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Male

TEST TEST

LAB ID : 0000000
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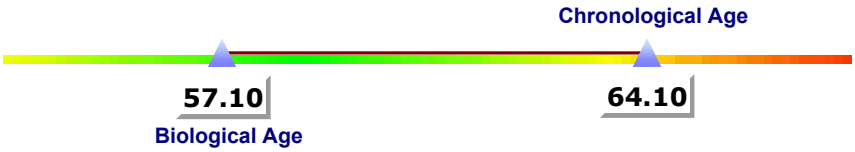
BIOLOGICAL AGE

Telomere Testing



Your Summary:

Your biological age is **64.1** and your chronologocal age is **57.1.**
The difference between your biological age and chronological age is 7 years.

Telomere Length: Biological Age vs. Chronological Age

Telomeres are protective DNA-protein structures at the ends of chromosomes that naturally shorten with each cell division. Telomere length serves as a biomarker for cellular aging, reflecting biological age, which may differ significantly from chronological age.

Biological Age Insights:
Shorter telomeres are associated with accelerated biological aging and are linked to age-related diseases, such as cardiovascular disease, diabetes, and neurodegenerative disorders. They can also reflect lifestyle factors such as chronic stress, smoking, poor diet, and physical inactivity. Conversely, longer telomeres may indicate slower biological aging and a reduced risk of such conditions.

Chronological Age Comparison:
Chronological age refers to the number of years a person has lived, but it may not align with biological aging. For example, individuals with healthy lifestyles may exhibit longer telomeres relative to their chronological age, suggesting a younger biological age.

Laboratory Insight:
Telomere length measurement provides valuable insights into the interplay between genetics, lifestyle, and aging processes. Interventions such as a nutrient-rich diet, regular exercise, stress management, and quality sleep may help slow telomere shortening and promote healthier aging.

Monitoring telomere length alongside other biomarkers can aid in developing personalised strategies for health optimisation and longevity.

A repeat assessment is recommended within 6–12 months after implementing lifestyle modifications to evaluate the impact on biological aging and telomere dynamics.

Methodology: *qPCR*
Unit of measurement: *kilobases (kb)*