

# LONGEVITY MEDICAL CLINIC™ | PATIENT PLAN

Curtis R. Tenzler

83

2/10/1937

Patient

Male

Dr. Christine Brasse

10/14/2020

Age

Date of Birth

Gender

Physician

Date

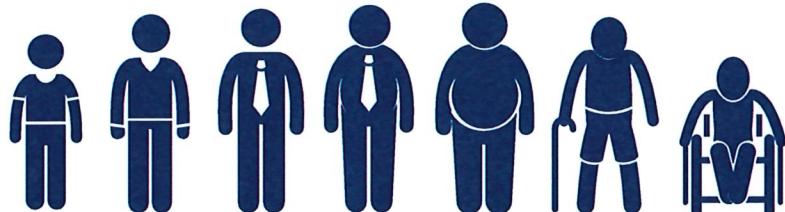
## Health Goals

1. Lose Weight

2. Lower Dementia Risk

3. Increase Energy

## Normal Decline



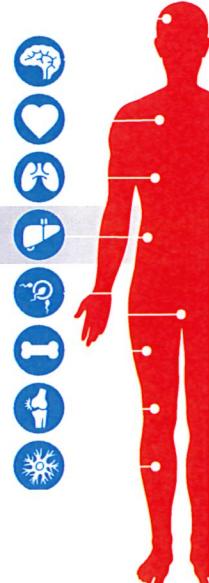
- ✓ Decline in hormones
- ✓ Decline in growth factors
- ✓ Excess body fat
- ✓ Loss of muscle mass
- ✓ Sexual dysfunction
- ✓ Shorter Telomeres
- ✓ Poor diet and nutrition
- ✓ Depletion of nutrients

## Labs: Your Areas of Concern

- Testosterone
- Estradiol
- Progesterone
- Pregnenolone
- DHEA-S
- IGF-1

- Thyroid (TSH)
- HbA1c
- Insulin
- Homocysteine
- C-Reactive Protein
- Cholesterol

- Triglyceride
- Vitamin D
- Visceral Fat
- APoE/Genetic Markers
- Telomeres



## Risks: Your Areas of Concern

- Sexual Dysfunction
- Obesity
- Prediabetes/Diabetes
- Osteoporosis/Osteopenia
- Hyperlipidemia / Dyslipidemia
- Hypertension
- Cognitive Decline/Dementia

- Disordered Sleep / Sleep Apnea
- Chronic Fatigue
- Chronic Inflammation
- Chronic Pain
- Autoimmune Diseases
- Cancer
- Other: \_\_\_\_\_

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Legend: ■ Red (Danger) ■ Yellow (Normal) ■ Green (Optimal)



Short telomeres are linked with premature aging and many diseases.

