

turnbacktime

# Biological Age Report

Prepared for: John Harper

4th February 2013



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**Client ID: 5027**

**Security Key: 14E**

**Consultant ID: 92C**

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## 1. Introduction

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This report has been prepared for John Harper on 4th February 2013

Date of birth: 24/03/1964

Age: 53

Gender: Male

Height: 183cm

Weight: 79.55kg

Thank you for returning for this, your fifth test. Regular monitoring of your health using the Turn Back Time test is important and we recommend that you continue monitoring your health with the help of your Turn Back Time Consultant.

This report has been designed to show you changes in your health compared to previous tests. Therefore the explanatory notes are abbreviated. To read full explanatory notes on specific health areas, please refer to your original health report. If you do not have this, please ask your Turn Back Time Consultant to provide you with a copy.

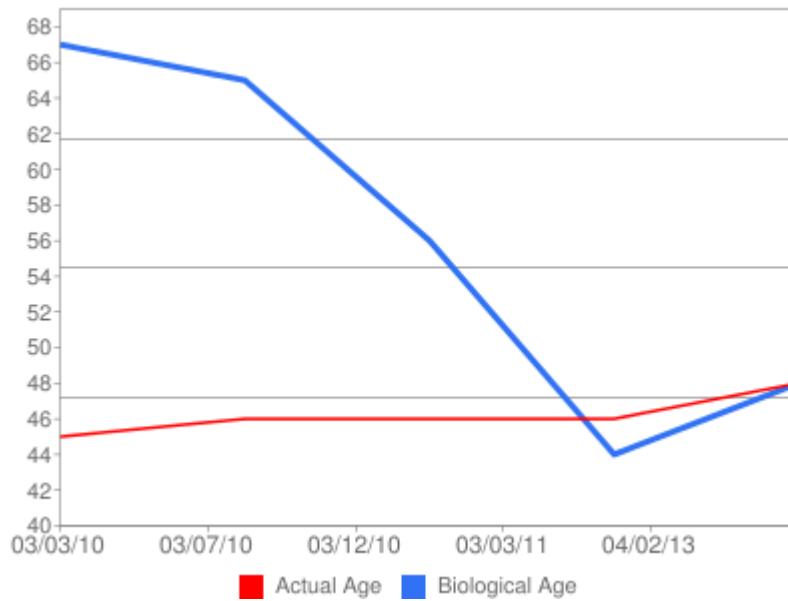
The purpose of your report is not to provide you with a diagnosis of any medical condition. This report has been supplied to alert you to areas concerning your health that may need attention. It is important that you read the full report and consider the recommendations.

Regular testing as recommended by your Consultant is essential as health indicators can change rapidly and it is far better to be aware of these changes before it is too late to put them right.

## 2. Biological Age

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Your Biological Age Result: 48



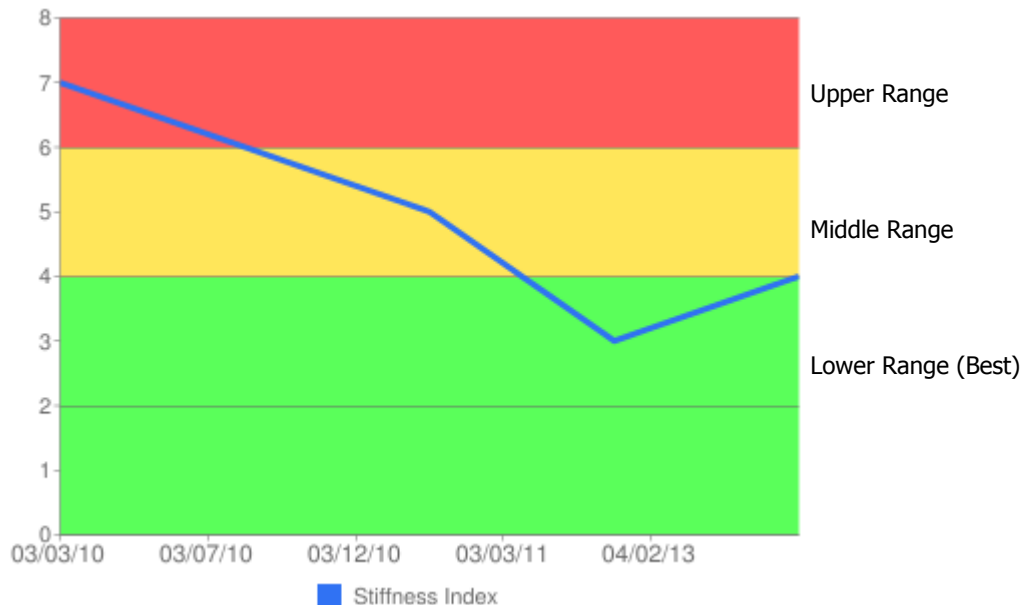
Your test results indicate that your Biological Age has risen since your last visit. This could be due to several factors and may not give undue cause for concern.

