## **Executive Physical Exam**

### **Your Result Summary**

Visit your patient to see individual results

#### Your Biomarkers of Aging



PhysioAge 51.1

Years

eagetnot found or type unki.

**TelomerAge 58** 

Years

capetnot found or type unki.

ImmunoAge 54

Years

capetnot found or type unki.

CardioAge 57

Years

1020ctnot found or type unkno

PulmoAge 88 Years

102111 not found or type unkno

NeuroAge 30 Years

1020ctnot found or type unkno

**CutoAge 35 Years** 

### **Your Report Card**

**Your GPA (4-point scale):** 

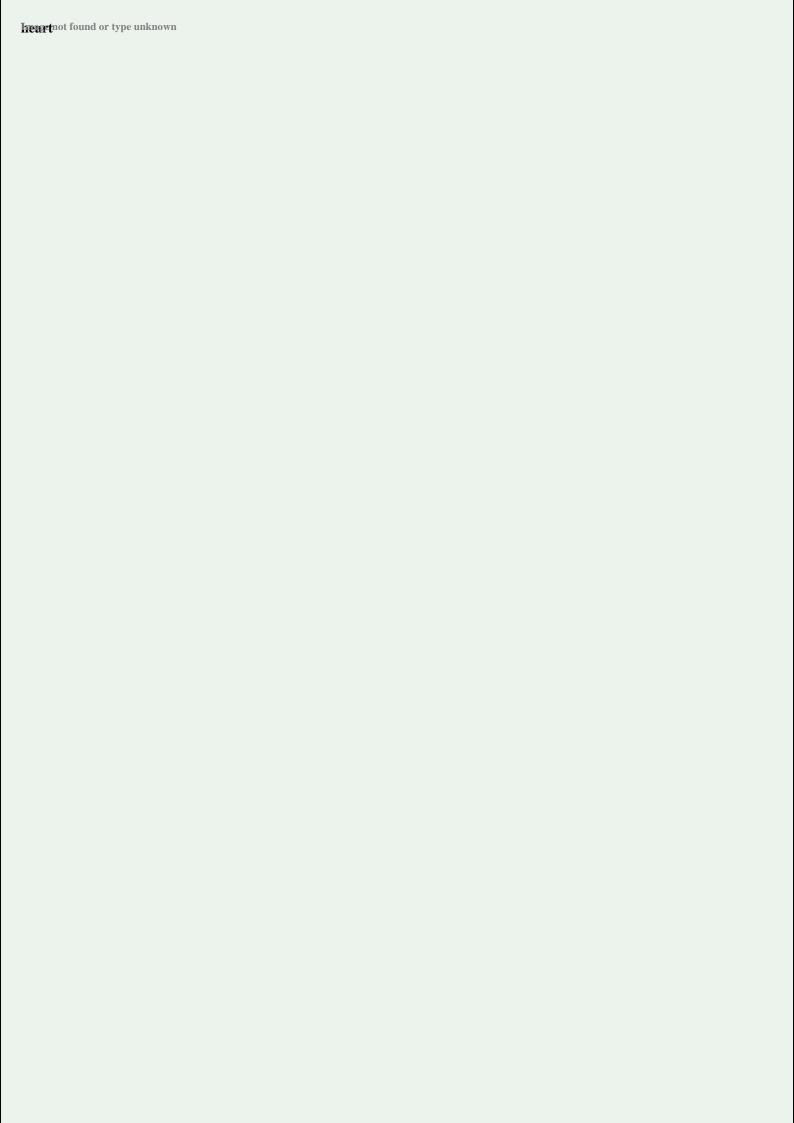
- AHelthspan Potential
- **B**Heart Health
- **CCardiovascular Risk**
- DDiabetes & Glucose
- **ABody Composition**
- **A**Lung Health
- **CBrain Health**
- **DHormone Health**
- **ABlood**



- **B**Nutrition
- **CTrace Essential Minerals**
- **D**Major Essential Minerals
- **B**Kidney Functions
- **B**Liver Functions
- **CImmune Health and Inflammation**
- DInfectious disease

