

How fast
are you aging?

TELOMERE

Cellular Precision, Personalized Solutions

Patient: **Doe, John**

Accession ID: 0000000

Provider: Sample Provider, M.D.

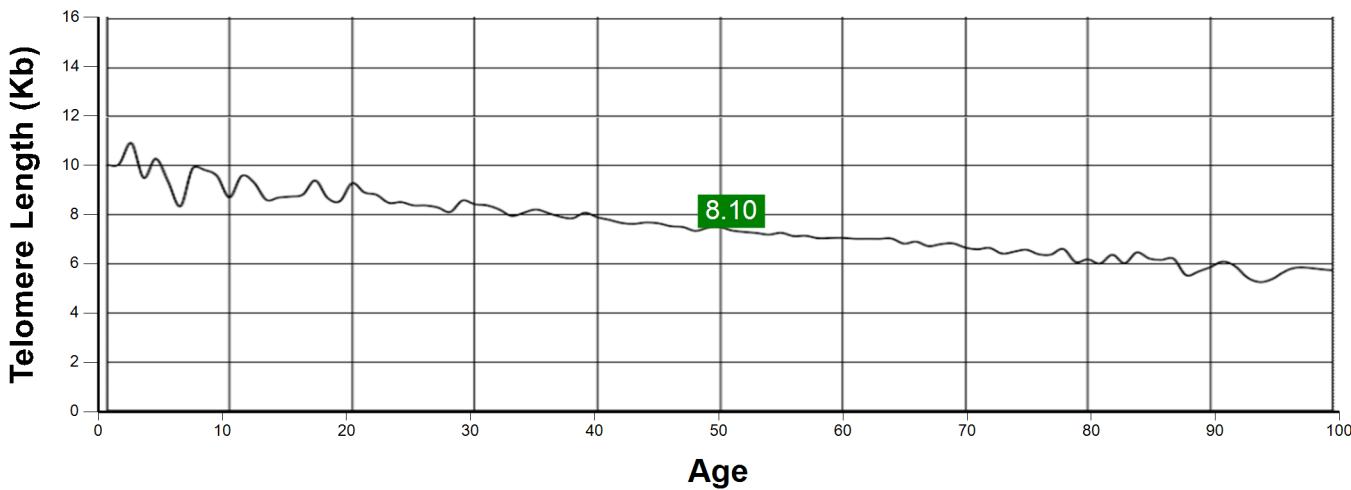
Order Status: **Complete**

PATIENT		SPECIMEN		PROVIDER	
NAME Doe, John	AGE 51	ACCESSION ID 0000000000	DATE COLLECTED 08/07/2025	ACCOUNT ID 00000000	CLIENT NAME Sample Provider, M.D.
DOB 10/16/1973	GENDER Male	ORDER ID 0000-0000000000-000000	DATE RECEIVED 08/11/2025	ADDRESS 123 S. Any Street ANYWHERE, TX 77000	
PATIENT ID 00-000-00000			DATE REPORTED 08/20/2025		
Order Comments:					

Telomere

Tests	Results	Units
Telomere Length (Average)	8.10	Kb
Telomere Percentile (Relative to others in the same age group)	73.00	%

Telomere Test Results



qPCR-Based Telomere Length Report

Test Description:

Your Telomere Result is derived by measuring telomeres in nucleated white blood cells and calculating the average telomere length of these cells, which are obtained from whole blood via venipuncture.

This report provides a determination of average telomere length (in kilobases) in the patient's genomic DNA extracted from the provided sample using a quantitative polymerase chain reaction (qPCR) assay. The assay measures the telomere-to-single-copy-gene (T/S) ratio, which reflects the average telomere length relative to a reference gene. This laboratory developed test (LDT) is intended for informational purposes and to provide insight into cellular aging as part of a broader health assessment.

Telomere length is a biomarker associated with cellular aging, stress response, and potential predisposition to certain age-related conditions (e.g., cardiovascular disease, immune dysfunction, cancer, etc.) in numerous clinical studies. Telomere length may also be influenced by the activity of telomerase, the enzyme that repairs and extends telomeres.

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Interpretation:

- An above Average Telomere Length and/or percentile, indicated by a green box, above the population mean may suggest relatively maintained telomere length, and may be associated with slower cellular aging or resilience to certain stressors. However, this does not guarantee protection from disease.
- A below Average Telomere Length and/or percentile, indicated by a red box, may indicate accelerated telomere shortening, which has been associated with increased risk of age-related diseases, chronic stress, or genetic predispositions. This finding should be interpreted cautiously and in the context of other clinical and lifestyle factors.

Disclaimer/Test limitations

Telomere length varies naturally between individuals, cell types and chromosomes and may be influenced by genetics, age, lifestyle, and environmental factors. Consequently, results may not reflect absolute telomere length or telomere length in specific cell types. qPCR-based measurements have inherent variability, and small changes in telomere length over time may not be reliably detected due to assay variability. Longitudinal trends should be interpreted cautiously and confirmed with repeated measurements.

Telomere length is not a diagnostic test for specific diseases but may serve as a general biomarker of cellular health. Results should not be used in isolation to predict health outcomes or guide medical decisions. This test does not account for or determine all contributing factors to telomere health. Results should be discussed with a healthcare provider to integrate findings with other clinical data.