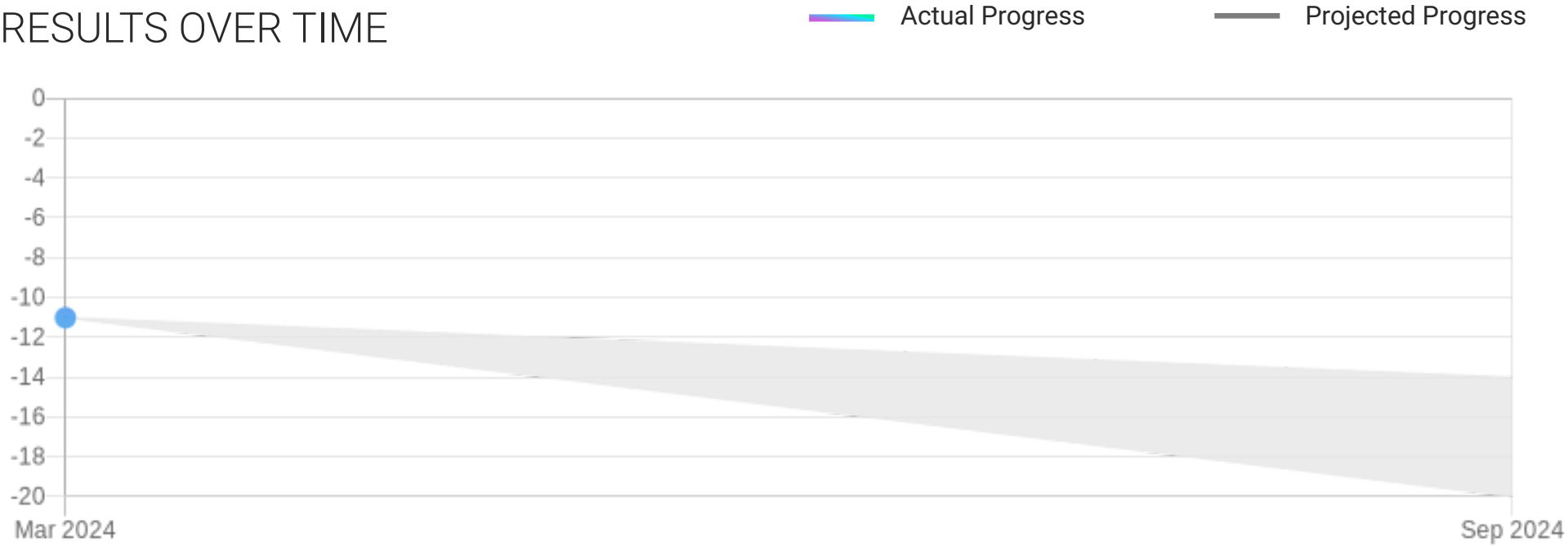
-11.02 

Your OMICm Age is lower than your calendar age by 11.02 years

52.69% 

Your OMICm Age is lower than 52.69% of other 83.59 year old Females

RESULTS OVER TIME



PAST RESULTS

DATE	OMICM AGE	DIFFERENCE	STATUS
03.20.2024	72.56917000000000	-11.02083000000000	😊

SYMPHONY Age

This advanced approach dives into the age of **11 distinct organ systems**, providing a detailed aging map.

Everyone ages differently

Epigenetic clocks have revolutionized how we understand aging, offering insights beyond what the calendar tells us. These innovative tools reveal your body's true age and the pace at which it's aging, acknowledging that everyone's journey through time is unique.

