

# LONGEVITY MEDICAL CLINIC™ | PATIENT PLAN

Linda Shelton

74

9/28/1945

Female

Dr. Chrisitne Brasse

10/15/2020

Patient

Age

Date of Birth

Gender

Physician

Date

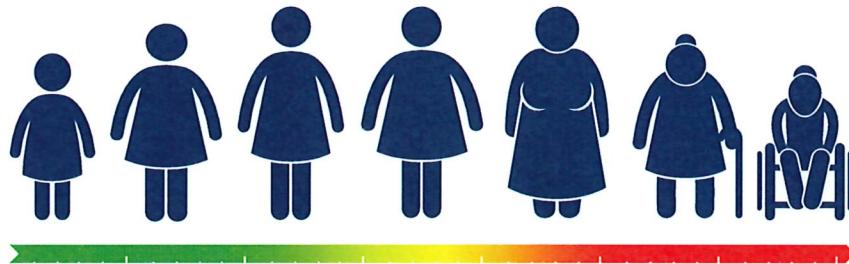
## Health Goals

1. Increase Strength Energy

2. Improve Mental Function

3. Balance Hormones

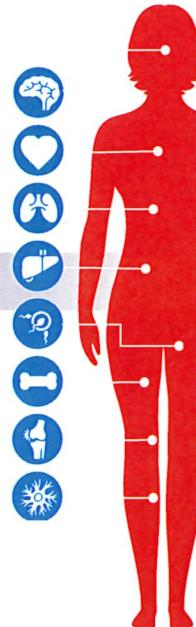
## Normal Decline



- ✓ 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

- |  |  |  |
|--|--|--|
| <input checked="" type="checkbox"/> Testosterone | <input checked="" type="checkbox"/> Thyroid (TSH)      | <input checked="" type="checkbox"/> Triglyceride |
| <input checked="" type="checkbox"/> Estradiol    | <input checked="" type="checkbox"/> HbA1c              | <input type="checkbox"/> Vitamin D               |
| <input checked="" type="checkbox"/> Progesterone | <input checked="" type="checkbox"/> Insulin            | <input checked="" type="checkbox"/> Visceral Fat |
| <input checked="" type="checkbox"/> Pregnenolone | <input type="checkbox"/> Homocysteine                  | <input type="checkbox"/> APOE/Genetic Markers    |
| <input checked="" type="checkbox"/> DHEA-S       | <input checked="" type="checkbox"/> C-Reactive Protein | <input checked="" type="checkbox"/> Telomeres    |
| <input type="checkbox"/> IGF-1                   | <input checked="" type="checkbox"/> Cholesterol        |  |



## Risks: Your Areas of Concern

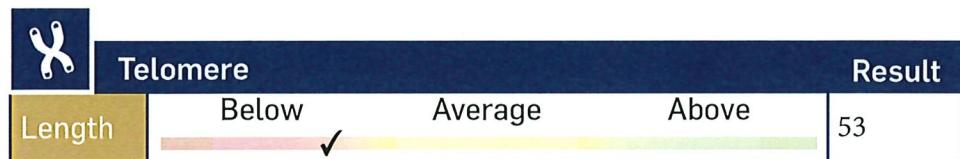
- |   |  |
|---|--|
| <input type="checkbox"/> Sexual Dysfunction                       | <input type="checkbox"/> Disordered Sleep / Sleep Apnea  |
| <input checked="" type="checkbox"/> Obesity                       | <input checked="" type="checkbox"/> Chronic Fatigue      |
| <input checked="" type="checkbox"/> Prediabetes/Diabetes          | <input checked="" type="checkbox"/> Chronic Inflammation |
| <input type="checkbox"/> Osteoporosis/Osteopenia                  | <input type="checkbox"/> Chronic Pain                    |
| <input checked="" type="checkbox"/> Hyperlipidemia / Dyslipidemia | <input type="checkbox"/> Autoimmune Diseases             |
| <input type="checkbox"/> Hypertension                             | <input type="checkbox"/> Cancer                          |
| <input type="checkbox"/> Cognitive Decline/Dementia               | <input type="checkbox"/> Other: _____                    |

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Linda Shelton      74      9/28/1945      Female      Dr. Chrisitne Brasseau      10/15/2020

Patient      Age      Date of Birth      Gender      Physician      Date

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



Short telomeres are linked with premature aging and many diseases.