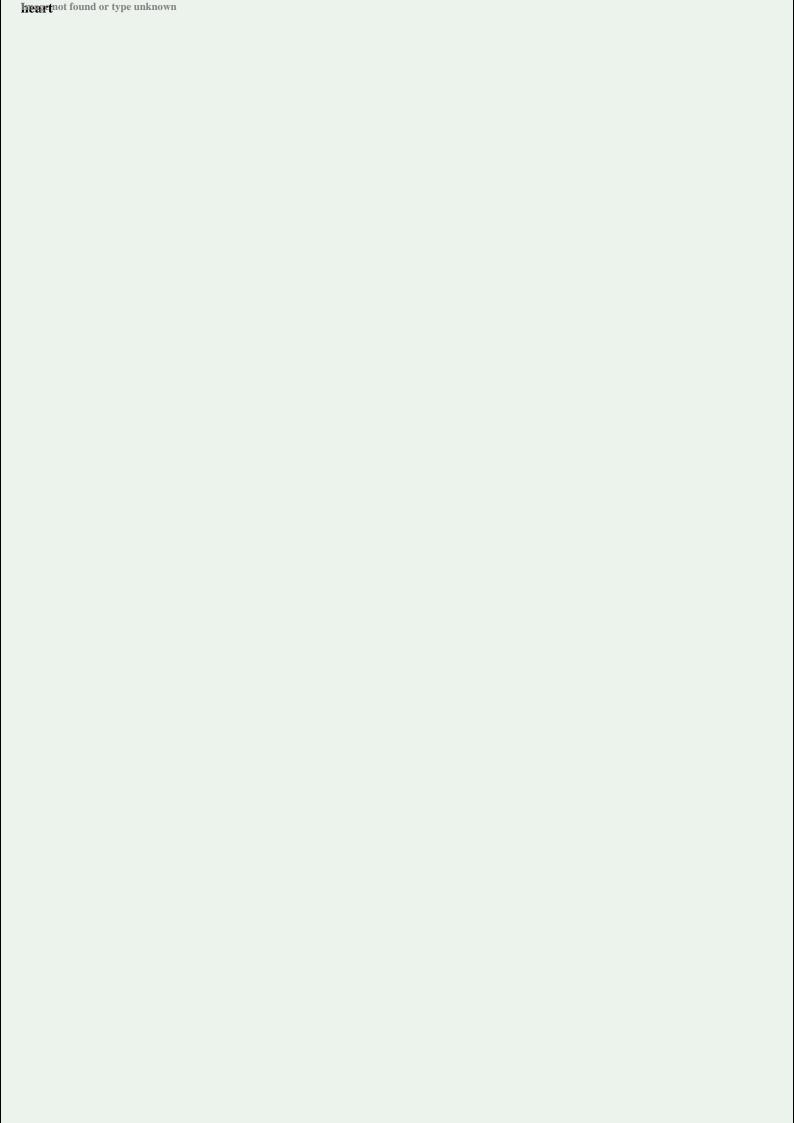
## **Your Recommendations**

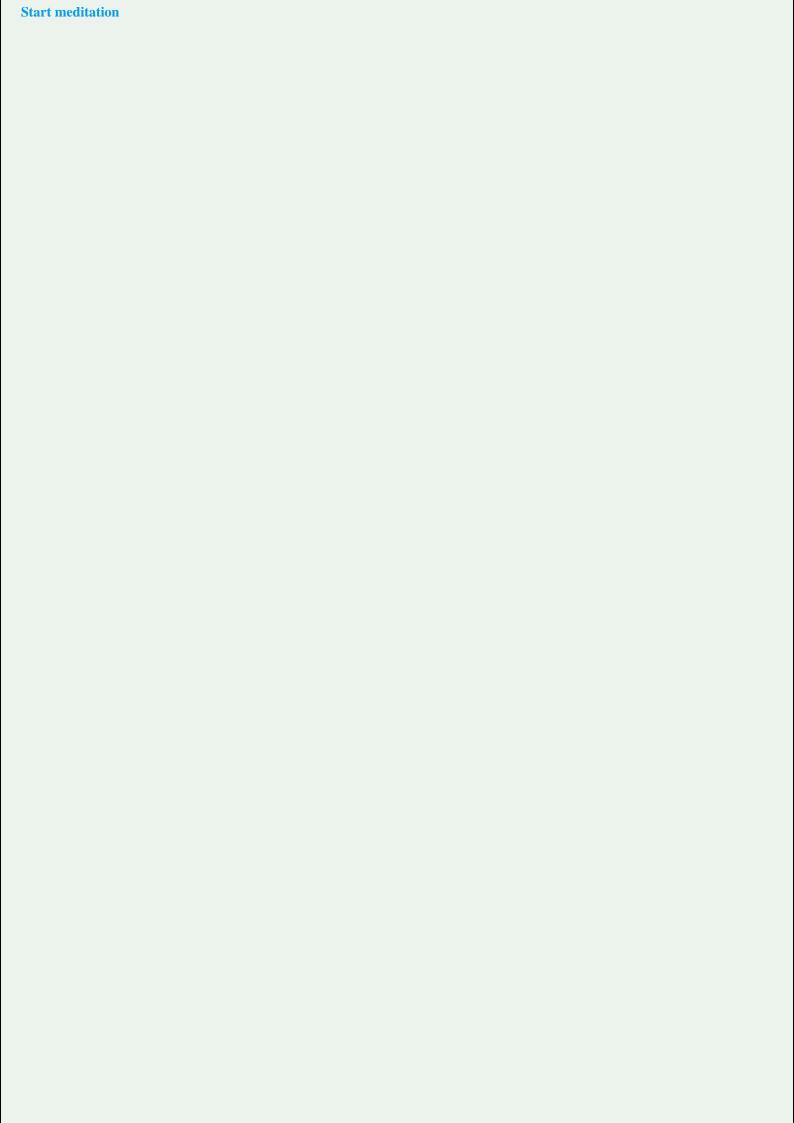
From Dr. John Doe

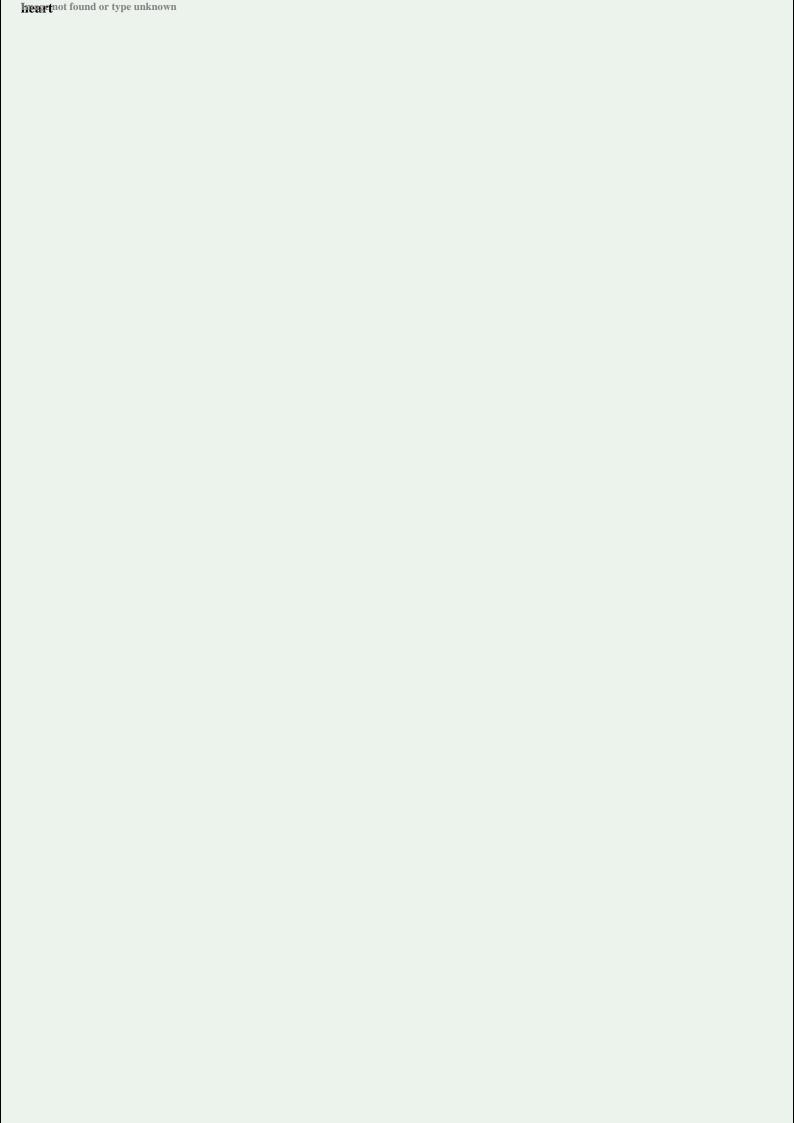


#### **Time restriction eating**

Eat between 12 pm to 8 pm daily Based on your Percent Bodyfat

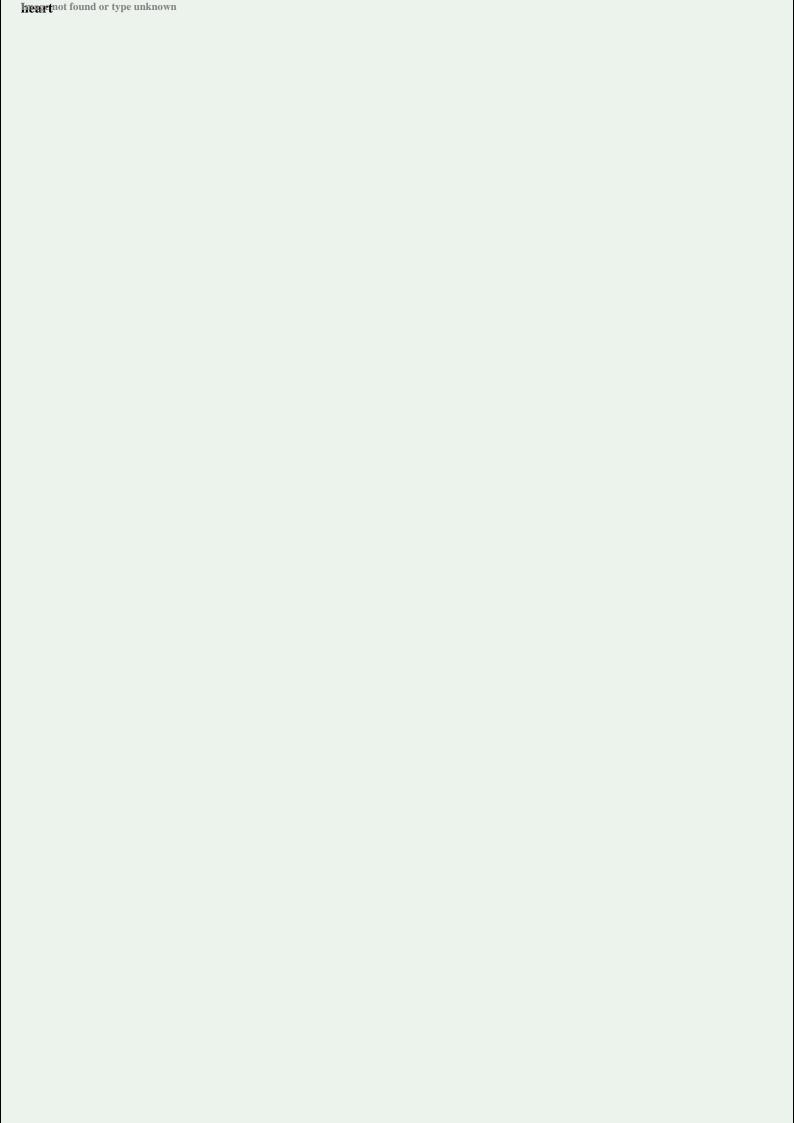






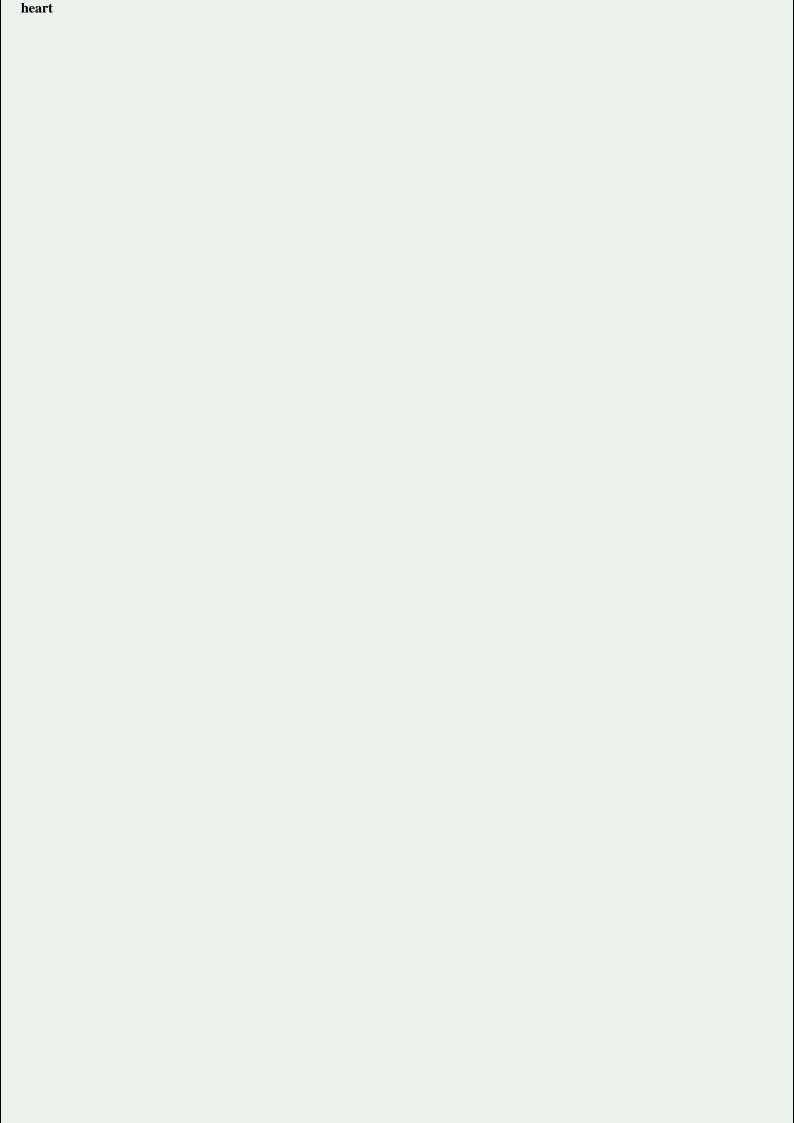
### **Start HIIT training**

follow the guide Based on your ImmunoAge



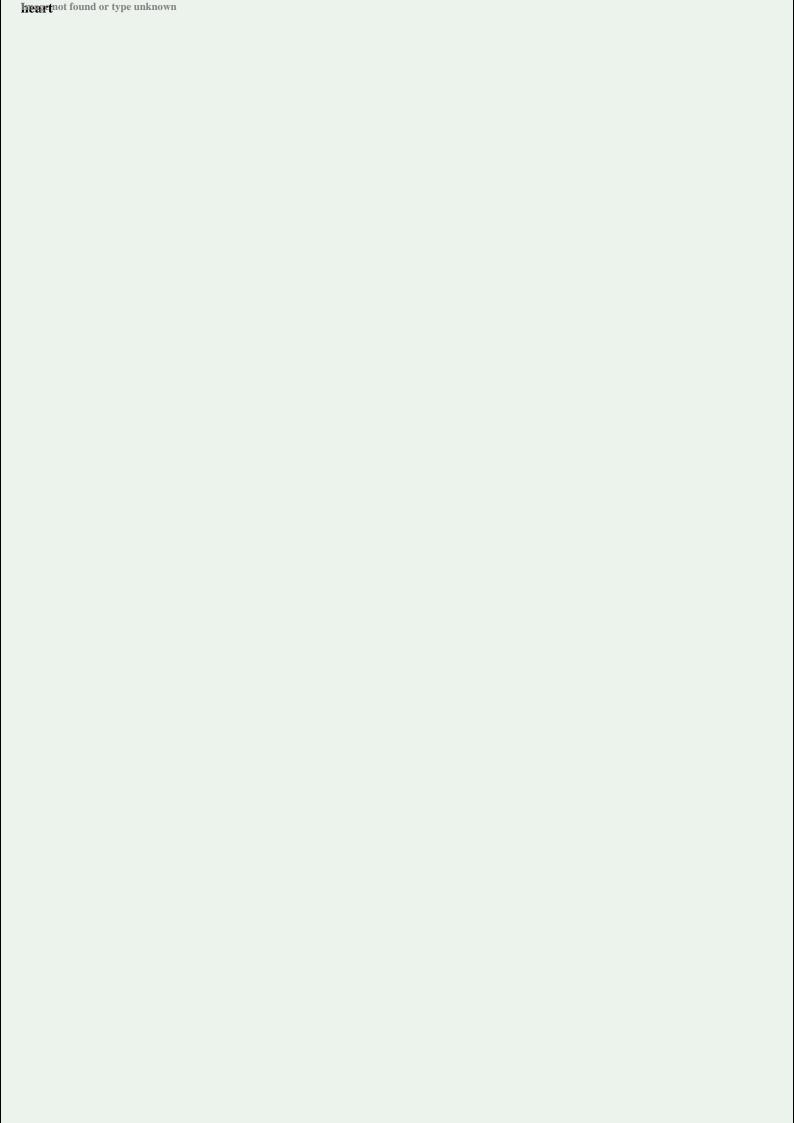
#### Vitamin C 500 mg

Take one a day with food



### **TA-65 500 IU**

Take one a day first thing in the morning Based on your TelomerAge



Estradiol 5 mg/ml cream 30 ml Topipump

Apply 2 pumps behind knees daily after showing Based on your Estradiol