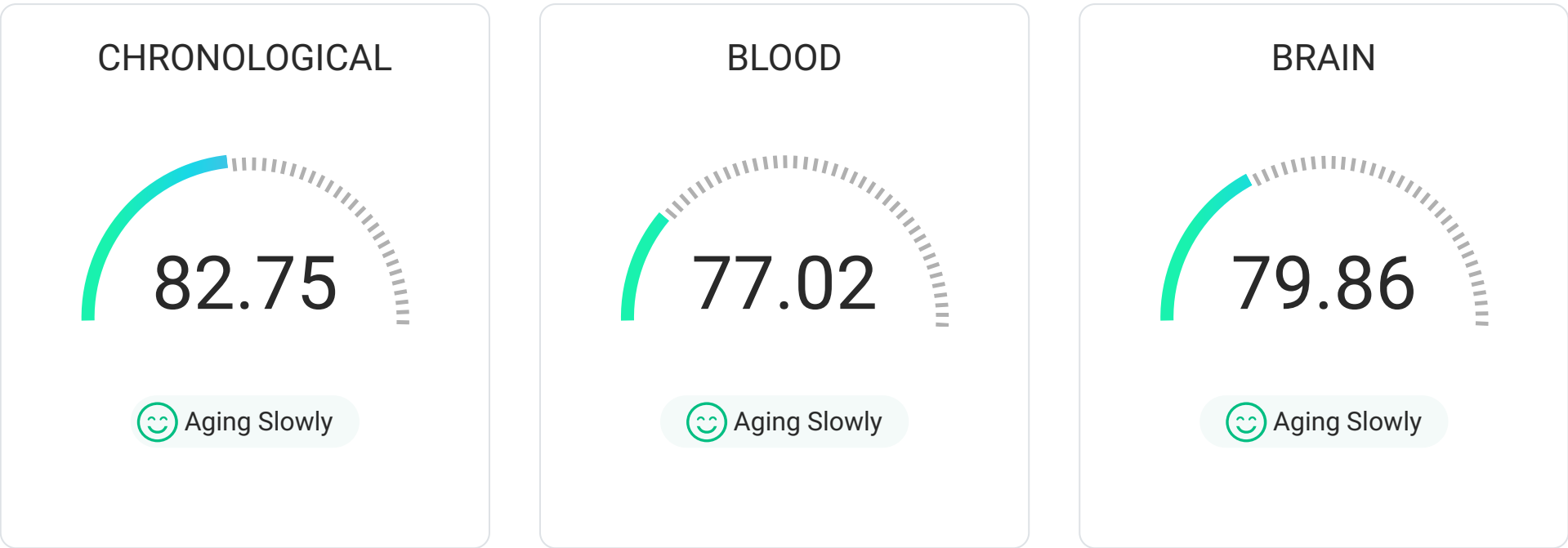
Developed by researchers at Yale, SYMPHONYAge enriches our understanding of aging by showing how each part of your body ages on its own path, offering a comprehensive snapshot of your health. SYMPHONYAge was developed by analyzing biomarkers from 5,000 individuals, enabling a precise study of aging across 11 organ systems.

But there's more to the story than a single age number. Your lifestyle choices—from how much you move, to what you eat, and whether you smoke or drink—can influence the aging process of different organs in varied ways. Recognizing the diversity of aging experiences led to the creation of SYMPHONYAge.

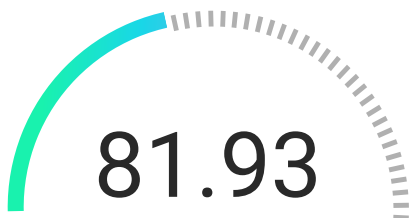
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This method integrates data from various sources, including whole exome sequencing and plasma metabolomics, to pinpoint epigenetic markers linked to specific organ aging. This detailed approach segments 130 biomarkers, offering insights into individual organ system aging.

Distinct from traditional epigenetic clocks, SYMPHONYAge provides a detailed view of biological age by organ system, facilitating targeted medical interventions and advancing personalized medicine. This tool significantly enhances our ability to manage and understand aging, emphasizing its heterogeneity and supporting tailored healthcare strategies for aging populations.

