



Patient

Female Demo

Provider

Carl Jung, MD
Raffaele Medical

Visit

Mar 12, 2019
(Follow-Up 7)

Patient Portal Instructions

Access your patient portal, powered by PhysioAge Health Analytics, from your device or desktop at physioagereporting.com



Your Result Summary

Visit your patient portal to see individual results

Your Biomarkers of Aging



PhysioAge
45 years



CardioAge
35 years



PulmoAge
83 years



NeuroAge
20 years



CutoAge
37 years



ImmunoAge
50 years



TelomerAge
54 years

Your Report Card

- B** Heart Health
- B+** Cardiovascular Risk
- B** Diabetes & Glucose
- B-** Body Composition
- C** Lung Health
- B+** Brain Health
- B+** Hormone Health
- B+** Blood
- B+** Nutrition
- A** Trace Essential Minerals
- B** Major Essential Minerals
- B+** Kidney Function
- B+** Liver Function
- B+** Immune Health and Inflammation
- C** Healthspan Potential

Your Recommendations from Carl Jung, MD



General Instructions

PhysioAge change interpretation

Your PhysioAge age has decreased significantly from baseline and the most recent tests. This is largely because of the improvements in TelomerAge, ImmunoAge, and NeuroAge and most recently PulmoAge and CardioAge.

Based on your PhysioAge



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General Instructions

Heart rate has significantly improved.

This is likely a result of your exercise program. Keep up the good work! **Based on your Resting Heart Rate**



General Instructions

Continue smoking abstinence.

Since you quit smoking, your FEV1 has continued to improve. **Based on your FEV1 Percent Predicted**



General Instructions

Your hormone replacement therapy regimen is working well.

Since starting your estradiol cream, your symptoms have resolved and your level is in excellent range. **Based on your Estradiol**



Exercise

Increase your Zone 2 cardio for further visceral fat loss.

Shoot for 2 hours per week on stationary bike, elliptical, or swimming. **Based on your Percent Bodyfat**



Supplements

Continue TA-65 500 IU.

Take one every morning. **Based on your Lymphocyte Telomere Length**



Supplements

Increase Raffaele Medical Methylated B Vitamins.

Take 2 a day with food. **Based on your Homocysteine**



Further Testing

Recheck IGF-1 in 3 months.

Your level has been gradually decreasing since baseline. If it drops below 150 will consider GH secretagogue therapy or GHRT. **Based on your Insulin-Like Growth Factor 1**



Further Testing

Recheck a female hormone initial panel in 3 months.

Be sure to use your estradiol/testosterone cream the day of the test. **Based on your Estradiol**



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Further Testing

Recheck homocysteine, B12, and folate levels in 3 months.

Based on your Homocysteine



Diet

Continue 5/2 diet.

Try also to substitute healthy fats such as avocado and fish for meat and dairy fats. **Based on your LDL Cholesterol**



Lifestyle

Paced breathing with Inner Balance or Muse

While your BP and arterial stiffness are improved since restarting the lisinopril, you could gradually reduce the need for medication with 3-5 times per week breathing exercises and/or meditation. **Based on your Augmentation Pressure**



Pharmaceuticals

Continue lisinopril 10 mg

Take one daily in the morning **Based on your Systolic Blood Pressure**



Supplements

Curcumin: Volt03

Take one capsule daily To reduce general inflammation and possibly improve lung function. **Based on your Spirometry Interpretation**



Supplements

Acetyl L carnitine

One a day with food. **Based on your Standard Processing Speed**