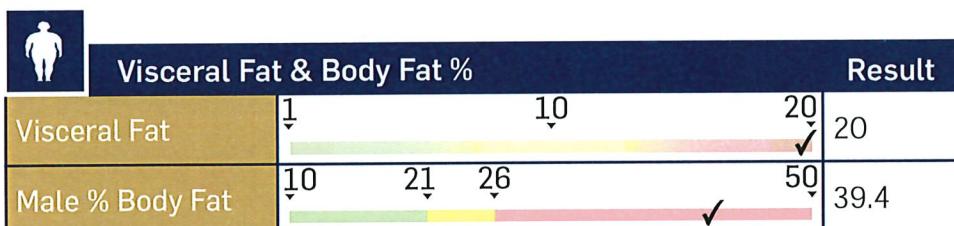
**Notes:**

Low Average Telomeres



\* Immune System

\*\* Alzheimer's Disease & Cardiovascular Disease

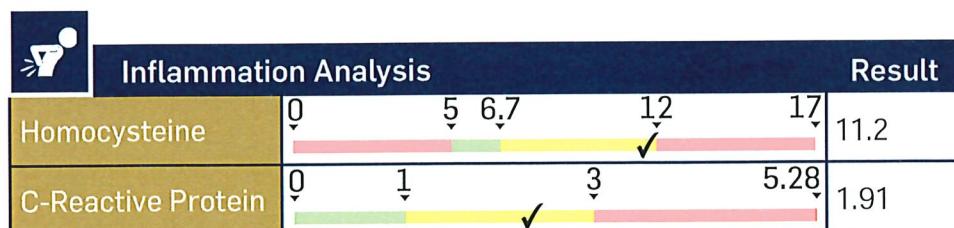


Inflammatory fat around the lower organs.

**Notes:**

Elevated visceral fat

Patient Vitals					
Weight (lbs)	240	Height (inches)	70	Blood Pressure	140/78
Pulse	53	Temperature	98.3	BMI	34.433
Waist Circumference		Hip Circumference		Waist/Hip Ratio	
Left Grip (lbs)		Right Grip (lbs)			



Identify risk based upon inflammation related disease.

**Notes:**

Elevated inflammation

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Cardiovascular Analysis							Result
Triglycerides	0	40	50	100	150	251.9	101.0
Total Cholesterol	30	120	140	180	200	290	177.0
Cholesterol - HDL	20	40	50		110	130	47.0
Cholesterol - LDL	0	40	60	100	130	170	109.8
Cholesterol/ HDL Ratio	0			3.6	4	4.62	3.8

Identifies potential cardiovascular risks to avoid heart disease and strokes.

**Notes:**

Elevated lipids increase cardiovascular risk



Hormone Analysis							Result	
Free Testosterone	0	50		150	180	210	260	75.4
Total Testosterone	0	260	600	800	1200	1460		1036.00
Sex Binding Glob	0	13		71	84			143.4
Albumin (HP)	2.5	3.5		5	6			4.5
DHEA-S	0	80	300	500	570	650		19.4
PSA	0		4		10	12+		0.384
Estradiol	0		20	30		45		33.82
Progesterone	0	2		8	10			0.4
Pregnenolone	0	23	60	150	173	196		12
TSH	0	0.4	1.5	2.5		4.84		1.4500
Free T4	0.6	0.8	1.2	1.4	1.8	2		0.8
Free T3	0	180	275	330	420	600		290.0
FSH	0	1		8	11.77			14.4

Properly balanced hormones are critical for optimal mental and physical function.

**Notes:**

Low free testosterone  
High normal testosterone  
High SHBG

Very low DHEA

Low PSA- history prostate cancer

Normal estradiol  
Low progesterone

Very low pregnenolone

Low normal T4

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## Sugar Metabolism Analysis

### Result

	40	55	70	150	180	195	
GL Glucose	40	55	70	150	180	195	132.0
Glucose	50	74	89	100	155.1		
GL Insulin	0	10	30	60	80	90	210.2
Insulin	0	10	15	29			
Hemoglobin A1c	3.9	4	5.2	5.7	5.8		5.5

Identifies risk of high blood sugar related to diabetes and brain shrinkage.

### Notes:

Insulin resistance

Elevated A1C



## Metabolism Analysis

### Result

BUN	0	5	7	22	23	29	16.6
Creatinine	0	0.76	1.27	2.03			1.0
eGFR	0		50	60+			>60
Sodium	120	134	138	144	158		140.0
Potassium	2.5	3.5	3.7	5.2	6.2		4.8
Chloride	85	96	99	106	117		103.8
CO <sub>2</sub>	12	20	21	29	37		23.0
Calcium Serum	5	8.5	8.7	10.2	13.9		9.0
Total Protein	3	6.4	8.1	8.5	11.5		6.8
Albumin	2.5	3.5	3.6	4.9	5.5	6.5	4.5
Globulin	1	2.1	2.3	4.1	4.3	5.4	2.3
A/G Ration	0	1.1	1.2	1.75	2	3.1	1.96
Total Bilirubin	0	0.3			1.2		0.9
Alkaline Phos	0	39	40	117	156		70.0
AST	0	18			40		31.0
ALT	0	23			44		19.0

Focuses on understanding the health of the liver and kidneys.