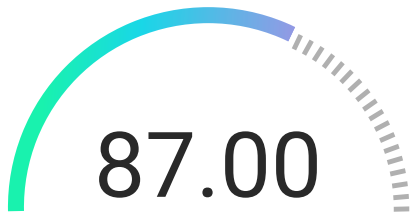


HEART



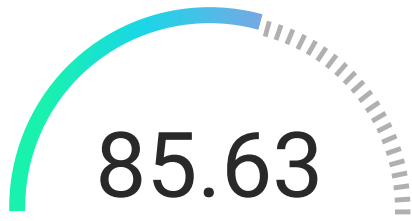
😊 Aging Slowly

HORMONES



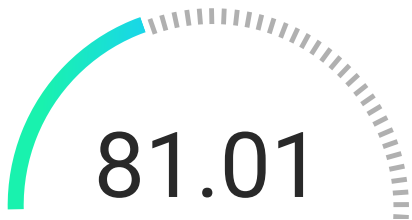
😞 Aging Faster

INFLAMMATION



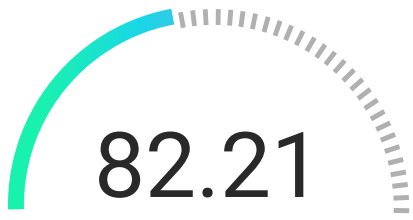
😞 Aging Faster

IMMUNE



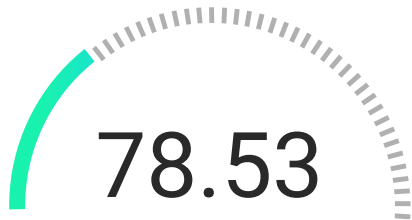
😊 Aging Slowly

KIDNEYS



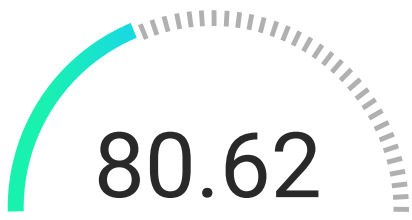
😊 Aging Slowly

LIVER



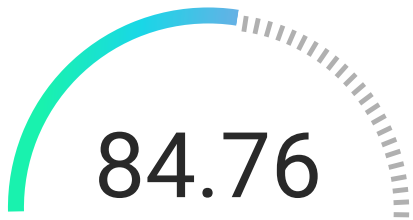
😊 Aging Slowly

LUNGS



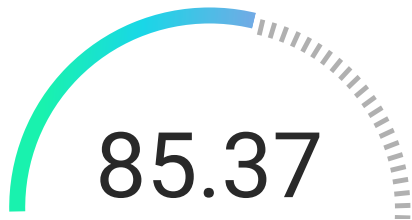
😊 Aging Slowly

METABOLIC



😞 Aging Faster

MUSCULOSKELETAL



😞 Aging Faster

PAST RESULTS



Since you have only completed one test, this graph is a bit empty! In 3 months, take another PACE test to see how your score has changed and monitor your progress.

DunedinPace of Aging



Your Pace Score

You're aging **Faster.**

Each year that passes, your body will biologically age 1.09 years.