**Notes:**

Short telomeres

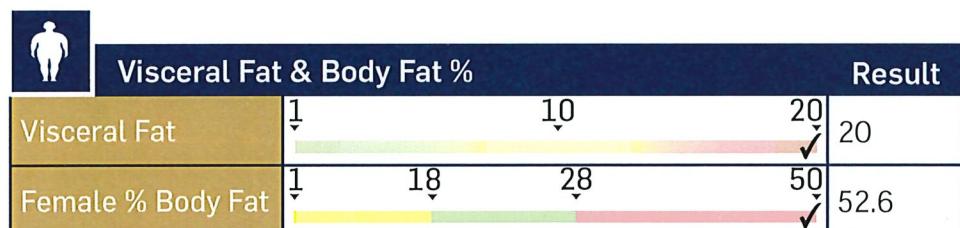
Determines genetic risk for inflammation or sepsis / infections.

**Notes:**



\* Immune System

\*\* Alzheimer's Disease & Cardiovascular Disease

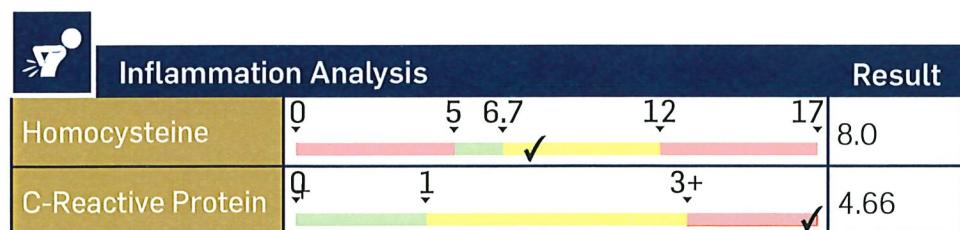


Inflammatory fat around the lower organs.

**Notes:**

Elevated inflammatory fat

Patient Vitals					
Weight (lbs)	202	Height (inches)	61	Blood Pressure	130/80
Pulse	68	Temperature	98.7	BMI	38.163
Waist Circumference		Hip Circumference		Waist/Hip Ratio	
Left Grip (lbs)		Right Grip (lbs)			



Identify risk based upon inflammation related disease.

**Notes:**

Elevated inflammation

# LONGEVITY MEDICAL CLINIC™ | PATIENT PLAN



## Cardiovascular Analysis

	Result					
Triglycerides	0	40	50	99	150	190 ✓
Total Cholesterol	30	120	140	180	200	290 ✓
HDL	20	40	50 ✓	110	130	56.0
LDL	0	40	60	100	130	170 ✓
Cholesterol/HDL Ratio	0	3.2	3.6	4.2 ✓	4.3	

Identifies potential cardiovascular risks to avoid heart disease and strokes.

### Notes:

Elevated triglycerides, cholesterol, LDL increase cardiovascular risk



## Hormone Analysis

	Result					
Free Testosterone	0.1	4	8	19 ✓	2.6	
Total Testosterone	0.1	4	✓	50	62	16.53
Sex Binding Glob	0	18	✓	114	132	38.0
Albumin (HP)	2.5	3.5	✓	5	6	4.8
DHEA-S	0	35	175	330	430	465 ✓
Estradiol	0	20	40	80	120	140 ✓
Progesterone	0.1	2	8	18 ✓	0.4	
Pregnenolone	0	15	60	120	132	147 ✓
TSH	0	0.4	✓	2	2.5	2.9 ✓
Free T4	0.6	0.8	1.2	1.4	1.8	2 ✓
Free T3	0	180	275	330	420	600 ✓
FSH	0	2	22	✓	153	155 ✓