### Notes:

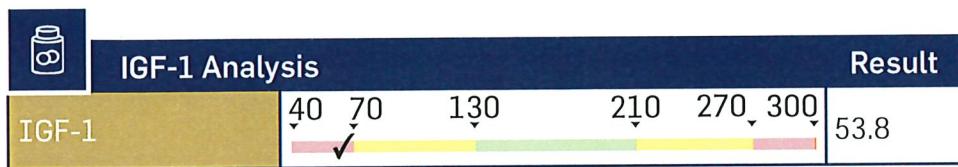
Normal BUN

Normal Creatinine

Normal eGFR

Normal electrolytes

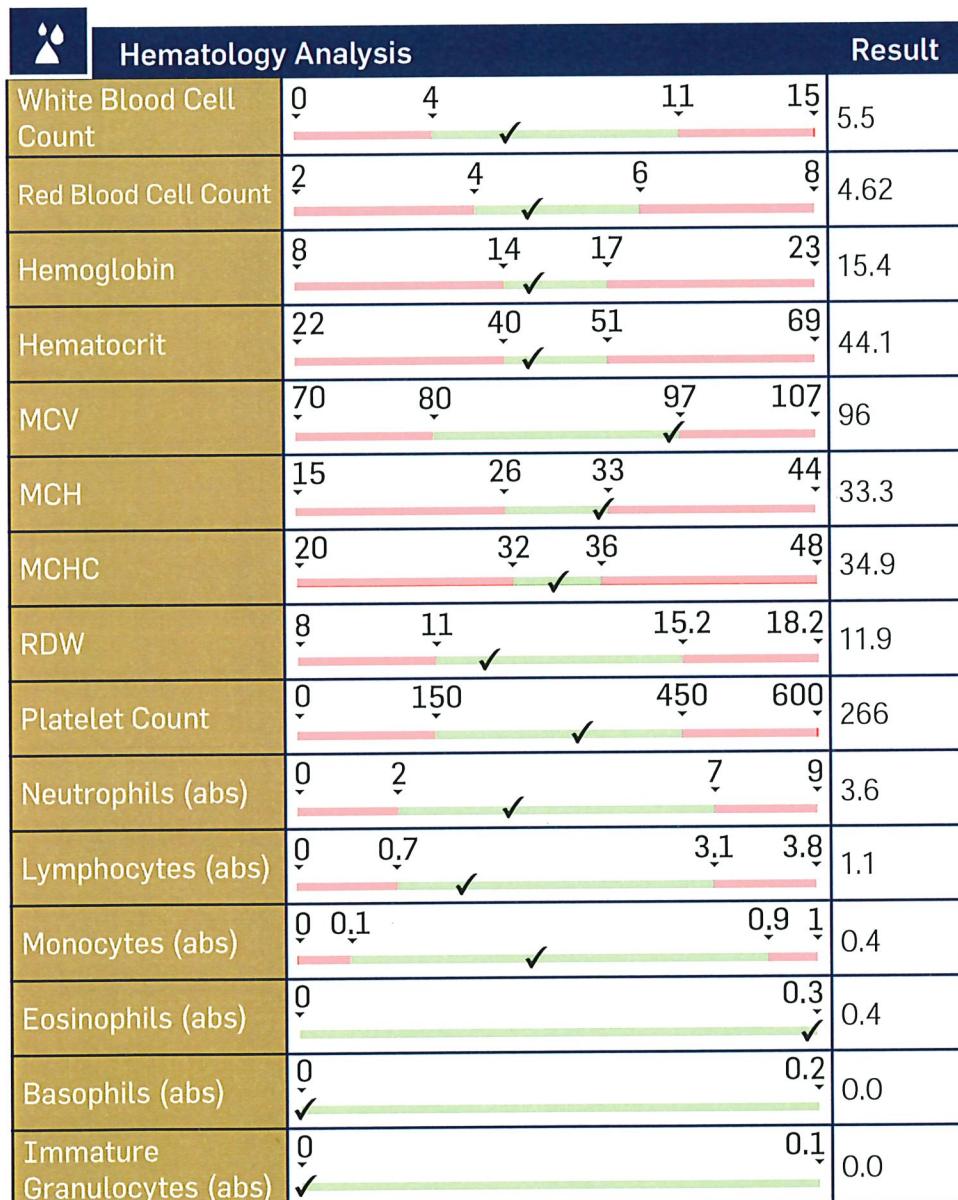
Normal liver enzymes



Elevated levels can indicate risk of cancer.

## Notes:

Very low IGF-1



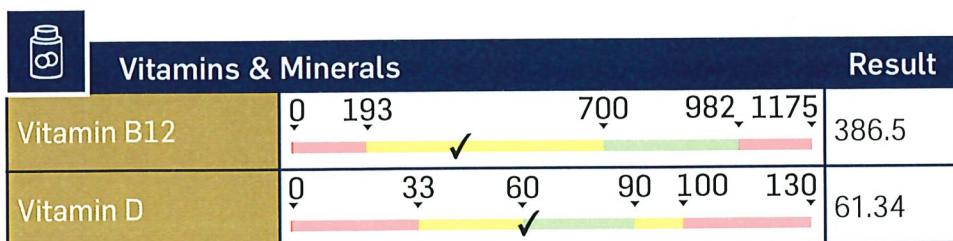
Identifies possible risks based upon information from red and white blood cells.

#### **Notes:**

WBC count normal  
RBC count normal

Iron load normal

Platelet count normal



Essential for strengthening body systems to resist disease and build immunity.