 Your score > 1

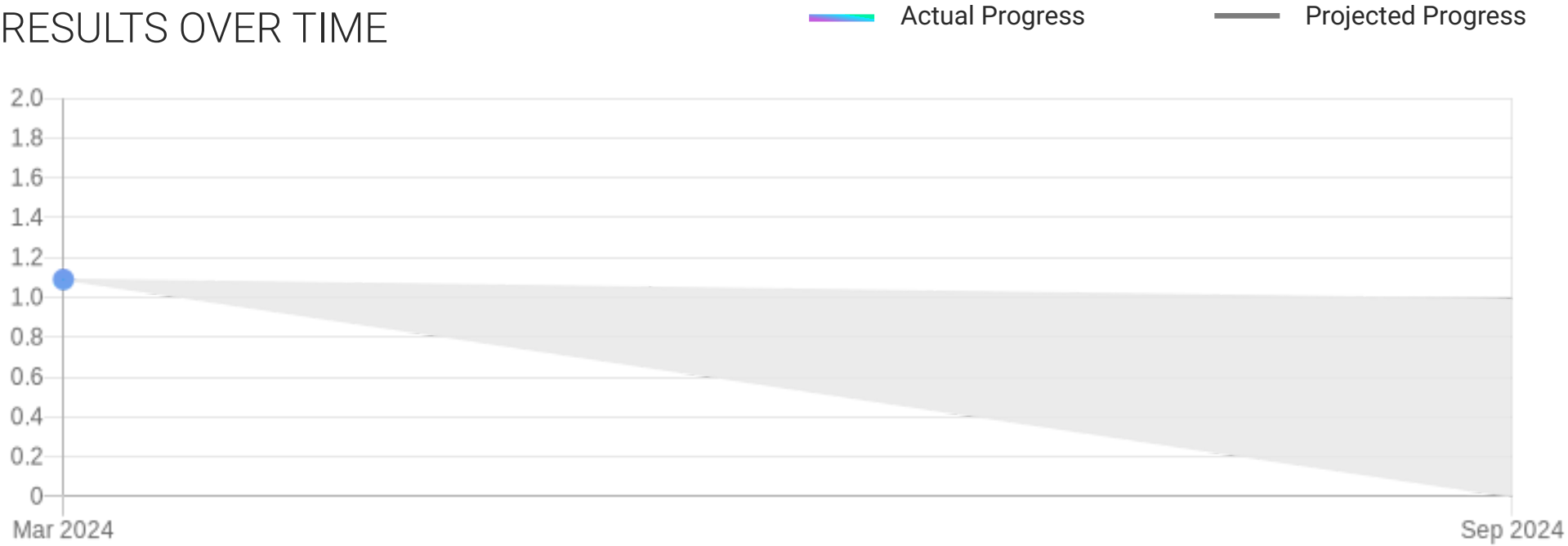
The DunedinPace algorithm is a revolutionary approach to quantifying aging that shifts the focus from merely knowing your biological age to understanding the pace, or rate at which you're aging.

It's not just about how old your body is biologically; it's equally crucial to grasp how quickly you are moving towards aging. This knowledge is vital because slowing down the pace of aging can significantly impact your health, vitality, and the prevention of chronic diseases. By providing a clearer picture of how fast you're aging, DunedinPace empowers you to make informed lifestyle choices that can help decelerate the aging process, aiming for a healthier, more vibrant life. Your pace of aging changes quickly and has been shown to be affected by lifestyle choices, making it a perfect tool to understand the success of interventions.

A pace **greater than 1** has been associated with a **56% increased risk of death** and a **54% increased risk of chronic disease** in the next 7 years.

(Belsky et al, 2020)

RESULTS OVER TIME



PAST RESULTS

MONTH	RATE	STATUS
03.20.2024	1.09	🟡

NOW WHAT?

Lifestyle Modifications

Changing your Biological age and reducing risk of disease requires a systematic approach to interventions and testing.

GOAL SETTING



Based on the test results, set realistic and specific goals for lifestyle changes, focusing on areas that could significantly impact your biological age, such as diet, exercise, stress management, and sleep.

DIETARY MODIFICATIONS



Incorporate a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Consider reducing processed foods, sugar, and saturated fats.

REGULAR EXERCISE



Design a regular exercise routine that includes a mix of cardiovascular exercises, strength training, and flexibility exercises. Aim for at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity each week.

STRESS MANAGEMENT



Adopt stress reduction techniques such as mindfulness, meditation, yoga, or deep breathing exercises. Consistently managing stress can have a profound impact on your biological age.

IMPROVING SLEEP HYGIENE



Ensure 7-9 hours of quality sleep per night by establishing a regular sleep schedule, creating a restful environment, and avoiding screens before bedtime.

AVOID HARMFUL HABITS



Limit alcohol consumption and avoid smoking and drug use, as these habits can significantly accelerate biological aging.