

DunedinPoAm

The Dunedin Pace of Aging measurement

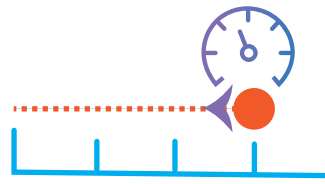
Chronological Age is just how many years you've been alive.

Biological Age tracks how well your body has handled those years - how you've aged at a cellular level, over a lifetime.

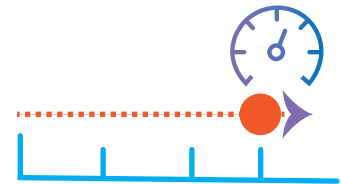
Pace of Aging checks how fast you're aging *right now*, like a speedometer for aging

DunedinPoAm is far more sensitive to short-term changes than regular Biological Age measurements.

It is a useful tool to track your personal reactions to aging interventions.



A lower PoAm value means your aging is slowing down.



A higher PoAm value means your aging is accelerating.

Test Early, Intervene Early

Changes to Pace of Aging are more effective when you start sooner

Diseases like Diabetes, Stroke, Heart Disease, and COPD don't appear without warning.

Many can be predicted years ahead of time, by tracking epigenetic markers of accelerated aging.

Which means you can step in to *prevent* those diseases by reducing the Pace of Aging markers *years ahead of time*

If your PoAm value is above 1, that means...

Your risk of death in the next 7 years is increased by 56%



Your risk of developing a chronic disease in the next 7 years is increased by 54%

The DunedinPoAm algorithm offers real-time feedback on how your body's aging process is reacting changes to lifestyle, nutrition, medications, and more.

The Dunedin Study

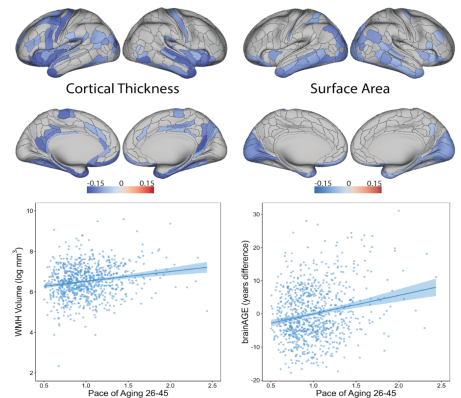
The DunedinPoAm algorithm is a one-of-a-kind algorithm created by researchers from Duke, Columbia, and the University of Otago. Duke professors Terrie Moffitt Ph.D. and Avshalom Caspi Ph.D. led an international team who finished developing the DunedinPoAm tool in 2021.

Building the database took the international team five decades; they tracked biological changes in the bodies of 1037 New Zealanders as part of the **Dunedin Multidisciplinary Health and Development study**, a project that began with their birth in 1972.

The study quantified how much accelerated aging affected every part of the body.

People with a slower pace of aging generally did better on memory and intelligence tests, and had better measures of brain health.

But accelerated aging created both a notable loss of cortical thickness and reduced surface area of the brain.



Other areas that showed significant changes in people with accelerated biological age

Bone Density
Lung Function
Hearing
Motor Skills

Eyesight
Dental Health
Muscle Strength
Facial Phenotypes

In their presentation of the study, Moffitt and Caspi concluded:

- Exposures begin accumulating early in life.
- Changes to physiology and aging biomarkers appeared many years before disease diagnosis.
- Organ damage is difficult to reverse fully
- Preventive interventions are more effective, the earlier you begin.



Everyone pictured here is 45 years old. An accelerated biological age manifests on your outward appearance - not only internal systems.