## Notes:

Low B12, optimal D



# Obesity

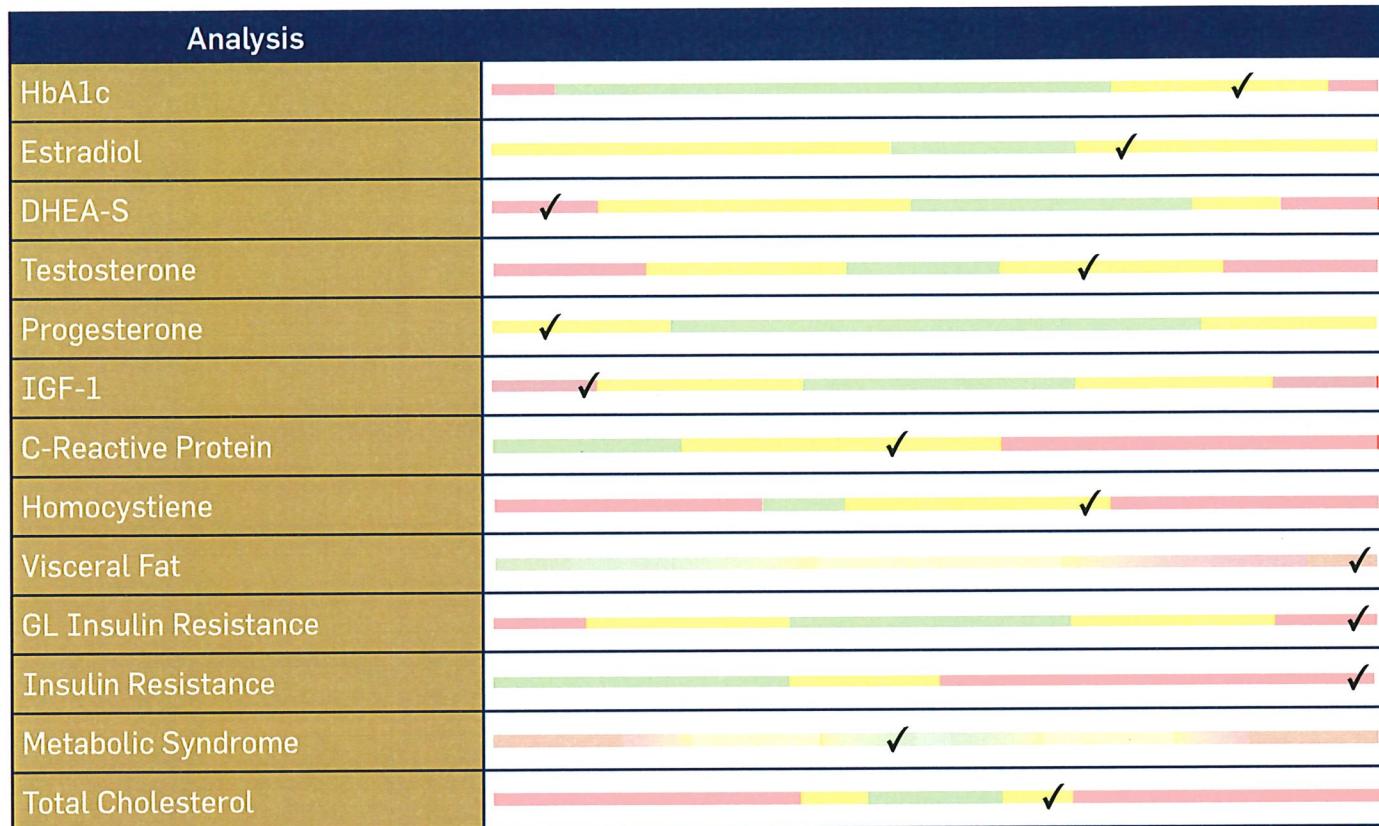
Excessive fat is an active and destructive tissue that produces inflammation and increases your risk of dementia, heart disease, stroke, diabetes, cancer, and joint degeneration.

Curtis R. Tenzler

DOB 2/10/1937



## Levels of Risk



## Primary Health Risks

Low hormone levels	Increasing cardiovascular risk
Increasing diabetic risk	Increasing inflammation

Your Overall Risk Level: Low Medium High



## Personal Action Plan

- ✓ Reduce visceral fat level to 5, with regular measurements
- ✓ Decrease sweets and simple carbohydrates while adding more vegetables
- ✓ Increase fiber and water intake
- ✓ Follow Longevity Fitness Plan and increase activity to 15,000 steps per day
- ✓ Percentage of body fat: Males 10-20%, Females 18-28%
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment