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

### Notes:

Low testosterone

Low DHEA

Low estrogen

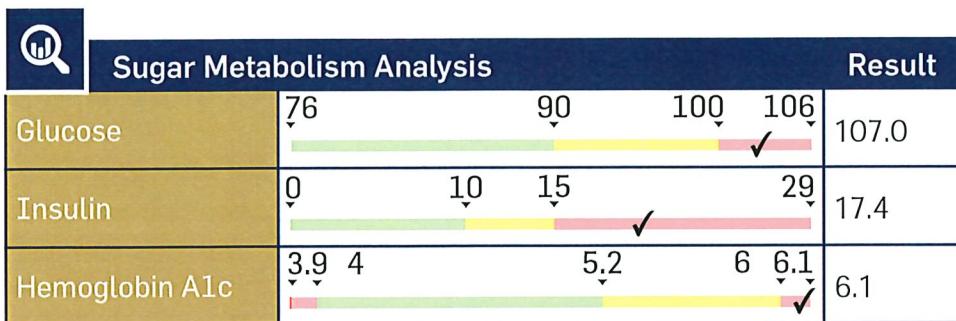
Low progesterone

Low pregnenolone

Thyroid out of ideal range  
Hypothyroid

Menopausal status

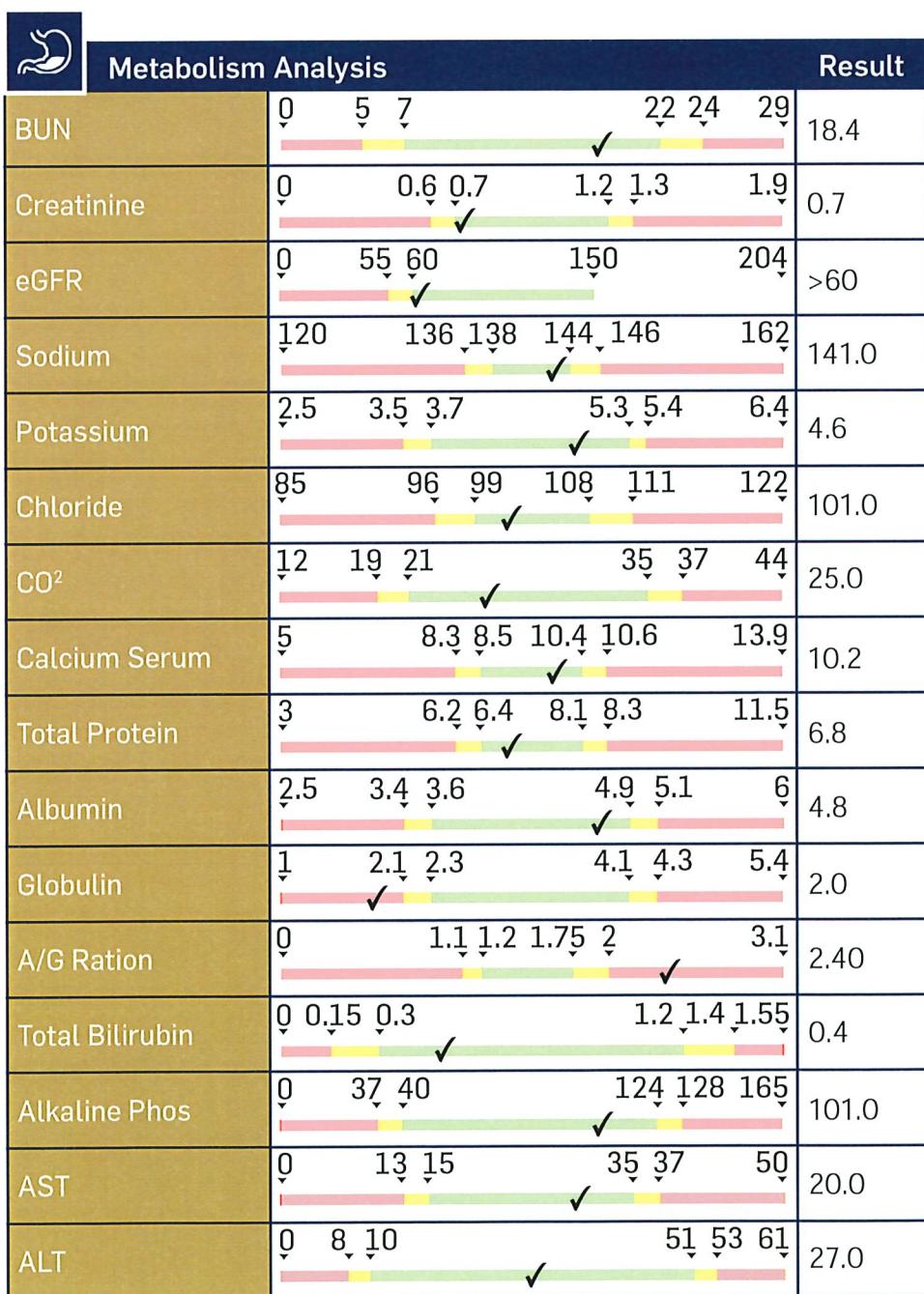
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Identifies risk of high blood sugar related to diabetes and brain shrinkage.