# **Executive Physical Exam**

# **Execeptional Results**

Physician's Report

| Name                             | Result | Units  | Lab Ref Range | Optimal Range | Baseline | Change | Source |
|----------------------------------|--------|--------|---------------|---------------|----------|--------|--------|
| Arterial Thickness               |        |        |               |               |          |        |        |
| Right Carotid Artery Plaque      | ABSENT |        |               |               | ABSENT   |        |        |
| Left Carotid Artery Plaque       | ABSENT |        |               |               | ABSENT   |        |        |
| Cardiovascular Risk              |        |        |               |               |          |        |        |
| <b>Total Cholesterol</b>         | 167    | mg/dL  | 125-200       | 122-175       |          | 173    | -3%    |
| Very Low Density Lipoprotein 1   | 16     | mg/dL  | 5-40          | <30           |          | 24     | -33%   |
| Cholesterol/HDL Ratio            | 1.6    | Ratio  |               | <3.0          |          | 3.3    | -52%   |
| Coenzyme Q10                     | 1.8    | mg/dL  | 0.44-1.64     | 1.50-3.00     |          |        |        |
| LDL/HDL Ratio                    | 1.9    | Ratio  |               | 1.50-3.00     |          |        |        |
| Diabetes & Glucose               |        |        |               |               |          |        |        |
