



YOUR RESULTS - JOAN

Summary Report

AN OVERVIEW BY
TRUDIAGNOSTIC

OMICm Age

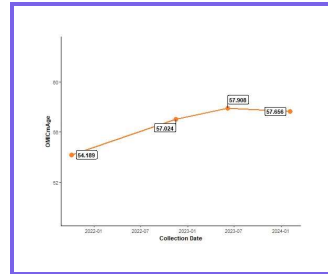
Developed with Harvard*

57.66
YEARS OLD
OMICm Age



Your OMICm Age is
LOWER THAN
your calendar age by **9.06** years.

YOUR OMICm Age IS IN THE:
19.18th
PERCENTILE MEANING THAT YOUR OMICm AGE IS HIGHER THAN **19.18%** OF THE POPULATION AT YOUR SAME CHRONOLOGICAL AGE.



Aging has been scientifically proven to be the number one risk factor for major chronic diseases world-wide. Accelerated aging (having an older biological age than your calendar age) increases your **risk of disease with each year of discrepancy**, and having a younger biological age decreases these risks. Based on age, we can predict the following increase or decreased risk of Death, Cancer, Heart Disease, Stroke, Type 2 Diabetes, COPD, and Depression.

YOUR RISK OF DISEASE

-28%
Disease Risk

Reflects your current risk. A -28% score means that your risk is 28% lower compared to people of your same chronological age.

47%
Disease Risk

Reflects your current risk. A 47% score means that your risk is 47% higher compared to people of your same chronological age.

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Reflects your **potential risk** score based on potential changes to your biological age.

DEATH

-74.15%

-1 YEAR

-70.39%
Disease Risk

-66.09%

+1 YEAR

CANCER

-45.57%

-1 YEAR

-42.15%
Disease Risk

-38.51%

+1 YEAR

HEART DISEASE

-51.85%

-1 YEAR

-48.19%
Disease Risk

-44.25%

+1 YEAR

STROKE

-49.03%

-1 YEAR

-45.47%
Disease Risk

-41.66%

+1 YEAR

TYPE 2 DIABETES

-46.09%

-1 YEAR

-42.64%
Disease Risk

-38.98%

+1 YEAR

COPD

-33.36%

-1 YEAR

-30.59%
Disease Risk

-27.71%

+1 YEAR

DEPRESSION

-32.49%

-1 YEAR

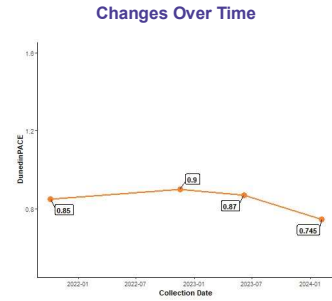
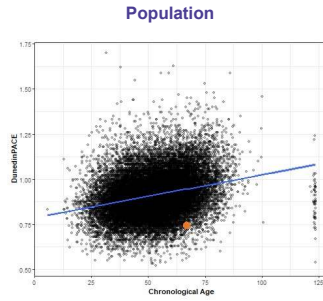
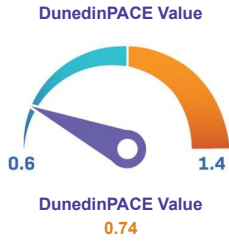
-29.78%
Disease Risk

-26.96%

+1 YEAR



DunedinPACE of Aging



ALGORITHM	PATIENT DATA	MORBIDITY AND MORTALITY ASSOCIATIONS	RISK STATEMENT
DunedinPACE	0.74 Biological years per year	All-Cause Mortality (Beslsky et al., 2020)	If you are aging above a rate of 1.00, you would increase risk of death by 56% over the next 7 years.
		Chronic Disease (Beslsky et al., 2020)	If you are aging above a rate of 1.00, you would increase risk of chronic disease diagnosis by 54% over the next 7 years.

Significant Variation in Facial Aging

Female:



10 slowest-aging cohort members



10 average-aging cohort members



10 fastest-aging cohort members

Male:



10 slowest-aging cohort members



10 average-aging cohort members



10 fastest-aging cohort members



Telomere Length

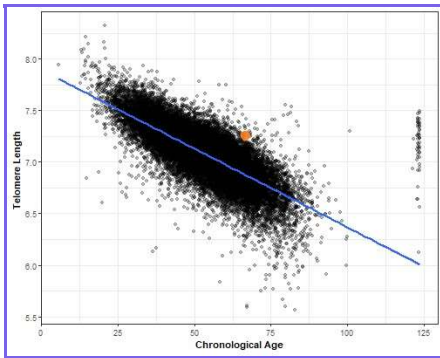
Telomere Length:



If we were to estimate your biological age **strictly from your telomere measurement**, we would anticipate your age to be:



Telomere Length Based on Biological Age Prediction:



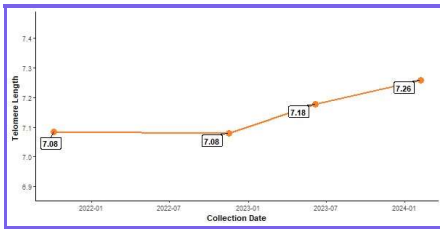
Your Average telomere prediction length:

7.2 kb

This puts you in the:

98.97th Percentile

Changes Over Time



ALGORITHM	PATIENT DATA	MORBIDITY AND MORTALITY ASSOCIATIONS	RISK STATEMENT
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Telomere

7.2
Kilobase
Unit

At your chronological age of 66.72, your telomeres are longer than 98.97% of people who share the same chronological age as you.