**Notes:**

Insulin resistance  
Prediabetic



Focuses on understanding the health of the liver and kidneys.

**Notes:**

Normal BUN and creatinine

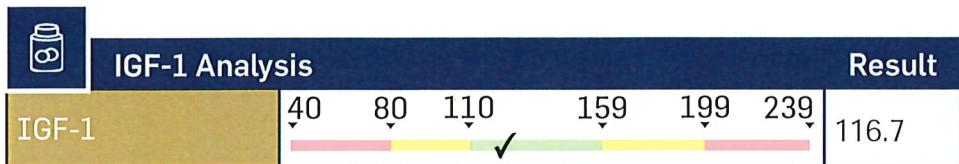
Normal eGFR

Electrolytes within range

Low normal globulin

Normal liver enzymes

# LONGEVITY MEDICAL CLINIC™ | PATIENT PLAN



Elevated levels can indicate risk of cancer.

**Notes:**

IGF-1 normal

 Hematology Analysis

	Result				
White Blood Cell Count	0	4	11	15	7.2
Red Blood Cell Count	2	4	5	7	4.86
Hemoglobin	8	12	16	20	13.4
Hematocrit	22	35	46	59	41.2
MCV	70	81	99	110	85
MCH	15	26	33	44	27.6
MCHC	20	32	36	48	32.5
RDW	8	11	15.2	18.2	13.1
Platelet Count	0	150	450	600	322
Neutrophils (abs)	0	2	7	9	4.8
Lymphocytes (abs)	0	0.7	3.1	3.8	1.8
Monocytes (abs)	0	0.1	0.9	1	0.4
Eosinophils (abs)	0		0.3		0.1
Basophils (abs)	0		0.2		0.0
Immature Granulocytes (abs)	0.0		0.1		0.0

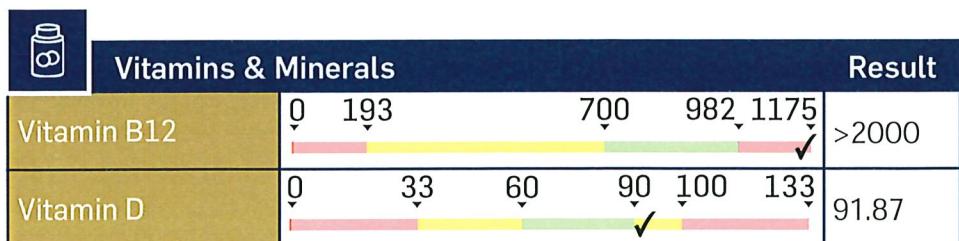
Identifies possible risks based upon information from red and white blood cells.