| Insulin                          | 10     | ?lU/mL | <16           | <5.0          |          | 12.8   | -22%   |
| <b>Cognitive Function</b>        |        |        |               |               |          |        |        |
| <b>Standard Composite Memory</b> | 117    |        | 90-109        | >109          |          | 106    | 10%    |
| Standard Verbal Memory           | 122    |        | 90-109        | >109          |          | 109    | 12%    |
| Standard Visual Memory           | 118    |        | 90-109        | >109          |          | 100    | 18%    |
| Standard Phychoomotor Speed      | 109    |        | 90-109        | >109          |          | 94     | 16%    |
| Standard Cognitive Flexibility   | 110    |        | 90-109        | >109          |          | 110    | 0%     |
| Sex Hormones                     |        |        |               |               |          |        |        |
| Free Testosterone                | 5      | pg/mL  | 0.1-6.4.4     | 4.0-10.0      |          | 4.4    | 14%    |

| Free Testosterone %                | 2   | %     | 0.5-1.8 | 1.00-2.00   | 1.00  | 100% |
|------------------------------------|-----|-------|---------|-------------|-------|------|
| Estradiol                          | 67  | pg/mL |         | 50.0-200.0  | 8.7   | 670% |
| Thyroid Function                   |     |       |         |             |       |      |
| <b>Thyroid Stimulating Hormone</b> | 1.2 | mlU/L | 0.4-4.5 | 0.025-1.500 | 1.400 | -14% |