# Cognitive Decline / Dementia

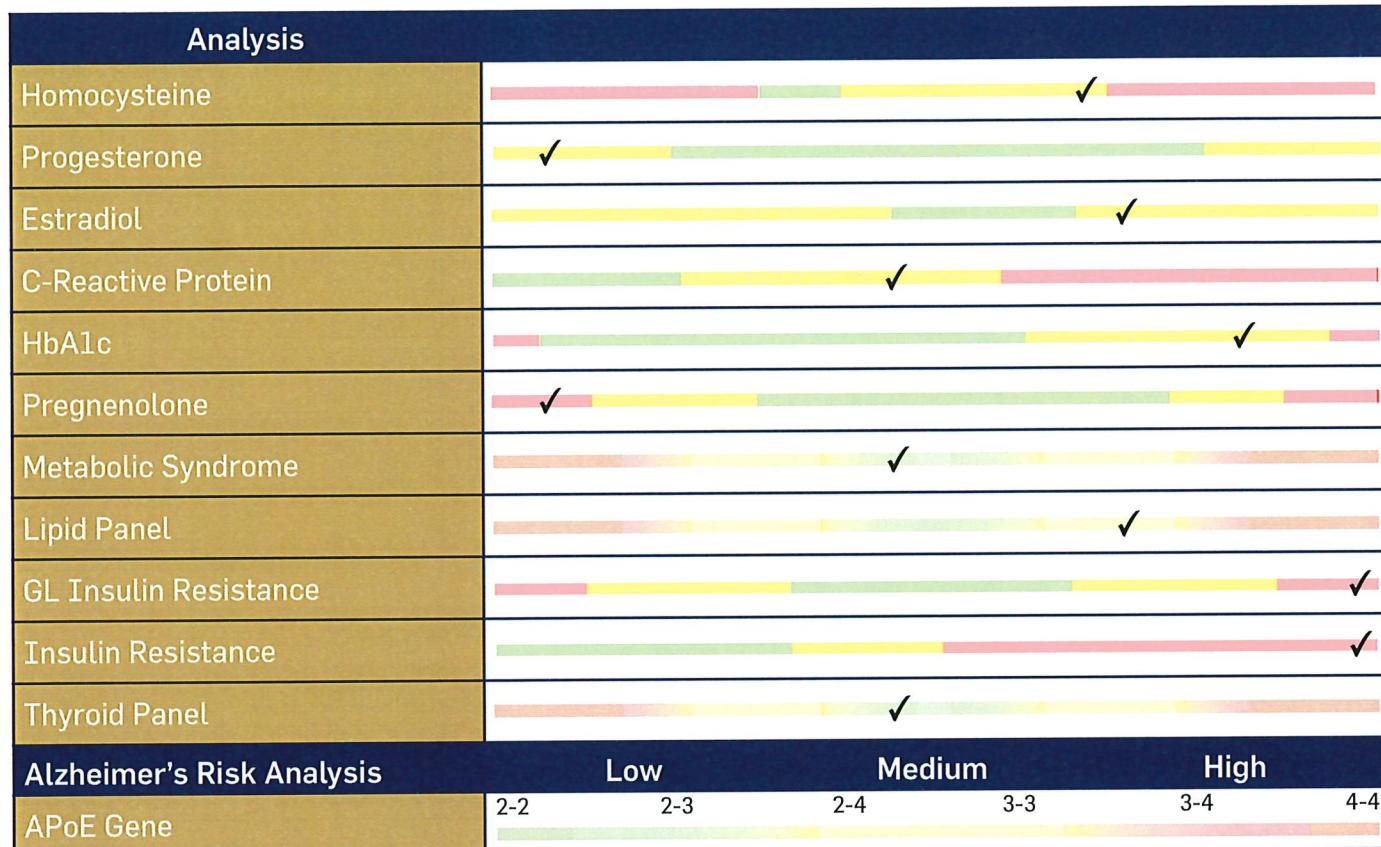
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Inflammation, toxins, and latent viral infections can result in lean tissue damage in the brain, leading to cognitive decline.



## Levels of Risk



## Primary Health Risks

Low hormone levels	Increasing insulin resistance
Increasing inflammation	Blood pressure issues

Your Overall Risk Level: Low Medium High



## Personal Action Plan

- ✓ Balance hormones to support brain health
- ✓ Decrease sweets and simple carbohydrates while adding more vegetables
- ✓ Add Longevity Memory for comprehensive supplementation
- ✓ Follow Longevity Fitness Plan and increase activity to 10,000 steps per day
- ✓ Repeated measurements of visceral fat and body fat percentage
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment





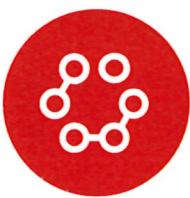
## Our Precision Care Includes:



Test, Assess, Adjust  
(Repeat)



Comprehensive  
Lab Analysis



Supplementation



1-hour Appointments



Body Composition  
Testing



Nutrition Plan



Cognitive Testing



Fitness Plan



Inflammation Testing



Lifestyle Choices