**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:**

Values high on replacement



# 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.



## Levels of Risk

Analysis	
HbA1c	█ (green) █ (yellow) █ (red)
Estradiol	█ (red) █ (yellow) █ (green) █ (yellow) █ (red)
DHEA-S	█ (red) █ (yellow) █ (green) █ (yellow) █ (red)
Testosterone	█ (yellow) █ (green) █ (yellow) █ (green) █ (yellow)
Progesterone	█ (red) █ (yellow) █ (green) █ (yellow) █ (green) █ (yellow)
IGF-1	█ (red) █ (yellow) █ (green) █ (yellow) █ (red)
C-Reactive Protein	█ (green) █ (yellow) █ (yellow) █ (red)
Homocystiene	█ (red) █ (green) █ (yellow) █ (red)
Visceral Fat	█ (green) █ (yellow) █ (yellow) █ (red)
Insulin Resistance	█ (green) █ (yellow) █ (red)
Metabolic Syndrome	█ (red) █ (yellow) █ (green) █ (yellow) █ (red)
Total Cholesterol	█ (red) █ (yellow) █ (green) █ (red)

Primary Health Risks	
Increased risk for diabetes	Increased risk cardiovascular disease
Elevated inflammation	Increased risk cognitive decline

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
- ✓ Follow Longevity Fitness Plan and increase fiber and water intake
- ✓ 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





