Advanced Health & Longevity Testing

Stephanie is a girlfriend willing to share knowledge, experiences & resources that she has learned along her health journey as an Occupational Therapist & Health Coach.

The following assessments evaluate different aspects of health, including genetic predispositions, gut microbiome function, biological aging, brain function, & cognitive decline risk.

1. MaxGen Genetic Testing

Focus: Genetic predispositions, personalized nutrition, and health optimization

- Analyzes genetic variants (SNPs) associated with nutrient metabolism, methylation, detoxification pathways, and other biological processes.
- Identifies genetic tendencies that may influence vitamin and mineral requirements.
- Evaluates variants associated with inflammation, oxidative stress, and metabolic function.
- May identify genetic factors relevant to cardiovascular and neurological health.
- Helps personalize nutrition, lifestyle, and supplement recommendations.
- Key benefit: Provides lifelong genetic information that can help guide individualized preventive health strategies.

2. GI-MAP — Diagnostic Solutions Laboratory

Focus: Gut microbiome, digestive function, and gastrointestinal health

- Comprehensive stool analysis using quantitative PCR technology to detect and measure selected microorganisms.
- Evaluates bacterial, viral, and parasitic pathogens associated with gastrointestinal illness.
- Measures selected beneficial, opportunistic, and potentially pathogenic bacteria.
- Includes markers such as pancreatic elastase, secretory IgA, and calprotectin to assess digestive and intestinal immune function.
- May help investigate digestive discomfort, or suspected gastrointestinal infection.
- Can inform further testing and treatment decisions when interpreted alongside symptoms.
- Key benefit: Provides a detailed profile of selected gut microorganisms and digestive health markers.

3. SystemAge — Generation Lab

Focus: Biological aging, organ-system health, and longevity

- Uses blood-based molecular biomarkers to estimate biological aging patterns.
- Evaluates aging-related signals across multiple physiological systems.
- Identifies organ systems showing relatively accelerated or decelerated aging signatures.
- May highlight areas to prioritize for additional medical evaluation or lifestyle intervention.
- Can provide a baseline for tracking changes in aging-related biomarkers over time.
- Supports personalized longevity discussions involving exercise, nutrition, sleep, and metabolic health.
- Key benefit: Offers a system-specific perspective on biological aging beyond chronological age.

4. Brain SPECT Scan — Amen Clinics

Focus: Cerebral blood flow, functional brain imaging, and cognitive health

- Uses Single Photon Emission Computed Tomography (SPECT) to visualize regional blood flow in the brain.
- Identifies patterns of relatively increased or decreased cerebral perfusion.
- Typically compares brain activity patterns at rest and during a concentration task.
- May provide supplementary information when evaluating complex neurological or psychiatric symptoms.
- Can complement cognitive testing, medical history, and other neurological examinations.
- Key benefit: Provides functional brain blood-flow information that structural MRI does not directly measure.

5. BrainScan Blood Markers — Apollo Health

Focus: Alzheimer's-associated biomarkers and neurodegeneration

- Measures phosphorylated tau 217 (p-tau217), a blood biomarker associated with Alzheimer's-related tau pathology.
- Measures glial fibrillary acidic protein (GFAP), a marker of astrocyte activation or injury.
- Measures neurofilament light chain (NfL), a marker of neuronal and axonal injury.
- May help identify biological changes associated with neurodegenerative disease.
- Can complement cognitive assessments, neurological examinations, and appropriate brain imaging.
- May help determine whether further evaluation by a memory specialist is warranted.
- Key benefit: Provides a minimally invasive assessment of selected Alzheimer's-related and neuronal injury biomarkers.

6. Cognoscopy — Apollo Health

Focus: Comprehensive cognitive risk assessment and personalized brain health

- Cognitive testing and risk-factor evaluation.
- Assesses memory, attention, executive function, and other cognitive domains.
- Blood Panel evaluates potentially modifiable contributors to cognitive decline, including insulin resistance, inflammation, nutrient deficiencies, and hormonal abnormalities.
- May incorporate APOE genetic information to help characterize Alzheimer's susceptibility.
- Helps develop personalized strategies addressing cardiovascular, metabolic, nutritional, and lifestyle factors.
- Key benefit: Integrates multiple sources of information into a comprehensive brain-health assessment and prevention plan.