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Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

Telomere Test

Product number: MV1216



Price

€220.00

Prices incl. VAT plus shipping costs

Description

Is my chronological age identical to my actual biological age?

The telomere test can answer this question concretely. This self-test measures telomere lengths; a specific blood biomarker that can provide clues about the proliferative capacity of the body's cells and thus about biological age.

Attention! Please note that this test requires a blood draw by a doctor or therapist. They will bill the cost of the blood draw directly to us by using a prepared invoice included in the test kit.

When is the telomere test worthwhile for me?

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A telomere test is useful for anyone who wants clarity about their biological age. It is determined by a multitude of factors, with genetic aspects accounting for only about 20%. In addition, the stability of our DNA, which in our cells is organised together with proteins into chromosomes, is of crucial importance. At their ends they have specific protective structures that contribute to DNA stability – the telomeres.

Telomere length can serve as a measure of biological age and is influenced by individual lifestyle. In particular, unhealthy everyday habits and lifestyles, such as high nicotine and alcohol consumption, lack of exercise and an unbalanced diet, are decisive. These aspects can lead to increased telomere attrition in our cells and thus promote cellular ageing. A healthy lifestyle, on the other hand, can positively influence the ageing process. Therefore, knowledge of your biological age can serve as motivation for a healthier lifestyle.

How does medivere's telomere test work?

Taking the sample

For this thorough examination, venous blood is required. The blood draw cannot be performed at home! Your test box contains everything your doctor needs for a smooth process.

Returning the sample

The samples should then be returned to us in the enclosed, pre-stamped return envelope. The practice remuneration is handled exclusively through medivere, so there are no additional costs for you.

Receiving results

Your personal report will be sent to you by post or made available online via the results enquiry after approximately 5–7 days. The telomere length results allow you to assess your personal biological age.

Which values are examined in the telomere test?

The telomere test determines the relative mean telomere length (LTL) in white blood cells (leukocytes). For this, the lengths of the telomeres and of a specific DNA segment whose length is constant in all humans (the single-copy gene) are measured. The T/S ratio (telomere length / single-copy gene length ratio) is then calculated. The result is defined as the relative mean telomere length (LTL).

Finally, the test results are compared with data from people of comparable age. Your results are classified according to average values, giving you information about your telomere length and thus about your biological age.

These are the risk factors that promote accelerated ageing.

Approximately 80% of biological age can be influenced by you. Only a small part of it is genetically determined. Sport and sufficient physical activity, stress reduction and a healthy, balanced diet have a positive effect on telomere lengths, which are associated with the ageing process and individual life expectancy. Those who lead a healthy life can also age healthily. The results of the telomere test provide information as to whether you are making progress in this regard.

Telomeres have a decisive impact on the ageing process.

Telomeres are the terminal sections of DNA. They consist of approximately 7,000 to 12,000 recurring TTAGGG sequences that shorten with each cell division. Therefore the number of possible cell divisions is limited to roughly

50 to 60. When telomeres reach a critical length, their capacity to divide ends, and the cell either enters a state of senescence or dies. This reduces the general regenerative capacity of the tissue and promotes the development of age-related diseases. Telomere length therefore has a significant influence on human life expectancy.

The enzyme telomerase can be regarded as a kind of repair mechanism for telomeres. It counteracts the loss of telomere caps by actively lengthening them and thus contributes to chromosome stability and cell preservation. One's own lifestyle and environmental factors can influence telomerase activity. Changes towards a healthy lifestyle can increase telomerase activity and help reduce the risk of certain diseases.

What are the effects if telomeres continue to shorten?

The age-related reduction in cell division capacity and the shortening of telomeres have direct effects on the ageing process, organ function and immune performance. In addition to damage to the immune system, progressive telomere shortening increases the risk of developing various age-related diseases such as:

- Diabetes mellitus
- Hypertension
- Atherosclerotic disease
- Myocardial infarction
- Stroke

How biological age can be favourably influenced

Telomeres can be damaged and altered by various insults, with an unhealthy lifestyle being a major contributing factor. Insufficient exercise, smoking and other unhealthy living conditions can accelerate cell division and thus promote telomere shortening. In addition, these factors can reduce telomerase activity and thereby diminish active telomere lengthening. In this way, every person can to some extent influence their own ageing.
Telomere test results and recommended actions

A diagnostic evaluation of the test results informs you whether the telomere lengths of your leukocytes are within the normal range and thus correspond to the average values of your age group. In case of significant deviations, particularly negative ones, we recommend discussing the results with your doctor or therapist. The test results can therefore serve as a preventive measure and as an incentive for a healthy lifestyle to help prevent age-related diseases.
Monitoring telomere length after lifestyle modification

The extent to which you can halt the process of biological ageing in yourself depends primarily on your own efforts and on how well you shape your life healthily. If you use the telomere test to reduce risk factors for telomere shortening in your life, we recommend repeating the test after about 6 to 12 months.

The test kit includes:

- 1 sample collection instruction
- 1 sample submission form
- 1 guarantee certificate
- 1 medical billing form
- 1 serum tube

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- 1 butterfly blood collection system
- 1 blood collection adapter
- 1 shipping container
- 1 shipping bag

How does the ordering process work?

After you place your order, the desired test package will be sent to you with detailed instructions. You place your sample in a sample tube, send it in a prepared envelope to Medivere's partner laboratory GANZIMMUN Diagnostics GmbH and receive a report with the assessment of your profile after 5–7 days.

Product information

Type of test:	Blood test
Product type:	Medical device