# Prediabetes / Diabetes

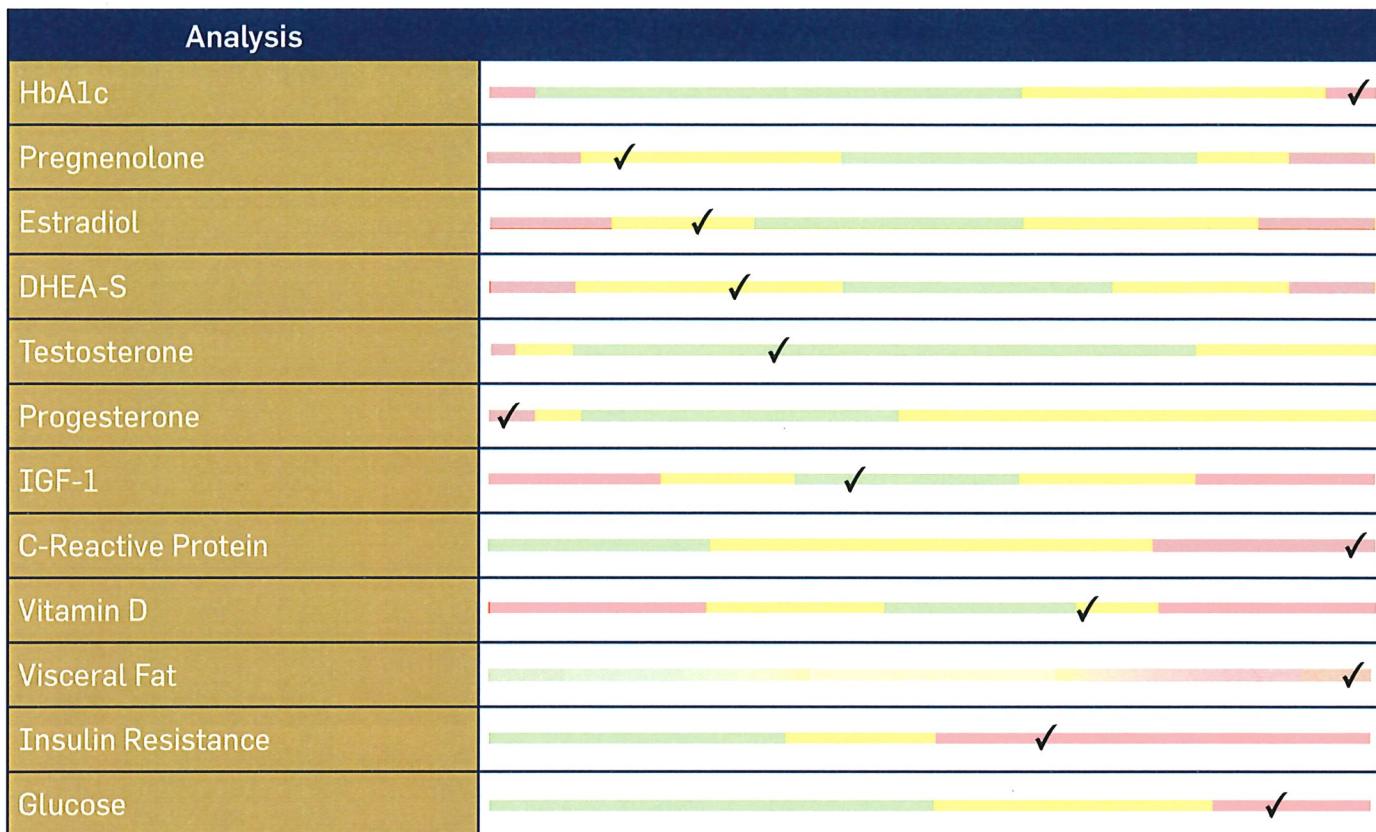
Linda Shelton

DOB 9/28/1945

Glucose levels directly impact brain volume shrinkage, heart disease, diabetes, Alzheimer's, cancers, the rate of joint degeneration, and fat storage.



## Levels of Risk



**Primary Health Risks**

Prediabetic levels now	Increased risk stroke and CVD
Increasing fatigue	High inflammation

Your Overall Risk Level: Low Medium High



## Personal Action Plan

- ✓ Balance hormones including free and total testosterone to lower blood sugar
- ✓ Increase vitamin D levels to optimal and measure regularly
- ✓ Decrease sweets and simple carbohydrates while adding more vegetables
- ✓ Follow Longevity Fitness Plan and increase activity to 10,000 steps per day
- ✓ Repeated measurements of visceral fat
- ✓ Tailored care by a physician includes regular testing, reassessment, and adjustment





# Hyperlipidemia / Dyslipidemia

Linda Shelton

DOB 9/28/1945

Genetic propensity, plus high levels of inflammation, fat storage, and LDL Cholesterol, increase the risk of cardiovascular disease.



## Levels of Risk

Analysis		Low	Medium	High			
Triglycerides				✓			
HbA1c				✓			
Total Cholesterol				✓			
C-Reactive Protein				✓			
Homocysteine			✓				
Visceral Fat				✓			
Lipid Panel				✓			
Metabolic Syndrome				✓			
Alzheimer's Risk Analysis	APoE Gene	2-2	2-3	2-4	3-3	3-4	4-4

Primary Health Risks	
Increased risk stroke	Increased risk CVD
Increased risk cognitive decline	Chronic inflammation

Your Overall Risk Level: Low █ Medium █ High █



## Personal Action Plan

- ✓ Balance hormones to increase healthy lean tissue production
- ✓ Optimize Triglycerides and Cholesterol levels
- ✓ Add Longevity Vessel Protection to strengthen arterial walls
- ✓ 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





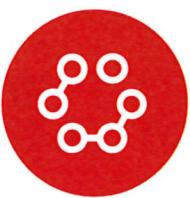
## Our Precision Care Includes:



Test, Assess, Adjust  
(Repeat)



Comprehensive  
Lab Analysis



Supplementation



1-hour Appointments



Body Composition  
Testing



Nutrition Plan



Cognitive Testing



Fitness Plan



Inflammation Testing



Lifestyle Choices