Continue giving attention to your health and work with your Consultant towards reducing your Biological Age on your next test.

### 3. Arterial Stiffness

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Your Arterial Stiffness Index reading for this test: 4



The Turn Back Time procedure is a test of the endothelial function and elasticity of your arteries and expresses this as arterial stiffness. If the endothelium does not work properly, this can be associated with a condition called endothelium dysfunction which results in a loss of elasticity or the artery described above. This dysfunction has now been seen as a precursor to the development of ischaemic heart disease (narrowing of the heart arteries with fat) and strokes.

You could consider eating more foods or health supplements that contain Arginine. L-Arginine is especially effective in maintaining health in the arterioles, the very small arteries that connect larger arteries to the tiny capillaries. It does this by helping the body produce more of a naturally occurring molecule called Nitric Oxide. Nitric Oxide has been shown to relax the endothelial layer of the arteries. This could have a beneficial effect on maintaining arterial health.

We would ask you to remember that all of the results within this report are to be used as a guide and for reference only. The results are not intended as a diagnosis.

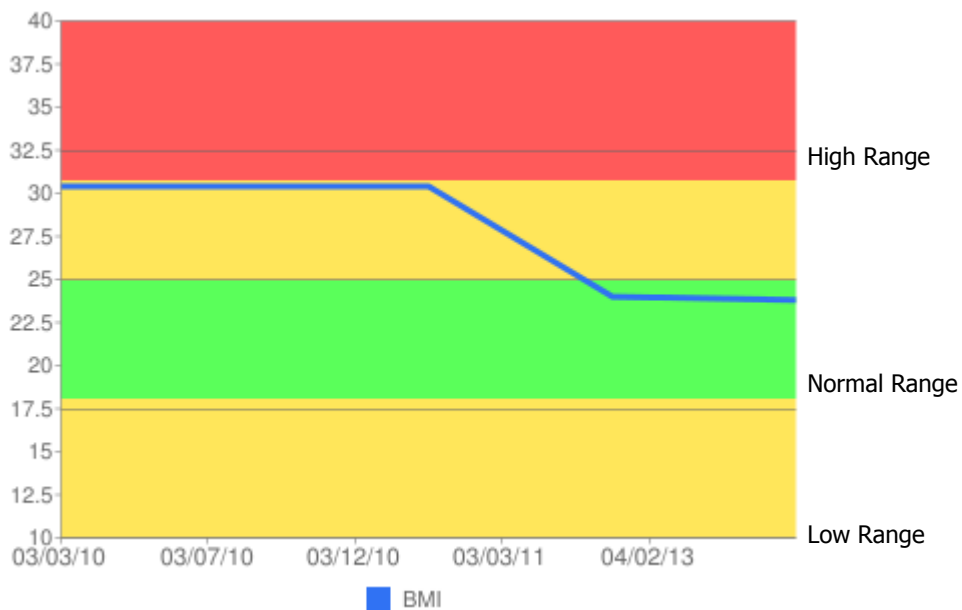
## 4. Body Mass Index (BMI)

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The Body Mass Index (BMI) is an accepted measure of body height to weight ratio. Human bodies range from around 15 (near starvation) to over 40 (possibly morbidly obese).

In the case of individuals who have a higher than average muscle mass, the BMI cannot be used as an accurate indicator of health. Therefore the charts should be used as a guide only.

