Cell Science Systems

Lab Director
Harold Alvarez, M.D.

Telomere Length Test

Telomere Length Test

Patient Information	Name:	HIGA, STEVEN		
Date of Birth:	08/02/1969	Gender:	M	**Lab ID:** 419935
Date Received:	09/10/2020	Date Collected: 09/08/2020	Date Reported:	09/11/2020
Physician:	Longevity Medical Clinic - Kirkland		Clinic ID:	39935

Telomere Value

Left graph: Telomere Value vs Age (Years). Legend: +3SD, +2SD, +1SD, -1SD, -2SD, -3SD.

Right graph: Patient Telomere Value: (71) vs Patient Age: (51). Legend: Mean Telomere Score.

Commentary

Patient Telomere Value is 71. This Telomere value is in the normal range for your age.

Results within the green area and yellow area of the graph are considered to be within normal range. Results in the red area are considered to be outside of the normal range.

The Patient Telomere Value is a calculation of the patient telomere length derived from nucleated white blood cells obtained from whole blood. This result is graphed relative to the average telomere length of a sample population in the same age range.

The Telomere value is not reflective of Age but the length of the Telomere referenced to an age matched population.

* This test was developed and its performance characteristics determined by Cell Science Systems. It has not been cleared or approved by the U.S. Food and Drug Administration.

10.13.2020

InBody

[InBody570]

Steve Higa.

ID	Height	Age	Gender	Test Date / Time
24866	5ft. 09.5in.	51	Male	2020.09.08. 13:00

(rods) 10.13.2020.

Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	65.5	106.0	144.2	190.8
Extracellular Water (lbs)	40.6			
Dry Lean Mass (lbs)	38.1			
Body Fat Mass (lbs)	46.6			

Muscle-Fat Analysis

			%
Weight	(lbs)	55 70 85 100 115 130 145 160 175 190 205	190.8
SMM Skeletal Muscle Mass	(lbs)	70 80 90 100 110 120 130 140 150 160 170	80.9
Body Fat Mass	(lbs)	40 60 80 100 160 220 280 340 400 460 520	46.6

Obesity Analysis

			%
BMI Body Mass Index	(kg/m²)	10.0 15.0 18.5 22.0 25.0 30.0 35.0 40.0 45.0 50.0 55.0	27.8
PBF Percent Body Fat	(%)	0.0 5.0 10.0 15.0 20.0 25.0 30.0 35.0 40.0 45.0 50.0	24.5

Segmental Lean Analysis

Based on ideal weight ▬▬ Based on current weight ▬▬

Right Arm	(lbs) / (%)	55 70 85 100 115 130 145 160 175 190 205	8.77 / 114.0
Left Arm	(lbs) / (%)	55 70 85 100 115 130 145 160 175 190 205	8.62 / 111.9
Trunk	(lbs) / (%)	70 80 90 100 110 120 130 140 150 160 170	65.2 / 106.3
Right Leg	(lbs) / (%)	70 80 90 100 110 120 130 140 150 160 170	21.08 / 98.5
Left Leg	(lbs) / (%)	70 80 90 100 110 120 130 140 150 160 170	21.16 / 98.9

ECW/TBW Analysis

ECW/TBW	0.320 0.340 0.360 0.380 0.390 0.400 0.410 0.420 0.430 0.440 0.450	0.382

Body Composition History

Weight	(lbs)	190.8	
SMM Skeletal Muscle Mass	(lbs)	80.9	
PBF Percent Body Fat	(%)	24.5	
ECW/TBW		0.382	

☑ Recent ☐ Total   20.09.08 13:00

Body Fat - Lean Body Mass Control

Body Fat Mass	−21.2 lbs
Lean Body Mass	0.0 lbs

(+) means to gain fat/lean   (−) means to lose fat/lean

Segmental Fat Analysis

	▼	—	▲
Right Arm	(2.6 lbs)		195.4%
Left Arm	(2.9 lbs)		204.2%
Trunk	(26.2 lbs)		273.3%
Right Leg	(6.2 lbs)		156.0%
Left Leg	(6.0 lbs)		155.0%

Basal Metabolic Rate

1782 kcal

Visceral Fat Level

Level 10 | Low   10   High |

Results Interpretation

Body Composition Analysis
Body weight is the sum of Body Fat Mass and Lean Body Mass, which is composed of Dry Lean Mass and Total Body Water.

Obesity Analysis
BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis
Evaluates whether the muscles are adequately developed in the body.
The top bar shows the comparison of muscle mass to ideal weight while the bottom bar shows that to the current weight.

ECW/TBW Analysis
ECW/TBW, the ratio of Extracellular Water to Total Body Water, is an important indicator of body water balance.

Visceral Fat Level
Visceral Fat Level is an indicator based on the estimated amount of fat surrounding internal organs in the abdomen. Maintain a Visceral Fat Level under 10 to stay healthy.

Results Interpretation QR Code
Scan the QR Code to see results interpretation in more detail.

Impedance

Z(Ω)		RA	LA	TR	RL	LL
	5 kHz	282.3	286.1	21.1	247.9	243.1
	50 kHz	240.5	246.0	17.8	214.1	210.4
	500 kHz	206.1	212.5	13.8	188.9	186.0

570DM-0312/UBAB-01-02/570AA-A109

LONGEVITY MEDICAL CLINIC
Feel Younger · Live Better

PATIENT CONTACT INFORMATION

We require all new patients to present photo ID. If photo ID does not contain current address, a form of mail correspondence with name & current address is accepted.

Name (First, MI, Last): STEVEN P. HIGA

Billing Address:

Street: 709 SW 353RD PL

City: FEDERAL WAY   State: WA   Zip Code: 98023

Shipping Address (if different from billing address):

Street: Same

City: _____ State: _____ Zip Code: _____

Phone Numbers: Please check your contact preference.

Home: _____ Preferred ☐
- ☐ Authorized to leave detailed information in voicemail
- ☐ Leave call back number only in a voicemail
- ☐ Do not leave message

Work: _____ Preferred ☐
- ☐ Authorized to leave detailed information in voicemail
- ☐ Leave call back number only in a voicemail
- ☐ Do not leave message

Cellular: 2536401839 Preferred ☐
- ☑ Authorized to send appointment reminder text messages (no PHI will be sent via text)
- ☑ Authorized to leave detailed information in voicemail
- ☐ Leave call back number only in a voicemail
- ☐ Do not leave message

Fax: _____
- ☐ Authorized to leave detailed information

Email: SMALLBIZHERO@GMAIL.COM

Date of Birth: 8 / 2 / 69   Gender: ☑ Male   ☐ Female

Emergency Contact:

Name: TRACY HIGA

Address: Same

City: _____ State: _____ Zip Code: _____

Phone: 360 5931822   Relationship: SPOUSE

Are you on Medicare Part B?   ☐ Yes   ☑ No

Signature: _____   Date: _____