

# About Your Life Expectancy



## Overview

This document was generated based on your personal medical information and family history. Based on your profile, have a high chance of developing or already having Diabetes.

Based on your unique score and situation, we have prepared this report for you about longevity and quality of life.

## Patient Medical Details

The patient is between 60 and 64 years old and they are suspected of diabetes. They smoke and have a BMI of 30.0. They have a family history of diabetes. They have elevated blood pressure at the moment, and have a sedentary lifestyle. For billing reference, their ICD code is E08. What kind of things should this person do to improve their longevity and quality of life? Also make a good prediction about how many more years they can expect to live with this condition untreated. Make a second prediction of how many years they can add to their lives if they make the suggested changes. Then, give a range for what their age expectancy might be. Finally, say something really encouraging and motivational to make the person feel good about themselves and make the changes.

## Interpretation and Insights

To improve longevity and quality of life, this person should make several lifestyle changes:

1. **Quit smoking:** Smoking increases the risk of complications related to diabetes, such as heart disease, stroke, and kidney damage.
2. **Adopt a healthy diet:** Focus on consuming whole grains, lean proteins, fruits, vegetables, and healthy fats while reducing the intake of processed foods, saturated fats, and added sugars.
3. **Increase physical activity:** Engage in at least 150 minutes of moderate-intensity exercise per week, such as brisk walking, swimming, or cycling. Regular exercise can help control blood sugar levels, maintain a healthy weight, and reduce the risk of complications.
4. **Manage stress:** Practice stress-management techniques like meditation, deep breathing, or yoga to reduce the negative impact of stress on diabetes management.
5. **Monitor blood sugar levels:** Regularly check blood sugar levels and work with a

healthcare provider to keep them within the target range.

6. Take prescribed medications: If prescribed, take diabetes medications as directed by a healthcare provider to manage blood sugar levels effectively.

Prediction for untreated condition: If this person does not make any lifestyle changes or receive proper treatment, their life expectancy may be reduced by 5-10 years compared to someone without diabetes.

Prediction with suggested changes: By making the suggested lifestyle changes and properly managing their diabetes, this person could potentially add 3-5 years to their life expectancy.

Age expectancy range: Considering the person is between 60 and 64 years old, their age expectancy might range from 75 to 85 years old, depending on the effectiveness of their diabetes management and overall health.

Encouragement and motivation: Remember that you have the power to take control of your health and improve your quality of life. Making positive lifestyle changes may seem challenging at first, but every small step you take brings you closer to a healthier, happier future. You have the strength and resilience to overcome obstacles and manage your diabetes effectively. Surround yourself with a supportive network of family, friends, and healthcare professionals who can guide and encourage you along the way. Celebrate your successes, no matter how small, and use them as motivation to continue on your journey to better health. You are capable of achieving your goals and living a fulfilling life with diabetes.

## More Information

For more information, contact [me@gretchenboria.com](mailto:me@gretchenboria.com) or [me@jorgeajimenez.com](mailto:me@jorgeajimenez.com). GitHub: <https://github.com/jorgeajimenez/anthropunk>

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