Your BMI for this test: 23.8

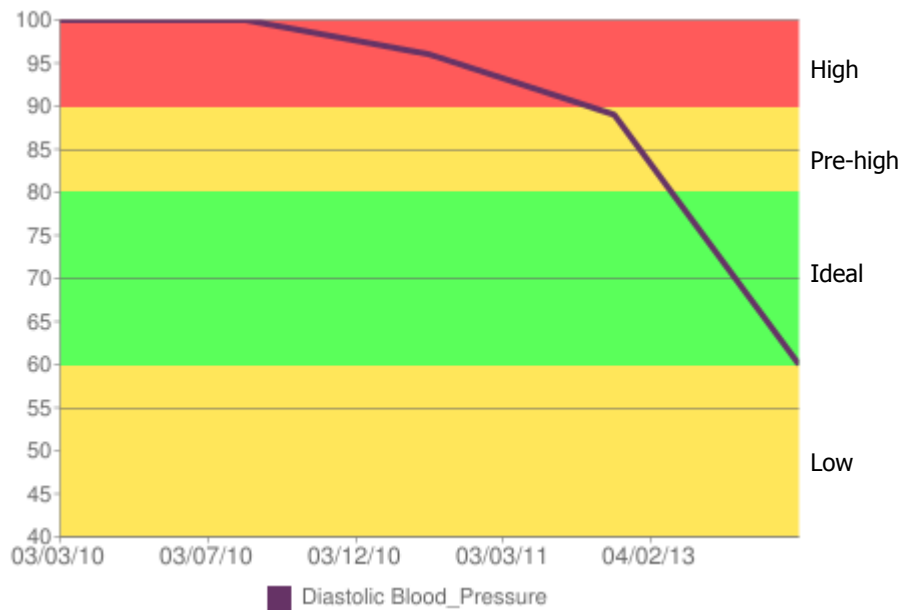
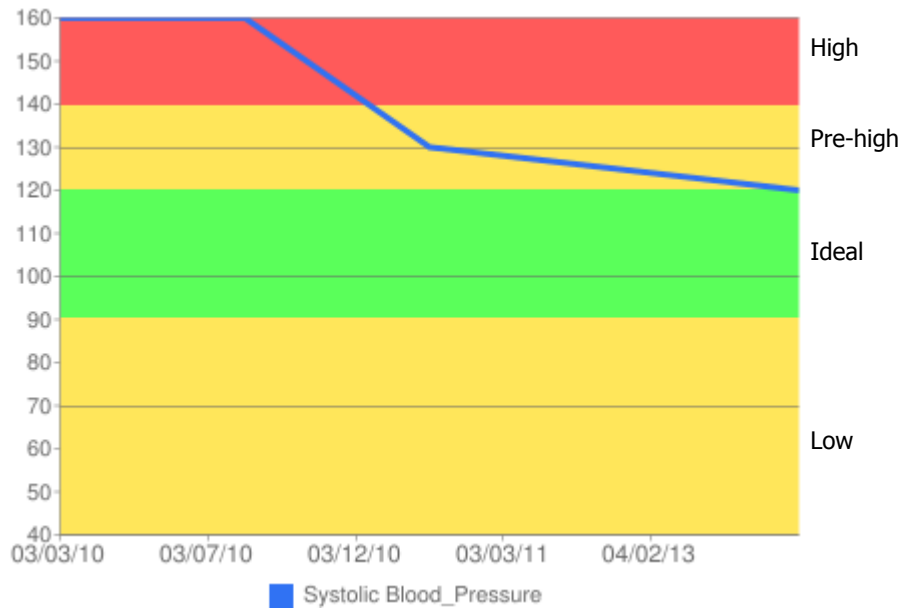


Your BMI has reduced since your last visit. This is good news as being overweight can make a significant difference to your risk of heart disease and puts you at increased risk of high blood pressure, high cholesterol and type 2 diabetes. Continue taking regular exercise and eating a healthy diet that contains fresh fruit and vegetables.

## 5. Blood Pressure

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Your Blood Pressure reading for this test: 120/60



Your reading indicates a normal, healthy blood pressure. To help keep it at this level follow be aware of how much salt you are eating, eat plenty of fresh fruit and vegetables and keep to a healthy weight.

