



## TELOMERE/ BIOLOGICAL AGE TEST- Test Code 1602



Turnaround Time: 18-21 business days



Specimen Type: EDTA Blood

### Description

Telomeres are protective caps at the ends of your chromosomes, made up of repeated DNA sequences and specialised proteins (Rossiello et al., 2022). They act like shields, protecting your chromosomes from damage and preventing them from being mistaken for broken DNA (Rossiello et al., 2022). However, as cells divide, telomeres naturally shorten over time. This process contributes to cellular ageing and can eventually lead to a state called senescence, where cells stop dividing altogether (Rossiello et al., 2022).

When cells become senescent, their function changes permanently, which can affect how your body works and increase the risk of age-related diseases (Rossiello et al., 2022). This is often linked to problems with telomeres and the activation of DNA damage responses (Rossiello et al., 2022). However, healthy lifestyle choices, such as regular exercise, balanced nutrition, and certain therapies, can slow this process, reduce cellular damage, and improve your overall health (Rossiello et al., 2022). On the other hand, factors like chronic inflammation, obesity, and stress can speed up telomere shortening and accelerate ageing (Rossiello et al., 2022).

Telomere testing helps you understand how your body is ageing at a cellular level. It provides important insights into your biological age and highlights potential risks for age-related conditions. With this knowledge, you can take proactive steps to improve your health and longevity by adopting personalised lifestyle changes and therapies tailored to your needs.

### Whats included?

- Biological Age

### Conditions and Symptoms

- Metabolic syndrome
- Liver cirrhosis
- Alzheimer's disease
- Reduced fertility
- Inflammation
- Age-related diseases

### Complementary Testing

- Organic Acid Metabolomic Mapping (Test code 4041)
- NutriSTAT (Test code 5005)

### Accreditations Include:

- NATA ISO 15189 – Requirements for Quality and Competence in Medical Laboratories\*
- CLIA – Clinical Laboratories Improvement Amendments\*



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For more information  
scan the QR code



\*See NATA and CLIA website for further details