

A spreadsheet to calculate Mortality Score and Phenotypic Age. Author: John G. Cramer

Refs: ["An epigenetic biomarker of aging for lifespan and healthspan", Aging \(Albany NY\) 10\(4\) 573-591 \(2018 Apr 18\).](#)

["A New Epigenetic Clock for Aging and Life Expectancy", Talk by Morgan Levine](#)

Def.	Albumin	Creatinine	Glucose	CRP	Lymphocyte	Mean Cell Volume	Red Cell Dist Width	Alkaline Phosphatase	White Blood Cells	Age
Input	5	0.7	62	1.38	25	84	11.7	73	4.2	58
Units	mg/dL	mg/dL	mg/dL	mg/L	%	fL	%	U/L	10 ³ cells/ μ L	years
Conv	10	88.4	0.0555	0.1						
cInput	50.00	61.8800	3.441	-1.9805	25.00	84.00	11.70	73.00	4.20	58.00
cUnits	g/L	μ mol/L	mmol/L	Ln(mg/dL)	%	fL	%	U/L	10 ³ cells/ μ L	years
Wts	-0.0336	0.0095	0.1953	0.0954	-0.012	0.0268	0.3306	0.0019	0.0554	0.08
Terms	-1.6800	0.5879	0.6720	-0.1889	-0.3000	2.2512	3.8680	0.1387	0.2327	#####
Calculation:										
t	10	years	120	months						
γ	0.00769									
b0	-19.9067									
	LinComb	MortScore	Phenotypic Age	DNAm Aest. D	MScore					
Results	-9.620	0.012	37.03	36.71	0.014					