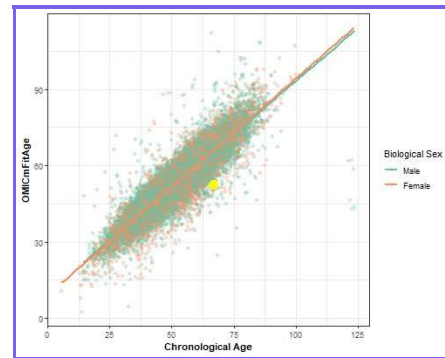
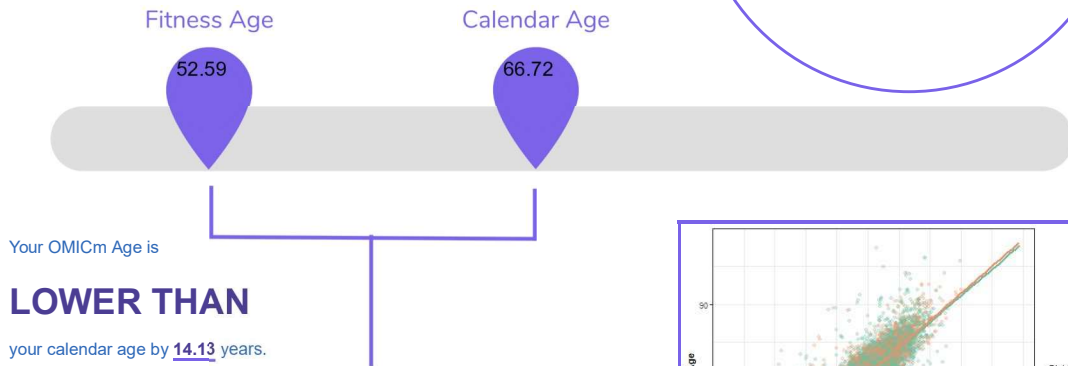
Shorter telomeres are not only associated with age but with disease too. Shorter telomere length and low telomerase activity are correlated with several chronic preventable diseases.



Fitness Age

OMICm FitAge

The incorporation of physical fitness measurements into epigenetic clocks **increases the measurable effects of lifestyle, medical, and environmental interventional changes** on the aging process. The DNAmFitAgeAccel algorithm, also simply known as FitAgeAcceleration, was developed by researchers at UCLA, and is an estimate of epigenetic age acceleration. We have created a version of this, however, we incorporated our **OMICm Age** algorithm (developed with Harvard) instead. We call this **OMICm FitAge**, which tells you how old you are according to your physical fitness and functionality.

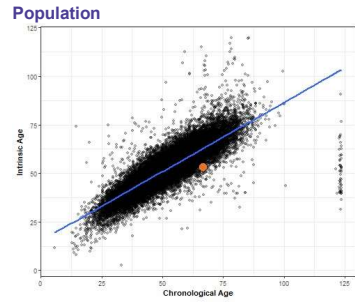
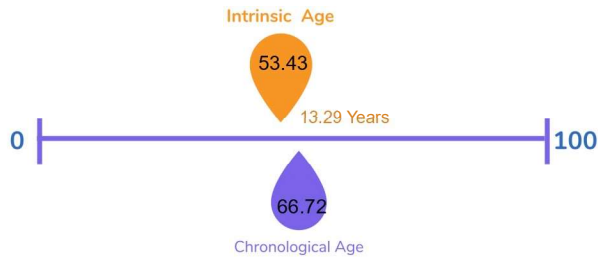


For every one year older OMICm FitAge is, there is an average **0.29 decrease in relative grip strength** and **0.32 increase in BMI**. OMICm FitAge has estimated that high-fit individuals (classified through VO2max) have a **1.5 to 2.0 younger biological age** compared to low/medium fit individuals in females and males, respectively. Younger OMICm FitAge was associated with better memory test performance, emphasizing the beneficial role of physical exercise on cognitive health.

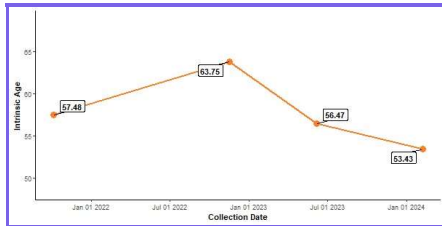


Intrinsic & Extrinsic Age

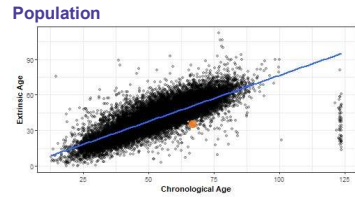
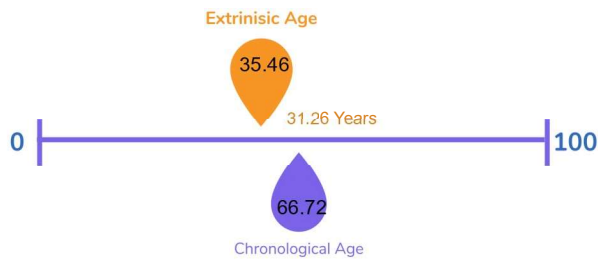
Intrinsic Epigenetic Age



Changes Over Time



Extrinsic Epigenetic Age



Changes Over Time

