

Initial Comprehensive Evaluation

Step 1

Laboratory evaluation

Before you visit our offices, you will be directed to a laboratory to have a set of blood tests done so that they are ready when your physician sees you. This set of tests is as follows:

◆Hormones of aging

- Insulin-like growth factor-I (IGF-I)
- Insulin-like growth factor binding protein-3 (IGFBP-3)
- Free and total testosterone
- Estradiol and estrone
- Sex hormone binding globulin (SHBG)
- Progesterone (for women)
- Fasting insulin
- DHEAS
- TSH, free T3, T4

◆Basic disease screening tests

- Chemistry panel
 - Electrolytes: sodium, potassium, chloride, bicarbonate, calcium
 - Bilirubin, AST/ALT, albumin, alkaline phosphatase, LDH
 - Total protein and globulins
 - Creatinine, blood urea nitrogen
 - Glucose
- Complete blood count
- Lipid panel
 - Total cholesterol
 - High density lipoprotein (HDL)
 - Low density lipoprotein (LDL)
 - Triglycerides

◆Non-traditional cardiac risk factors

- High-sensitivity C-reactive protein
- Homocysteine
- Ferritin
- Iron, total iron binding capacity, transferrin saturation

◆Prostate specific antigen, total and free fractions (men)

Once these labs are completed (about 8 days) you will be scheduled for your comprehensive evaluation.

Step 2

Initial Comprehensive History and Physical Exam

At this 90- to 120-minute office evaluation you will first fill out a questionnaire designed to detect any underlying conditions that need to be addressed and it will also establish a baseline of aging with which to compare your progress. You will then meet with your physician to go over your medical history and physical exam. Your laboratory results, history, and exam will then be used to design an anti-aging program. Finally, you will discuss the expected benefits and risks of your program as well as its administration.

Step 3

PhysioAge™ Diagnostics -- Advanced Biomarker Testing

After your initial laboratory work and comprehensive history and physical exam, your physician will determine if you should get further testing to optimize therapy and screen for potential diseases. We are currently in the process of developing an advanced biomarker testing system that uses scientific measurements and sophisticated algorithms to determine your true biological age. **PhysioAge™ Diagnostic Systems** consists of a battery of tests that measure validated biomarkers of aging, such as arterial stiffness, short-term memory, lung capacity, skin suppleness, visual acuity, and certain blood levels. While under development, some tests are available to our patients at no additional charge:

- **Arterial Compliance (stiffness) Testing**
 - Assesses your risk of cardiovascular disease
 - Determines the physiological age of your arteries
- **Skin Elasticity Testing**
 - Assesses the elasticity of the skin
 - Determines the propensity to develop wrinkles
- **Body Composition Testing**
 - Measures bodyfat & lean body mass using bioelectrical impedance
 - Determines ratio of intracellular-to-extracellular water
- **Cognitive Assessment Test**
 - Measures mental function using our proprietary software
 - Can help determine risk for developing Alzheimer's
- **Pulmonary Function Testing**
 - Measures maximum forced expiratory volume (FEV1)
 - Measures small airway flow as a screen for early pulmonary disease
- **Metabolic Testing** (additional fees may apply)
 - Measures maximum oxygen uptake (VO2 Max)
 - Measures basal metabolic rate (BMR)