LONGEVITY MEDICAL CLINIC™

Feel Younger · Live Better

HEMOGLOBIN A1C TEST

Patient Name: Justin Perry Results: 5.1

Hemoglobin A1c is a measurement of the percentage of your red blood cells that have been damaged by glucose (blood sugar). When our blood sugar level increases so do our risks of blood vessel damage, brain loss, increased fat storage, strokes, autoimmune disease and other factors.

Red blood cells live about 120 days. This measurement gives us a good indication of your average blood sugar over the course of the last three months, and how it may be contributing to the way you feel, body fat, and brain volume loss.

High blood sugar produces high fat. This fat produces pro-inflammatory peptides and enzymes, which produces inflammation, impacts brain tissue loss, and increases the risks of cancer, heart attack, and strokes. Fat also increases the rate of joint degeneration.

This segment looks at how blood sugar impacts brain volume shrinkage in the normal range:

4.4 - 5.2 This segment is the lowest risk area. Optimal for Longevity patient is 5.2 or below.

5.3 - 5.5 In this blood sugar level range, a patient, can lose about 3.5 grams of brain volume per year. This volume loss is equivalent to roughly ounce, or a slice of cheese, every five years.

5.6 - 5.8 At this level a patient would expect to see about 4.3 grams of brain volume loss per year. This segment identifies the potential risk of being "pre-diabetic." At 5.7 you officially move into a pre-diabetic range. Risks drastically increase for damaged blood vessels, heart attacks, strokes, and early dementia.

5.9 - 6.5 This segment is in the upper range of normal identifying the potential risk of being "pre-diabetic." Brain volume loss is about 7.5 grams of brain volume per year, which results in one ounce, or about one slice of cheese, every four years. If you have 40 years left to live, at one ounce every four years, that is over a half a pound of your brain that will disappear, assuming you started with the average brain volume of 1350 grams.

6.6 Anything above this level, is considered the beginning of the diabetic range.

If you are already experiencing some brain fog, memory loss, or dullness in thinking, there is a high likelihood your brain is on the downward trend. The good news is that we can help with your aging brain, through modern science and the medicine practiced at Longevity Medical Clinic.

InBody

Justin Perry [InBody570]

ID	Height	Age	Gender	Test Date / Time
24888	5ft. 11. 5in.	32	Male	2020.09.11. 12:09

Body Composition Analysis

	Values	Total Body Water	Lean Body Mass	Weight
Intracellular Water (lbs)	73. 4	117. 1	159. 6	231. 6
Extracellular Water (lbs)	43. 7			
Dry Lean Mass (lbs)	42. 6			
Body Fat Mass (lbs)	72. 0			

Muscle-Fat Analysis

Weight	(lbs)	231. 6
SMM Skeletal Muscle Mass	(lbs)	91. 3
Body Fat Mass	(lbs)	72. 0

Obesity Analysis

BMI Body Mass Index	(kg/m²)	31. 9
PBF Percent Body Fat	(%)	31. 1

Segmental Lean Analysis

Based on ideal weight ▬ Based on current weight ▬

Right Arm	(lbs)	10. 08
	(%)	118. 3
Left Arm	(lbs)	9. 77
	(%)	114. 6
Trunk	(lbs)	73. 8
	(%)	108. 7
Right Leg	(lbs)	23. 99
	(%)	101. 2
Left Leg	(lbs)	23. 83
	(%)	100. 6

ECW/TBW Analysis

ECW/TBW	0. 374

Body Composition History

		20. 09. 11 12:09
Weight	(lbs)	231. 6
SMM Skeletal Muscle Mass	(lbs)	91. 3
PBF Percent Body Fat	(%)	31. 1
ECW/TBW		0. 374

☑ Recent □ Total

Body Fat - Lean Body Mass Control

Body Fat Mass	−43. 9 lbs
Lean Body Mass	0. 0 lbs

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

Segmental Fat Analysis

Right Arm	(5. 3 lbs)	360. 4%
Left Arm	(5. 3 lbs)	369. 1%
Trunk	(40. 3 lbs)	399. 3
Right Leg	(8. 8 lbs)	212. 0%
Left Leg	(8. 6 lbs)	209. 0%

Basal Metabolic Rate

1934 kcal

Visceral Fat Level

Level 15 | 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	278. 9	291. 1	25. 4	260. 2	260. 5
50 kHz	239. 6	250. 5	21. 2	224. 2	225. 8
500 kHz	202. 3	212. 3	16. 6	193. 0	195. 3

Copyright©1996- by InBody Co., Ltd. All rights reserved. BR-USA-D3-B-130923