## Appendix I - Lifestyle Notes

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### 1. Hydration

**Average glasses of water per day over the last 7 days: Less than 3**

You don't seem to be drinking enough water. Water is important for the body to function properly.

As a guide it is recommended to drink about 1.2 litres of water every day to avoid dehydration. This works out to be about six 200ml or eight 150ml glasses, cups or mugs. In hotter climates, the body will need more water than this.

The total amount of water we lose each day and need to replace is in fact greater than this - about 2.5 litres - but we get 1 litre of the fluid we need from food and the body recovers 0.3 litres from chemical reactions in our cells. The rest needs to be taken from drinks.

All drinks count, but water, milk and fruit juices are the healthiest. It is best to avoid caffeinated and alcoholic drinks.

Try to avoid sugary soft and fizzy drinks that can be high in added sugars. These can be high in calories and bad for teeth.

One of the first signs of dehydration is feeling thirsty.

If you think you may not be getting enough fluids, check if you have any of these other common signs of dehydration:

- dark-coloured urine and not passing much urine when you go to the toilet
- headaches
- lack of energy
- feeling lightheaded

### 2. Caffeinated Drinks

**Average per day over the last 7 days: Less than 3**

Caffeinated drinks should be kept to a minimum and its good that your intake is low.



## **Appendix I - Lifestyle Notes (cont.)**

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### **3. Alcoholic Drinks**

**Average per day over the last 7 days: Less than 3**

**(drink = 1 unit alcohol which is about 1 small (125ml) glass of wine or half pint of regular strength beer)**

Your alcohol intake seems to be within current guidelines.

Interestingly the British Heart Foundation states "Moderate drinking", that is 1 or 2 units a day, may offer some protection from coronary heart disease, especially in men over 40 and women who have been through the menopause.

The recommended daily limits for alcohol consumption are:

- no more than three to four units a day for men
- no more than two to three units a day for women

For both men and women, it is also recommended to include some alcohol-free days each week. You are putting your health at risk if you regularly exceed the recommended daily limits.

### **4. Smoking**

The fact that you are a non smoker is very good for your general health and especially the health of your heart and cardiovascular system.

You should be aware however that it is essential to avoid breathing cigarette smoke from others. When non-smokers breathe in second hand smoke - also known as passive smoking - it can be harmful. Research shows that exposure to second hand tobacco smoke is a cause of heart disease in non-smokers.

## Appendix I - Lifestyle Notes (cont.)

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### 5. Questionnaire Record

The following section summarizes your answers to the lifestyle questions for this and previous tests. This information might prove helpful in analysing your test results over time. (Your most recent entries are shown first i.e. today's test is the first on the list)

The questions were as follows:

Q1: Hydration - average glasses of water per day over last 7 days?

Q2: Caffeinated drinks - average per day over last 7 days?

Q3: Alcoholic drinks - average per day over last 7 days?

Q4: Cigarettes smoked in past month?

Q5: Do you have any history of heart disease?

Q6: Are you on any medications?

Q7: Are you in any pain today?

Q8: Have you exercised or walked for longer than 30 minutes within the last 2 hours?

Q9: Would you describe yourself as suffering from stress over the last month?

Test Date	Time	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8	Q9
04/02/13	Before 11:00	Less than 3	Less than 3	Less than 3	No	No	No	No	No	No
03/03/11	Before 11:00	Less than 3	Less than 3	Less than 3	0-3	No	No	No	No	
03/12/10	Before 11:00	Less than 3	Less than 3	Less than 3	0-3	No	No	No	No	
03/07/10	Before 11:00	Less than 3	Less than 3	Less than 3	0-3	No	No	No	No	
03/03/10	Before 11:00	Less than 3	Less than 3	Less than 3	0-3	No	No	No	No	

## Further Testing

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It is essential that a regular check be kept on your health. Each time you have a test, your results are added to our database. This will help you keep a progressive check on your Biological Age, arterial health, BMI and blood pressure.

To book a test for either yourself, a friend or family member, please contact your Consultant:  
Jon Stefanczyk

Please keep caffeine and alcohol to a minimum for at least two hours before your next test.